



CHRISTIAN
SUPPORT
FOR
CHRONIC
ILLNESS



Volume 1 Issue 4

April 2016

UPCOMING
MEETINGS

Saturdays 2-4 PM

April 9
May 14
June 11

Brownsburg, IN

Email
hopekeepersindy@yahoo.com
for
meeting location



In the event of bad weather or change in meeting location, we will notify on Facebook, and email, text or call before the meeting.



Come join us at our next meeting.

You will find encouragement and blessing.

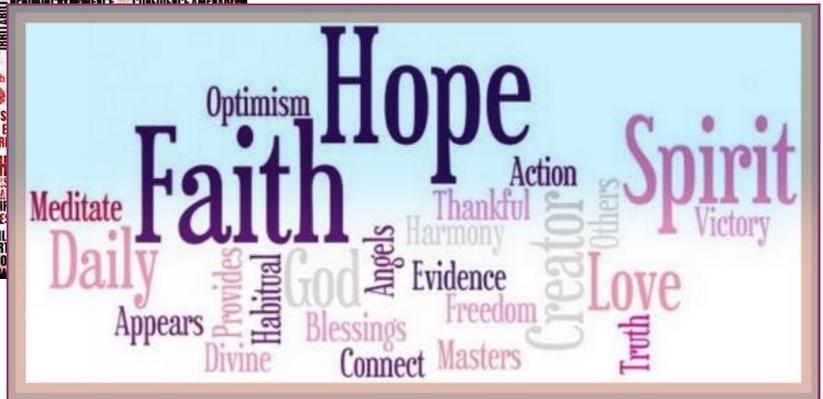
We understand.

Stress in Chronic Illness April Discussion Topic

HOW WOULD YOU RATHER FACE LIFE?



Pinterest Pins



Health Problems Linked to Stress

Source: <http://www.wellwisdom.com/stress-and-the-immune-system/>

When you encounter something stressful, your hypothalamus reacts. It triggers a sort of alarm system, causing your adrenal glands to flood your body with hormones. These hormones include cortisol and adrenaline.

Adrenaline is the hormone that prepares for a "fight or flight". It elevates your heart rate, raises your blood pressure, and gives you a surge of energy. Cortisol, on the other hand, raises the level of glucose for energy. The result is a quick-thinking, quick-acting body that can handle whatever triggered the stress response.

However, in the release of these energy-boosting hormones, other bodily functions are suppressed. During these moments of stress, your reproductive, digestive, growth, and immune systems are all compromised.

If you are exposed to stress over the long term, you will find that the constant elevation of adrenaline and cortisol in your body can seriously suppress all of the other important bodily functions, leading to a wide range of health issues such as:

- | | | |
|------------------------|---------------------|-------------------------|
| HEADACHES | HEART ATTACKS | BLOOD SUGAR INSTABILITY |
| MEMORY CHANGES | CRAVINGS | BLOOD PRESSURE CHANGES |
| RESPIRATORY DISTRESS | WEIGHT GAIN OR LOSS | INDOMNIA |
| JOINT PAIN | SEX DRIVE CHANGE | DIGESTIVE PROBLEMS |
| HAIR AND SKIN PROBLEMS | ADRENAL FATIGUE | IMMUNE CHALLENGES |



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2 Corinthians 1:3-4

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."



Marie Miller - HKI Facilitator

Stress Relief From Scripture

Joshua 1:9 "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."

Psalms 16:8 "I have set the Lord always before me. Because He is at my right hand, I will not be shaken."

Psalms 34:17-19 "The righteous cry out, and the Lord hears them; He delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit. A righteous man may have many troubles, but the Lord delivers him from them all."

Matthew 11:28-30 "Come to Me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Philippians 4:6,7 "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."



Notes from Marie:

There is a reason I chose the butterfly picture above to represent my article in each monthly newsletter. To me it represents "Letting Go and Letting God". It has been a winding journey in my life to arrive at this place of releasing my will to God's will.

For as long as I can remember, I have been strong-willed, determined, and goal-oriented. I set high standards for my own productivity, and it is hard to stop "tweaking" a project and let it be finished. "Good enough" is never quite good enough. You can imagine how these impossible standards of perfectionism have been tested by the limitations of Multiple Sclerosis.

My life with MS has been characterized by letting go. When I was first diagnosed, my immediate reaction was "Why me?". That was immediately followed by "Why not me?". I then determined that I would praise the Lord in spite of MS. I soon learned to praise God for MS. The unpredictability of this quirky disease has taught me humility and dependence on God. I have no control of the timing of MS relapses, or the course of disability resulting from each attack. Macular Degeneration is slowly stealing my central vision, and I must trust that God has a purpose and plan for me, even with limited eyesight.

I have a daily choice. I can whine and complain, or I can choose to praise God for His sovereignty and His love. I must admit to episodes of tears and sadness and grief at new losses of function and abilities. There have been times of pain so acute that I have begged God to just take me home with Him. But sweet peace floods my heart each time I reach the place of releasing my life into His hands, and let go of my will to control my own life.

God gives us comfort and peace when we "Let Go and Let God".
Have you tried letting go?

Jeremiah 29:11-13

"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart."