



## Happy New Year! Prayers and Blessings to everyone!

*“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”(3 John v 2)*

### “Becoming a Healthier YOU!”

Here’s a common scenario that occurs not only at our church, but in churches across the globe:

A hug.

A smile.

A thumbs up.

An “I’m okay! How are you doing?!” or “Oh, I’m blessed!”

A rush to get to “your seat” --- or a rush to escape to your car as soon as the benediction is given... or, for some, not coming to worship service at all. How common is this scene? Have you done it yourself?

For far too long followers of Christ have hidden behind the platitudes that pacify our seatmates at church, our family members, neighbors or coworkers.

But the question remains: **“How ARE you – really?”**

What makes this such a difficult question to answer? What inner secrets are being held captive behind the hugs, the smiles, and the thumbs up? Mental health issues have and continue to be a serious problem here in the United States. Almost every week we hear of devastating events that impact the lives of numerous people.

Are mental health problems on the increase, or are we just becoming more aware of them due to the vast media outlets? Regardless of the answer to this question, it is important that we as Believers address this problem head on; poor mental health can and will likely affect us directly - or indirectly.

**This year, the Health and Wellness Ministry will focus its attention on mental health.**

Our prayer is that each one of us will “examine ourselves” and /or listen to our loved ones who may see and sense that we may need some help with our emotions or the way we are processing stress.

The aspects of having and maintaining a healthy mental and emotional lifestyle have often been either downplayed or ignored. However, as we all know, ***what we do not talk about does not go away on its own.***

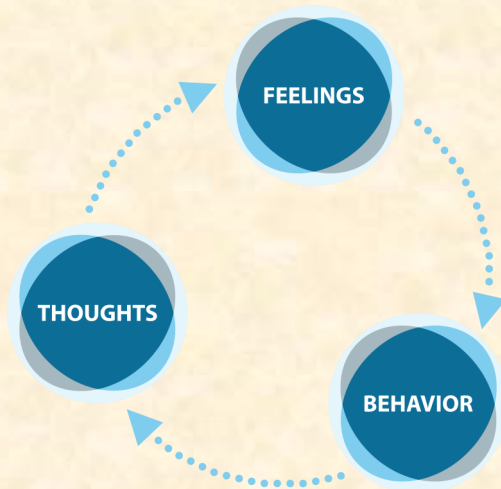
We strongly advocate and encourage everyone to seek help when feeling consumed by thoughts that do not uplift or bring life. If or when you feel that you may need to talk to someone about negative or unhealthy thoughts, or if you or others sense that “you are just not yourself”, call our exceptional Pastoral Counseling Department, under the leadership of Eleanore Pullen. They are here to help you walk through the “cares of life” that may be weighing you down. Her contact information is [epullen@ccfword.org](mailto:epullen@ccfword.org), or 303-368-7105, Ext. 209. If you feel that you need urgent emotional support, please dial **Nationwide Crisis Hotline number 988 or for a life or limb emergency call 911 .**

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Each month at our regular health and wellness monthly meetings, every 4<sup>th</sup> Saturday from 10-11:30, at Utah Park. In addition to featuring and demonstrating physical techniques and nutrition topics, we will feature mental health topics such as: boundary setting, freedom through forgiveness, handling anxiety, practicing self-care, and walking through grief. (In case of inclement weather, a Zoom link will be sent to those who wish to participate in these discussions.)

**We pray that you will take full advantage of all meetings and events that we will be announcing later in the year.**

With our theme for the year being “**Becoming a Healthier YOU**”, it is good that we keep this simple, yet important diagram in mind: What we think about the most – whether good or bad – will affect our feelings, and our feelings will affect our behavior (actions).



Romans 12:2 tells us: “**And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.**” If we are to be transformed into the image of Christ (see 2 Cor 3:18), then there should be a change in our thought life first. When you came to know Christ as your Savior, there was a change that took place in your heart and in your mind. To change feelings and behaviors, we must change our thought life. This statement rings true in almost every area of our lives.

Understandably, the events of this new year will have their successes and challenges; however, we must remind ourselves that “I can do all things through Christ who gives me strength.” (Phil 4:13) We must also keep in mind to “Cast all your cares (anxiety) on Him, for He cares for you.” (1 Peter 5:7) Psalm 94:19 states: “When anxiety was great within me, Your consolation brought me joy”. Studying and learning The Word is a great start to having a healthy mind.

The Health and Wellness Ministry cares about each person who comes to CCF! We are here to help you to become a healthier you by offering sound nutrition advice, solid ways to get your body toned and in better shape, and to promote a healthy mental and spiritual thought life. Please feel free to contact Caj Hunter at [ministries@ccfword.org](mailto:ministries@ccfword.org) or at (720) 840-5389 for more help and information.

Salud!

Caj Hunter and the Wellness Team