



Words of Hope

Irises symbolize hope, faith, wisdom, and courage.

HopeKeepers®Indy - Christian Support for Chronic Illness

More Assistive Aids to Make Your Life Easier



LightBaum Cane Light
Ergoactives.com



Bed Assist by
Medline
costco.com



Medical ID with USB
americanmedical-id.com

Disposable Shirt Protector
goldviolin.blair.com



Medical ID with USB
americanmedical-id.com



Key Turner Hole-in-One
amazon.com

MARCH 2017
Volume 2, Issue 3

UPCOMING MEETINGS

MARCH 11
APRIL 8
MAY 13
2-4 PM

Email us
for meeting location
in Brownsburg, IN.

In case alternate location is
needed, or weather cancels a
meeting, members will be
notified prior to the meeting.

Living With a Chronic Illness

"Dealing With Feelings" medlineplus.gov/ency/patientinstructions/000601.htm

"It can be a shock to learn you have a chronic illness. You may ask 'Why me?' As you learn more about your illness and how to take care of yourself, your feelings may change. Fear or shock may give way to anger..sadness..confusion.."

These are quotes from a creditable and helpful web article about coping with long-term (chronic) illness.

Some of the points covered in the article:

- Getting Used to Chronic Illness
- Your Image of Yourself May Change
- Expect to Feel Overwhelmed
- Be Gentle With Yourself
- Feelings and Emotions Over Time
- Learn More About Your Illness

To read the article in entirety,
follow the web link in the title bar.

March Discussion Theme

"The Feelings of Our Infirmities"

Join us in March as we explore and discuss our emotional responses to living with chronic illness and pain.

Here are some quotes from Bible study author Kimberly Rae.

"The temptations are inward ones...to fear, to worry, to give in to anxiety or

anger or even bitterness. The temptation to envy people who are healthy."

"What I feel changes often. My feelings cannot be trusted as the defining factor of my faith or lack of faith in God. What shows my true belief is my actions. "



HopeKeepers®Indy is a Christian ministry for adults who live with chronic illness or physical condition - either personally or as a caregiver.

Contact Information

Website:
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Email:
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facebook.com/hopekeepersindy

Pinterest:
pinterest.com/hopekeepersindy

Finding Emotional Peace in the Scriptures

*My comfort in
my suffering
is this:*

*Your promise
preserves my
life.*

Psalm 119:50

Philippians 4:7 “And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”

Psalms 139:23 “Search me, O God, and know my heart; Try me and know my anxious thoughts.”

Proverbs 3:5-6 “Trust in the LORD with all your heart And do not lean on your own understanding. In all your ways acknowledge Him, And He will make your paths straight. “



HopeKeepers®Indy New Chapter Update

We are happy to report that our new HKI chapter in Fishers, IN, has created much interest among residents at The Reserve at Hamilton Trace. There were eight friends at our first meeting, and already four more have told us they want to join! It is wonderful to see the way God brings us together.

It is our joy and privilege to be a blessing to these amazing seniors. There is great spiritual depth and wisdom in this group. We look forward to growing with them, ministering to one another, and sharing our stories of God's comfort and blessings as we live with chronic illness, pain, and physical conditions.

Notes From Marie

Introducing a New Friend and Inspired Writer

This month we introduce Linda Teeple, a valued friend who is serving as co-leader with Marie at our new HopeKeepers®Indy chapter in Fishers, IN. We welcome Linda as a regular contributor to our HKI newsletter.

Linda understands life with chronic illness. Her “thorn in the flesh” involves Fibromyalgia, Sjogren's Syndrome,



Marie Miller

HopeKeepers®Indy Facilitator

arthritis, and multiple spine issues - which interfere with what she wants to do. Like Paul, she pleads for a “thorn-ectomy”. Linda loves her roles of wife, mother, and grandmother, and is recently retired from a career as a marriage and family therapist. She is a published writer and Group Facilitator for HopeKeepers® in Anderson, IN.

The Nature of Grace

“Broken But Useable”



Linda Teeple

HopeKeepers® Anderson Facilitator

...like a city broken down, without walls. Proverbs 25:28

This metaphor describes me to a T. When my body is racked with pain, my mind and my spirit join the chaos. Physical pain is bad enough, but when emotional and spiritual distress jump into the fray - it's like one, two, three little girls jumping into a swinging rope, tethered on each end by two companions. Someone eventually missteps and one, two, three, they fall down in a heap of tears and scraped knees. Yet, the girls will gather again and again to jump and jump and jump. It's fun! This is where my jump rope imagery takes a wrong turn. My inner companions huddle together, squeezing each other's hands, gritting their teeth against the pain.

vulnerable in the face of the *invisible illness*, fibromyalgia. My overactive, excitable *nerves* act as if they are *on speed*, racing my screaming pain messages from my brain and spinal cord throughout my body. Would that I had Superman's *nerves of steel!*

What I've learned along this rugged path of pain is that there is no way I can handle it by myself. Toss in a few auxiliary conditions that cling like magnets to fibromyalgia, and my struggle intensifies. But when I turn to my Superhero, He holds me gently in His arms, amid the pain. Not only has He known pain far worse than my own, but He has borne the pain of all humanity. Jesus understands, and comforts me in the midst of my pain.

If I were a crab or lobster, I'd have an armor-like exoskeleton to protect me from the world around me. But my predators attack from within. I stand naked and

My biggest question is not, “Why me?” but, “What is the purpose in my pain that will bless others and glorify God?”