



Words of Hope

Irises symbolize hope, faith, wisdom, and courage.

HopeKeepers@Indy - Christian Support for Chronic Illness

To Everything There Is a Season

Season Change and Chronic Illness (by Marie Miller - HKI Facilitator)

“People throughout the world claim that the weather has a direct connection to their health. Atmospheric scientists studying weather’s impact on the human body (called biometeorology) have found that sudden temperature changes, cold snaps, heat waves, and thunderstorms can have a direct effect on certain conditions.

(Source: knowbefore.weatherbug.com)



Many who suffer from chronic illness can also testify to worsening or new symptoms that appear with the change in seasons and temperature.

Almost on cue with the advent of warm weather, my face started itching around

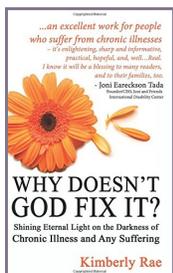
the nose and eyes. I took Benadryl tablets and spread Benadryl cream on my face. Suddenly, angry hives puffed out my whole lower face, stinging like a bad sunburn, and itching maddeningly. This required a trip to the doctor and ten days of steroids. Prednisone keeps me awake, and makes me agitated and hungry all the time. Vaseline is the only salve I can use on my face to counteract the dry skin as the hives subside. So now I have a puffy, itchy, shiny face, and bloodshot eyes from lack of sleep. In addition, since my immune system can’t handle any more distress, I am in yet another Multiple Sclerosis relapse.

I know I am not alone. HopeKeepers@ friends everywhere experience health challenges as the weather changes. We want you to know that we understand what you are going through. Join us at our next HKI meeting. Let’s talk about it. We can encourage one another and share our tips on coping with season changes....And don’t worry about how you look. You’ll be in good company.

April Discussion Theme

“Why Didn’t Jesus Heal Everybody?”

Join us for our May HKI meeting as we consider Jesus’ healing miracles. “If healing people, or giving food, or meeting any physical, temporal need, meant crowds would follow Jesus for what Jesus could do for them rather than seeking the kingdom of God, then those things became a deterrent to Jesus’ ultimate purpose on earth. He came to heal our soul. Healing bodies was good, just like feeding people was good, but not if it distracted people from their greater need of salvation.”



~ Quote from author Kimberly Rae ~

MAY 2017
Volume 2, Issue 5

UPCOMING MEETINGS

MAY 13

JUNE 10

JULY 8

2:00 - 4:00 PM

Email us for meeting location in Brownsburg, IN

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: hopekeepersindy.com

Email: hopekeepersindy@yahoo.com

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Pinterest: pinterest.com/hopekeepersindy



Scripture Comforts Us in Our Suffering

2 Corinthians 4:16-18 “Do not lose heart, though our outer man is decaying, our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison while we look not at the things which are seen, but at the things which are not seen’ for the things which are seen are temporal, but the things which are not seen are eternal.”

How Weather Can Affect Chronic Illness



Most people with chronic illness are affected by weather and seasonal changes. The following article is written specifically for fibromyalgia, but the symptoms listed are experienced by many other chronic illness sufferers. (Published online by fibromyalgia-symptoms.org)

What Weather Factors Affect Fibromyalgia Sufferers?

- **Temperature:** Cold weather tends to make fibromyalgia symptoms worse, while warmer weather tends to ease those troublesome symptoms.
- **Barometric Pressure** is a measurement of the weight that is exerted by the air all around us. On sunny days, barometric pressure tends to be high, but during a storm or similar weather front, barometric pressure drops suddenly. Fibromyalgia sufferers often find that these changes can trigger muscle aches and pains.
- **Absolute Humidity** is a measurement of the amount of water vapor present in each unit of air. When absolute

humidity is low, fibromyalgia sufferers often report headaches, stiffness, and flares in widespread pain.

- **Precipitation** is the term used to refer to any type of water that falls to the ground from the sky, including rain, sleet, snow, or hail. Precipitation is often accompanied by a change in barometric pressure, and therefore may exacerbate your symptoms of pain and fatigue.
- **Wind:** Whether it's a light wind or a gale-force wind, wind generally causes a decrease in barometric pressure. This means that wind can trigger fatigue, headaches, and muscle aches in fibromyalgia sufferers.

People with chronic pain have a heightened sensitivity to their environment.

We pick up on everything. A change in the air, background noise. Light perfume, future storms.

So you should know, we always know when you don't believe us.

Just like our pain, that is not our imagination.

— sjs

The Nature of Grace

“God’s Ultimate Purpose ”



Linda Teeple - HopeKeepers® Facilitator
Madison Park - Anderson, IN

Jesus was a much sought after character because He performed amazing miracles and healed lots of people. However, physical healing can distract us from our greater need for a relationship with God.

Kimberly Rae, author of *Why Doesn't God Fix It?* says,

“Perhaps that is one of the reasons why God has not healed those of us with chronic illness. He has a higher purpose than us feeling comfortable and whole again here on this earth.”

Living the Gospel requires sacrifice. “If that sacrifice fulfills God’s ultimate purpose, is it not better to be sick than to be well? Our choice to honor and glorify Him when He doesn’t fix it is more a testimony to the world than were we all better and back to living the life the way we want.”

Wow! This puts a new spin on the chronic conditions and pain that plague our daily life. Our suffering is our testimony; we have a choice whether or not to honor and

glorify God from these ragged bodies in which we dwell.

Apostle Paul’s testimony about his thorn in the flesh can be a model for us: “*Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me.*”

I love God’s answer: “*My grace is sufficient for you, for My power is made perfect in weakness.*”

Can you hear the excitement in Paul’s voice, and see the joy on his face, as he says: *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...for when I am weak, then I am strong* (2 Corinthians 12:7-10 NIV).

God’s grace is sufficient; when we are weak, we are strong; and our maladies are to fulfill God’s ultimate purpose.