
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

January 2012

Newsletter compiled by Dorothy Mayernik



Glory to Jesus Christ!

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

We are continuing to work to get more laypersons involved in Bethany Ministry.

By reaching out to those who are ill or grieving the loss of a loved one, we as laypersons can carry on the healing ministry of Jesus as we live out the Great Commandment to “Love your neighbor as yourself”.

Bethany Ministry also can offer programs to help parishioners to lead healthier lives. Health is important to every one of us and important to the health of our church as well.

We ask you to please forward this newsletter to anyone in your parish who might be interested in helping their fellow parishioners by promoting healing and health in the parish family:

Nurses ~ Doctors ~ Pharmacists ~ EMTs ~ Dieticians ~ Physical therapists, OT, Speech therapists ~

Other health professionals ~ Fitness trainers ~ Teachers ~

Those who have recovered from serious illness ~

Anyone who feels called to extend caring and concern to parishioners in need

AVAILABLE TO HELP PARISHES

Becky Johnen, Educator

palfys@verizon.net (cell phone) 304-904-3501

Becky Johnen, from St. Elias Church in Munhall, has offered her help in our Bethany Ministry initiative for the Archeparchy. Becky is an experienced educator who has spoken nationally on topics related to leadership, strategic planning, organizational development and management, change and transition, tolerance and diversity, respect codes for high schools, emotional and mental health, reading (especially challenging adults to read effectively), school curriculum, standards in education, self-esteem, and career choices.

As noted in our last month’s newsletter, Becky gives a talk every month at St. Elias on a health education topic. She has offered to present these topics* at churches in her vicinity, so let us know if you are interested in

scheduling a date. We are currently exploring the possibility of taping Becky's talks so we can provide them on DVD for parish groups to use at their convenience.

***Topics available for presentations include:** Building Blocks to Good Character; Coping with Grief and Loss; Dealing with Aging Family Members; DeClutter Your Life; Don't Sweat the Small Stuff; Facing the Sunshine and Avoiding the Shadows: Strategies to Stay Sane and Positive Amidst Change; The Glycemic Index; Happiness; Healthy Eating; Healthy Weight Loss; Humor and Health: Laughter IS the Best Medicine; Kindness; Making Sense of the Alphabet Soup and Numbers of Health Care; A Meaningful Life and The Vial of Life; Metabolic Type Test and Healthy Eating; Our GIFT (Great Ideas for Talking) To Each Other; Power of Forgiveness; Relaxation and Stress Reduction; Understanding the Teenage Mind/Brain and Surviving Those Years; Walking to Jerusalem Exercise Program; What's Your "Feel" Age?

Jennifer Kehm, Cancer support for individuals and families
nkehm@aol.com (cell phone) 412-389-0488

Jennifer volunteers to counsel individuals diagnosed with cancer; facilitates cancer support groups; makes referrals to resources available to those going through cancer treatment.

Dorothy Mayernik, RN
dorothymayernik@comcast.net (cell phone) 412-310-0521

Dorothy volunteers to help parishes start & maintain a Bethany Ministry, train members for visitation ministry, start support groups such as Widows & Widowers Group, and organize health promotion programs like a monthly blood pressure screening, walking group for exercise, etc.

Fr. Tom Wesdock, Pastor of St. Gregory's, Upper St. Clair (Rectory) 412-835-7800
Advisor for Bethany Ministry

If you want to volunteer your gifts and talents as a consultant for Bethany Ministry, we would be grateful.

JANUARY PROJECT: FIRST AID KIT

January is a good time to check your church's First Aid Kit and replace outdated supplies. For minor emergencies, a kit is a handy thing to have.

A First Aid Kit can be purchased for about \$15 at your local drug store, Walgreens, Walmart, Target, etc., or you may put together your own. Keep the kit in a common area where it can easily be seen, such as the church kitchen on a shelf.

The American Red Cross recommends having these items for basic first aid:

Band-aids	Scissors
Sterile gauze pads size 4"x 4" and 5"x 9"	Roller gauze bandage 4"
Adhesive tape	Tweezers
Antibiotic ointment	
Antiseptic wipes	
Instant cold compress	
Gloves	
Hydrocortisone ointment	

FOR HOMEBOUND PARISHIONERS

Radio:

WEDO - 810 AM

- Sunday 9 am – Divine Liturgy from Holy Ghost Church in McKees Rocks, PA
- Monday thru Friday 8:30am to 8:45 am --“Joyful Reflections” with
Father Scott Seethaler, OFM Cap, Saint Augustine Friary, Pittsburgh

Internet:

Live Webcast of every liturgical service at

Holy Ghost Byzantine Catholic Church, McKees Rocks, PA

- www.ustream.tv/channel/holy-ghost-church
- Daily Divine Liturgy M-F @ 8:00 a.m.,
- Holy Days eve prior w/ Great Vespers & DL @ 7:00 p.m.
- Holy Day Divine Liturgy @ 9:00 a.m.
- Sunday @ 9:00 a.m.

Television

EWTN offers 24 hour programming on topics of the Catholic faith

PREPARING NURSES AND LAYPERSONS TO SERVE THE CHURCH

A 4-day course is being offered by the Parish Nurse and Health Ministry Program of Pittsburgh Mercy Health System. It's a great way for RNs to meet others who feel called to this ministry, as well as earn 30 CEUs, which fulfills the CEU requirement for RN license renewal in PA. I took this course in 2001 and have been teaching in it for the past 5 years. It is a wonderful experience that I would highly recommend for anyone who is interested. **Here are the details:**

Four day course: February 17-18, 2012 and March 16-17, 2012

Consists of 16 modules taught by parish nurse educators and by other health professionals who have expertise in the content area. The course is open to other health professionals and lay persons who are interested in promoting health and wellness in their churches. RNs will be commissioned as parish nurses and receive a certificate for 30 CEUs. Others will be commissioned as Health Ministers. Cost is \$395 and limited scholarships are available. For more information, or to register, contact Joyce Schumm at Mercy 412.232.5815.

RESOURCES FOR HEALTH MINISTRY

January e-newsletter from Mercy Parish Nurse and Health Ministry Program, Pittsburgh
<http://www.pmhs.org/pdf/parish-nurse-newsletters/The%20Faith%20Connection%20-%20January%202012.pdf>

International Parish Nurse Resource Center <http://www.parishnurses.org/>

Health Ministries Association <http://www.hmassoc.org/>

A LITTLE HUMOR

After Liturgy one Sunday morning, the concerned pastor said to a woman,
“I don't like the way your husband looks.” The wife replied, “I don't either, but he's good to the kids.”

Thanks for reading ~ Blessings on your day
