
Bethany Ministry

Caring for the
Sick, Homebound, and Bereaved

Encouraging a Healthy Lifestyle
for All

“Love your neighbor as yourself”

“Your body is a temple of the Holy Spirit”

Byzantine Catholic Archeparchy of Pittsburgh

December 2011

Newsletter from Dorothy Mayernik and Jennifer Kehm



Dear Reverend Fathers, Deacons, Religious, and the Faithful serving in Bethany Ministry,

Since Jennifer and I spoke to you last March and June to re-introduce Bethany Ministry in the Archeparchy, the months have flown by. At long last, we have put together this newsletter.

With the approval of Fr. Eugene, we are sending it out in the hope that the information will be useful to you and will help Bethany Ministry to grow.

A NOTE FROM FR. TOM WESDOCK:

I believe Bethany Ministry adds a great healing ministry to any parish. In my own parish, it allows a deeper and more constant contact with the sick and hospitalized and shut-ins of the parish.

Not only do hospitalized and shut-in parishioners receive visits from me weekly or once a month communion visits, they also receive visits from Bethany Ministry members and cards and phone calls on a regular basis, as well. Many parishioners have expressed how much this made them feel appreciated and a part of their church family.

Bethany Ministry also helps its members to grow spiritually by giving of themselves to help others. It allows them to pray for and with those who are going through difficult times, as well as allowing them to talk about their faith with others and give spiritual encouragement to others.

Bethany Ministry also helps its own members, as well as others, to think about health in a wholistic way, encompassing mind, body, and spirit and that this is essential for total healing.

I, as a pastor, see the great and positive impact that Bethany Ministry has had at my own parish and I would highly recommend it to other pastors and parishioners, who want to start up this beneficial and rewarding ministry.

My hope would be that all churches would encourage their members to begin this ministry and see the fruits that it will produce in their parishes. – Fr. Tom

NEWS:

Jennifer Kehm and her friend Lisa Edmonds were recently honored as this year's winners of the prestigious Jefferson Award, a national award known as the "Nobel Prize for Volunteerism."

After successful treatment of cancer diagnosed 10 years ago when she was 36, Jennifer has made it her mission to educate young women on the importance of early detection and to give counseling and support to women who are dealing with a cancer diagnosis and the difficult treatment regime.

A busy wife and mom of 3 teenage sons, Jennifer also serves our parish of St. Gregory as coordinator of Bethany Ministry and involvement in other parish activities. Jennifer, you are an inspiration.

Read more in this **article from GCU Magazine**

about Jennifer's work in education, fundraising, counseling, and awareness campaigns:

Jennifer Kehm Jefferson Awards Winner

Jennifer Kehm, a member of Lodge 52 and her best friend Lisa Edmonds are this year's winners of the Jefferson Awards. In 1972, Jacqueline Onassis, U.S. Senator Robert Taft Jr., and Sam



Jennifer Kehm (left) and Lisa Edmonds

KURT WISBY / PITTSBURGH POST-GAZETTE

Beard founded the Jefferson Awards program to honor the unsung heroes of our country.

The program is named after founding father Thomas Jefferson, a man who reflected the spirit of excellence in America as author of the Declaration of Independence... President of the United States and advocate for a free press and freedom of religion. This award, now known as the "Nobel Prize for volunteerism,"

honors individuals for their achievements and contributions through public and community service.

Ten years ago, Jennifer Kehm was diagnosed with breast cancer at the age of

36. After successful treatment, she and her best friend, Lisa Edmonds founded the Young Women's Breast Cancer Awareness Foundation (YWB-CAF). Since 12 percent of all cases diagnosed are women under 45, Jennifer and Lisa have made it their mission to educate young women on the importance of early detection.

Jennifer uses her experience as a cancer survivor to provide emotional support to young women diagnosed

with the disease. She facilitates two support groups and spends countless hours on the phone counseling women in need of guidance. Lisa serves a YMBCAF's fundraising manager, teaming with Jennifer to coordinate an array of events. This spring, they held a Cake Boss event with Buddy Valastro that drew 750 guests. They've also teamed with Panera Bread to sell 20,000 bagels in the Pink Ribbon Bagel campaign. Proceeds from their events support various organizations and programs.

For more information about the Young Women's Breast Cancer Awareness Foundation, call 412-490-9808 or visit youngwomensbreast-cancerfoundation.org.

The awards were presented to Jennifer and Lisa in mid October and the awards are presented by Pittsburgh Post-Gazette, Highmark Blue Cross Blue Shield, The Pittsburgh Foundation and The Heinz Endowments.

Rosemary Tomko

GCU Magazine

UPDATE:

As for myself, in July I retired from my position as manager of Pittsburgh Mercy Health System's Parish Nurse and Health Ministry Program after 8 wonderful years.

After a few months of retirement, I returned to the Mercy Parish Nurse office as a volunteer to help out with 3 of my favorite projects there. I must say that volunteering is much more fun than having a real job. Hopefully, my experience at Mercy working with scores of churches and hundreds of nurses and individuals volunteering in health ministry will be put to good use as I volunteer in our Archeparchy.

IN THE ARCHEPARCHY:

Mary Ann Solomon, the parish nurse at St. Elias in Munhall, has been active in Bethany Ministry outreach to the sick and homebound parishioners since 2002.

This year she has been working with parishioner Becky Johnen to present a monthly talk on topics to promote health and wellness. Sessions are held the 3rd Sunday of the month following Liturgy. To read about their program, "Laughter is the Best Medicine," see the attached article.

St. Elias Church's 2011-12 Schedule of health education talks:

September	Coping With Grief and Loss
October	The Glycemic Index
November	Healthy Eating
December	Strategies for Living A Meaningful Life
January	Strategies for Staying Sane and Positive
February	De-Clutter Your Life
March	Don't Sweat the Small Stuff
April	Building Blocks to Good Character
May	Happiness

Isn't this impressive! Congrats to Mary Ann and Becky!

CHRISTMAS GIFTS FOR HOMEBOUND:

At St. Gregory's in Upper St. Clair, we've decided to prepare gift bags for our homebound parishioners. We'll include a small poinsettia, homemade cookies, a bag of candy, and a church calendar. We'll divide up the names and visit in teams of two to bring Christ's love and the wishes of our parish family to our dear friends who are unable to join us at church to celebrate Christmas. Please let us know what your parish is doing for the homebound, and we can share those ideas.

RESOURCES:

Many good ideas for health ministry can be found in "The Faith Connection", a monthly e-newsletter from Pittsburgh Mercy Health System's Parish Nurse and Health Ministry Program.

Go to www.pmhs.org , click on 'Parish Nurse', then click on 'Education and Resources'

