
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

May 2012

Christ is Risen! Indeed He is Risen!

We extend our congratulations and best wishes to our newly-enthroned Metropolitan William Skurla.

May God grant him many blessed and happy years as chief shepherd of our church!

Seeking Parishioners to Get Involved in Bethany Ministry

Christ's ministry on earth was a healing ministry. There are 42 accounts in the New Testament of Jesus providing healing, clearly outnumbering the stories about Jesus teaching or preaching.

That being said, it seems that the gospel is calling us to be more aware of the needs of people around us – needs for healing of body, mind, and spirit.

We as laypersons aren't equipped to heal and cure in the same sense as Jesus did, so we will use another definition of healing: "To relieve unnecessary suffering."

When we extend acts of kindness and caring, we help to promote healing and relieve unnecessary suffering.

Since most of us have our own problems to deal with, it's hard to find the time and energy to give to someone else. But who is better equipped to help someone than the person who has 'been there'?

In "The Wounded Healer", Henri Nouwen describes how a person's own suffering can be the starting point of their service to others.

It may involve stepping out of our comfort zone, but our own woundedness can be put to good use.

Also, we need to be aware of others in our parish who have 'been there', and link them up with the parishioner who is going through a similar situation.

Confidentiality

In Bethany Ministry, we emphasize the importance of maintaining confidentiality.

When visiting the sick, homebound, and bereaved we may come to know many things about them and their families. We must protect this information.

In our Bethany Ministry group meetings, we may discuss our parishioners' problems in an effort to see what we can do to help them. These discussions must remain within the group.

If other parishioners ask us about someone's condition, we must give a very general answer, such as, "They're recuperating, and I'm sure they'd appreciate a card or a phone call from you."

To make this serious commitment to confidentiality, members can be given a copy of Confidentiality Contract (page 38 of the manual) to read and sign. Also, a short video segment about Confidentiality is on the DVD training video.

There are a few exceptions to the rule of confidentiality, and this is also on the training video.

For a copy of the Bethany Ministry program manual and DVD self-study video, contact dorothymayernik@comcast.net (cell phone) 412-310-0521

Agenda for a Bethany Ministry Meeting

A ministry functions best when regular meetings are scheduled. Ideally, the members should meet once a month. All of the members may not attend every month, but those who are there will keep the ball rolling. Meetings are typically 30 – 45 minutes long, so scheduling a meeting after Divine Liturgy usually works well.

Meeting Agenda

1. Opening prayer
2. Confidentiality reminder
3. Discuss parish outreach to the sick, homebound, and bereaved:
 - In the past month – cards sent, calls, visits, assistance given
 - New needs identified
4. Any new ideas for projects?
5. Closing prayer for health and healing needs of our parish family

*Almighty Master, Physician of souls and bodies;
Who humble and exalt; Who chastise and heal:
In Your great mercy visit Your servants who are in distress.
Stretch forth Your loving hand and heal them for Your name's sake.
Put far from them every disease, malady, and wound.
If they have any sins or transgressions,
forgive them for the sake of Your great love for mankind.
Almighty and Eternal Father,
have mercy on Your people who are sick and heal them
Through Jesus Christ our Lord with whom You are blessed,
together with Your all-holy, good, and
life-creating Spirit, now and ever and forever. Amen.*

Jesus as a Role Model of Healthy Living

He Didn't Do It Alone ~ Jesus carefully selected the 12 apostles. Once He was gone, His ministry could have ended if He had tried to do it alone. In His time on earth, He fostered a fellowship of believers who fostered forgiveness and restoration of healthy relationships in community. That community is worldwide today.

He Prepared Others to Help Him ~ His work was spent in teaching all. Special time was taken in role modeling the behavior and skills needed to carry on the ministry.

He Had a Close Group of Friends Who Listened to Him and Cared About Him ~ Jesus developed good relationships with men and women. These relationships were ones in which He could relax, share His frustration, and be supported.

He Exercised Regularly ~ Jesus walked almost everywhere He went. His mission depended on Him being in good health.

He Loved ~ Jesus loved His Father and those He worked with and those He reached out to in His ministry. His death on the cross was an act of love for us all.

He Looked to others for Support but Not to Take Care of Him ~ There were many times in the life of Jesus when He relied on those close to Him for support. However, he never expected them to do what He needed to do Himself.

He Rested and Slept Regularly ~ Jesus did grow weary. His human limitations were apparent, and He did what He needed to do for Himself so He would be in the best position to serve the Father.

He Ate Healthfully ~ Jesus did not have a McDonald's or Wendy's fast-food restaurant along his route. His diet was simple. He ate what he needed to provide the necessary fuel for His work.

He Prayed Often ~ Jesus prayed for courage, strength, and guidance to do His Father's will.

He Practiced Solitude ~ This time of solitude was the time away from the distraction of the world. Solitude gave Him time to refocus and develop clarity about His mission.

He Was Open to All People ~ Throughout His life, Jesus interacted with all people: the very sick, the poor, the wealthy, the farmer, and the hypocrite. All became part of His mission and work.

He Trusted ~ Jesus' trust in His Father was without fault. He trusted that the Father would provide for Him anything He needed to do His work.

He Did God's Will ~ Jesus fulfilled the prophecies. He planted seeds and role-modeled to all how they could do the same.

He Went About His Work in Spite of All Problems ~ There were times when He was tempted to be distracted from His primary mission. Jesus acknowledged the problems and dealt with them.

Take a Daily Walk for better health of body, mind, and spirit

This is the ideal time to get back to a regular exercise routine.

Walking 20 minutes a day contributes to good health:

- helps to lower blood pressure and cholesterol
- controls weight
- tones muscles
- conditions heart & lungs
- feel more relaxed
- have more energy



May it also be a time to spend with our Heavenly Father

- You may want to pray for a special intention or spend time reflecting
- Here are some questions.....select one of them to ponder as you walk

- How has my faith developed over the years?
- Were there special people who mentored my faith?
- Are there relationships in my life that need repair?
- Do I need to make some phone calls?
- Do I need to simplify my life?
- God thinks of me constantly. How often do I think of Him?
- How much time do I spend on enriching my relationships with family and friends?
- Am I taking time to see and appreciate people, things, and blessings in my life?



For more questions for reflection:

http://www.stgregoryusc.org/Bethany_Ministry/Meditations%20for%20your%20daily%20walk%20for%20better%20health.pdf

Read about a parish-wide walking program: http://www.catholic.org/diocese/diocese_story.php?id=23484

On the Lighter Side

Can anyone relate to this?



Biogaholic Designs

Good Links

Mercy Parish Nurse Program ~ <http://www.pmhs.org/parish-nurse-program/>

Church Health Center ~ <http://www.chreader.org/>

American Heart Association ~ <http://www.heart.org/HEARTORG/>

PBS featured a segment about Parish Nurses on "Religion and Ethics Newsweekly"
<http://www.pbs.org/wnet/religionandethics/episodes/april-6-2012/parish-nurses/10684/>

Archive of Bethany Ministry e-newsletters ~ <http://www.stgregoryusc.org/>

Contact Us for information or assistance with your parish Bethany Ministry

Very Rev. Eugene Yackanich 412-461-1712

Dorothy Mayernik , RN, MSN Help with coordinating a parish Bethany Ministry and training volunteers
Health care information, referrals, information about community resources
dorothymayernik@comcast.net (cell phone) 412-310-0521

Jennifer Kehm Cancer support for individuals and families. Help with coordinating a parish Bethany Ministry
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Thank you for reading.

