



CHRISTIAN
SUPPORT
FOR
CHRONIC
ILLNESS

UPCOMING
MEETINGS

2-4 PM
Saturday
January 9
February 13
March 20

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.



A Pinterest Pin

THE SPOON THEORY

Christine Miserandino's personal story and analogy of what it is like to live with sickness or disability.

butyoudontlook-sick.com/articles/written-by-christine/the-spoon-theory/



Volume 1 Issue 2

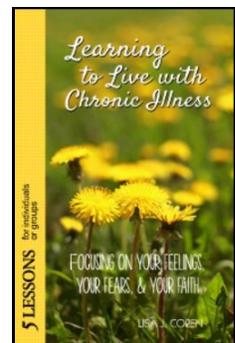
February 2016

New HopeKeepers®Indy Bible Study:
Learning to Live With Chronic Illness by Lisa Copen

Our new books will be distributed and we will do the first lesson together at our February 13 HopeKeepers®Indy meeting. The lessons will focus on our feelings, fears, and faith. Lisa Copen, is the founder and director of Rest Ministries. After being diagnosed with rheumatoid arthritis in 1993, she found God's purpose in reaching out to others who live with daily pain. Lisa understands the challenges and the blessings of chronic illness, and writes with compassion, grace, and strength gained through a close walk with the Lord.

Themes for 2016 HKI Meetings:

- January Perceptions of Chronic Illness
- February Isolation in Chronic Illness
- March Emotions in Chronic Illness
- April Stress in Chronic Illness
- May Body Image in Chronic Illness
- June Depression in Chronic Illness



Energy Savers:
Spending Your Spoons Wisely

Read about the Spoon Theory (see link at left).

- Use the seat of your walker to carry items from room to room. You can hang items from the handles and cross-bar, too!
- In your kitchen, plan a beverage center that saves steps. Above your coffee pot, put cups, tea, coffee, sweeteners, etc. Put related utensils in a drawer below.

- Instead of unloading your dishwasher and storing one item at a time, stand in one place, stacking related items on the counter. Then place items in cabinets and drawers, making fewer trips across the room. Full silverware baskets can be taken to the drawers to unload.
- Keep all your medicine bottles in a basket or box instead of a medicine cabinet. When it's time to refill your pill box, sorting is easy.

- To help keep your tub or shower clean, dry yourself while standing in the shower, then dry the tub and walls. Wet towels can dry out of sight if you hang an extra tension shower rod about 5 inches from the wall of your shower or tub.
- Keep a flashlight, pen, pad, and phone near your bedside. You may have great ideas during those sleepless nights, or need to make medical notes.



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SCRIPTURES TO ENCOURAGE US IN OUR WEAKNESS

"But He said to me, 'My grace is sufficient for you, for My power is made perfect in weakness'. Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong." 2 Corinthians 12:9-10

"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us through wordless groans." Romans 8:26

"For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet He did not sin." Hebrews 4:15

"For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength." 1 Corinthians 2:3



Notes from Marie: "We Can't Do It Alone"

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



Marie Miller - HKI Facilitator

After I was diagnosed with Multiple Sclerosis, one of the most difficult lessons I had to learn was that I could not do everything by myself. I have always been a natural leader - independent, strong-willed, and goal-oriented. I enjoy helping others and find it uncomfortable to ask for help. Years ago, God brought me to the realization that my independence was also a point of pride that I needed to overcome.

I once watched a life-lesson demonstrated before my eyes. I went to visit a new mom, Sabrina, and took along a baby gift. Our associate pastor's wife, Patty, arrived shortly before me. After greeting everyone, Patty asked permission to straighten the living room and wash the dishes that had collected in the kitchen sink. Sabrina immediately protested, but Patty sweetly smiled and said, "Would you please let me work out my spiritual gift? This gives me joy!" Sabrina then graciously accepted help, and was able to enjoy showing her new baby to visitors.

Those of us who live with chronic illness want to be as independent as we can, for as long as we can. But we have to face the reality that we need help. Ask yourself: How do you respond when someone offers to help you? Perhaps someone in the grocery store offers to carry your bags, or opens the door for you. Do you respond with a bright "Thank You!" and a gracious smile? If a family member offers to bring you a meal or do your laundry, how do you react? Is your reluctance to ask for or receive help motivated by humility, or is it a point of pride?

Chronic illness does not prevent us from helping others as well. We can encourage through our words, cards, emails, texts, and small caring services. Be a blessing to someone this week! Be graceful in receiving help and generous in offering help.

SOMETHING TO THINK ABOUT:

"Take time to receive gifts of assistance from those around you, both loved ones and strangers. People will receive great joy in being able to give you something that they know you need, and you can give them the gift of appreciation." Lisa Copen, Founder of Rest Ministries