



CHRISTIAN
SUPPORT
FOR
CHRONIC
ILLNESS



Volume 1, Issue 1

January 2016

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.



SAVE YOUR ENERGY.
SHOP ONLINE
AND
LET SOMEONE ELSE
FILL YOUR GROCERY
CART!

2016 HopeKeepers®Indy Plans: Communication * Support * Outreach

Happy New Year, Friends! HopeKeepers®Indy is now seven months old! The first inspiration to form a support group for chronic illness came in March of 2015. We are approaching 2016 with a renewed vision, goals, enthusiasm, and commitment.

- A MONTHLY NEWSLETTER will feature HKI group updates, and include many helpful articles and resources.
- We will continue to meet on SECOND SATURDAYS of each month at Sue Stephens' home. If Sue is not well, we will meet at Marie Miller's home. Both are handicap accessible.
- We will discuss the option of ONLINE CONFERENCE MEETINGS. This could open a way for connection for home-bound friends.
- We hope to start ANOTHER HOPEKEEPERS®INDY GROUP in a senior community nearby, sponsored by HKI, and with a resident group leader
- We will begin our NEW BIBLE STUDY in February, using another excellent book by Lisa Copen, *Learning to Live With Chronic Illness*.



Energy Savers: Online Grocery Shopping

Chronic illness severely limits our energy. One particularly exhausting challenge is grocery shopping. If you have access to the internet, you can shop without leaving your chair. Let your fingers do the shopping. You have the option of picking up your order or having direct delivery to your door.

Here are some helpful sites. Check out these great options.

peapod.com

Home delivery: Get 60 days free delivery and \$20 off your first order.

safeway.com/grocerydelivery

Typical delivery is \$9.95 on \$150 purchase.

www.kroger.com

Kroger Click List. Select your items, pay online, and schedule a pick-up. They load your groceries for you.

amazon.com

Prime Pantry delivery is \$5.99 per box.

Amazon Prime at \$99 per year. It includes free two-day delivery and many other benefits.



WEBSITE

hopekeepersindy.com

FACEBOOK

[facebook.com
Hopekeepersindy](https://www.facebook.com/Hopekeepersindy)

PINTEREST

[pinterest.com/
hopekeepersindy/](https://www.pinterest.com/hopekeepersindy/)

OUR MISSION

Through supportive small-group meetings and website education and resources, HopeKeepers® Indy shares hope and faith in Christ, as well as emotional, relational, and practical means to meet the challenges of chronic illness and physical conditions.

OUR VISION

- To glorify God through understanding His purpose for illness in our lives
- To provide small-group and online support and education about chronic illness
- To offer a sanctuary of honesty, understanding, and trust at our small-group meetings
- To learn what God's Word teaches about illness, through Bible studies and discussions
- To involve others in serving the chronically ill, and to encourage the chronically ill to serve others
- To further understanding in the church about the daily challenges, sufferings, and struggles of people who live with chronic illness
- To reach beyond church doors and bring the message of Christ's love to our community

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

Notes from Marie: Fresh Perspective



There is something about starting a new year that gives me a fresh perspective on life. It's similar to having new school supplies - a delight to me as a child, and later as a teacher. Because of Multiple Sclerosis I no longer have the stamina to be in the classroom, but I still find satisfaction exploring a teacher store or an aisle of office supplies. I love the organization of a new planner or calendar. The smell of freshly sharpened wooden pencils is a heady scent to me.

I was soooooo ready for 2015 to end. It was a difficult year for me, with numerous MS relapses, allergic rashes, three surgeries, and care-giving for my mother for many extended weeks. The turn of the new year gives me a re-set point, like a box of new school supplies. I'm excited about some new ideas and plans. It's time to evaluate, use what is positive, and leave behind any negatives.

Paul wrote in Philippians 3:3-4 "...Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

Let's take our cue from these words of wisdom. As HopeKeepers®Indy members, we all live with chronic illness. It is easy to focus on the daily challenges and suffering of our various symptoms. Let's take a look at the big picture, though. Through God's own sovereignty, He has ordained a greater purpose in our suffering. At this early point in the year, could we take an eternal perspective? Let's draw near to God, and release to Him the difficulties of the old year. Let's ask Him to reveal His purpose in our lives for this coming year.

BE ENCOURAGED! BE BLESSED!

Rest Ministries offers daily devotionals. You can read them on the website, or sign up to have delivered directly to your email daily or weekly. Visit restministries.com/category/devotionals/