

# FAITH & WELLNESS TIMES



Spring 2023 Dedicated to the friends and clients of Interfaith Wellness Ministry, Inc.



## Greetings from Donna M. Crow ...

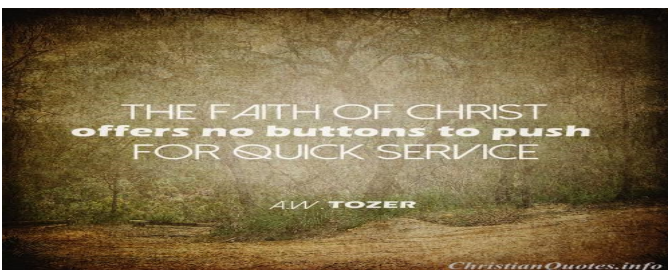
Dear Friends and Family,

When I accepted the position of Director for Interfaith Wellness Ministry, I knew ours was a mission within which I could work:

***“To assist churches and the community to integrate faith and health by promoting wellness of body, mind and spirit.”***

*Promoting wellness of body, mind and spirit is straightforward enough. We hold workshops and teach classes that address all aspects of health from exercise and nutrition to stress management and beyond.*

*Integrating faith and health is not as clear-cut. I recently saw a church sign that read “Faith is Stronger than Fear”. While that sounds right, I wonder. Faith and fear may be opposites, since fear is the author of doubt, despair, hate. With faith comes love, gratitude. Perhaps faith and fear cannot inhabit the same space at the same time. But we too often say, “Have faith”, without examining what that really means or how to do it.*



Years ago, while I was grieving deeply, a woman asked me, “Where is your faith?” Her words seemed to imply I had lost my faith in God as if it were an umbrella left at a party. “What does faith mean *to you*?” I asked. “That you believe in God,” was her only response. It was my “*dark night of the soul*” and perhaps I had placed too much faith in humans but I did not feel betrayed by God. In my mind, my *belief* was intact. Removing the elements of pain and suffering from our idea of what having faith in God feels like is a disservice. *Think Jesus’ suffering on the cross.* We don’t question *His* belief in God. Having faith does not remove periods of darkness, but it will provide a light if you can find it.

In my despair, I couldn’t see the light. Witnessing my disappointment at the woman’s unsatisfactory answer, a more enlightened minister shared this story about a woman in his congregation who suffered depression.

“I knew she loved to garden and that her yard was full of flowers so I gave her homework.

*Every day, go into your flower garden and take a photo of something beautiful, that you think may bring me joy, and send it to me.”* It took a while but he knew once she remembered how she loved God’s creation, she would reconnect with her own joy and feel her faith



again. It worked. I have never forgotten his lesson in *integrating faith with health through nature.*

If faith in God *is* stronger, fear is a formidable opponent. Faith is a hard-won battle to be fought. **Maybe the goal is: *feeling in your body, the spirit you believe in with your mind?*** Words like *breathe, allow, acceptance* comes to mind. When we feel our faith, our pain subsides, thus integrating faith and health.

So, how do we teach the integration of faith and health? For me, finding joy in the small miracles, birdsong, gazing at the moon, counting the stars. Gratitude is my gateway to faith. More about gratitude in future publications.

**Donna M. Crow**



# Healing...IN BODY, MIND, AND SPIRIT

## FROM THE PRESIDENT .....SISTER LORETTA SPOTILA, CSA

In our last issue, I introduced the concepts of DIVERSITY, EQUITY, INCLUSION, and BELONGING. Although these concepts have been introduced and promoted for the workplace, I will again emphasize this approach is also for daily life! *What can this look like?*

DIVERSITY ASKS: *Who is in the room?*

Among all those invited to a gathering, there are representatives of differences.

EQUITY ASKS: *Who is trying to get in the room but can't – what are the barriers?*

Everyone has adequate access for getting to the gathering, regardless of where they are located.

INCLUSION ASKS: *Has everyone's ideas been heard, respected and understood?*

Everyone has an opportunity to help plan the event and also attend.

BELONGING ASKS: *Is everyone feeling valued through positive connections with others and able to bring their true self to the gathering?*

Belonging is feeling comfortable and enjoying their time with others at the event.

So what is the purpose of D-E-I-B? I've learned that including these ideas into our daily lives will result in "action and accountability." Hopefully then structural and systemic change occurs in the ways we relate to each other and to the group as a whole, be it family, church, friends or others. Take time to consider how you may include these ideas in your daily life.

*(Thanks to the Sisters of Charity Health System & Regina Health Center for assistance with this content)*

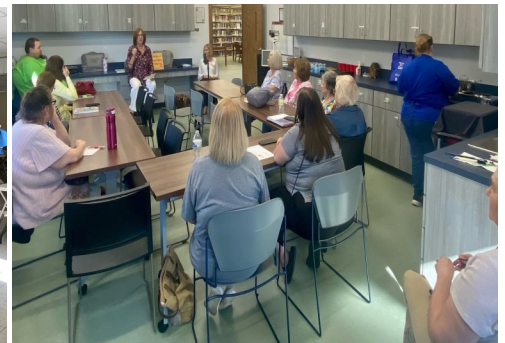
***Sr. Loretta Spotila, CSA, RN***



Donna at Back to School District Employee Picnic-400 Employees served



Sr. Loretta leads Body Fitness Participants Using stretch bands



Donna speaks to Healthy You Participants Jessica (Right) prepares healthy recipes

**Please remember us in your will. Our legal name is Interfaith Wellness Ministry, Inc. Contributions are tax deductible as permitted by law**

# A Heartfelt "Thank You" to Our Donors!

We are so grateful for our ongoing and new "Ministry Partners" who have generously donated their support in the **calendar year of 2022!**

Through your generous help we continue to help folks like "Rachel" and "Silas" and their families

*May all of you be assured of our prayers and gratitude for helping us reach so many in need!*

Anonymous  
Angela Abdo  
Susan Ament  
Mary & Kevin Anthony  
Catholic Committee of Appalachia  
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Amy Squires  
St. John Hospital-Employees Reunion  
Melinda & Donald Stanko  
Cheryl Stepp  
Teresa & Jack Stickney  
Kathleen Stone

*Whoever brings blessing will be enriched, and one who waters will himself be watered.*

*Proverbs 11:24-25*



# Our Heartfelt "Thank You" continues.....

Frances Tarullo  
Terrie Tate  
Eileen & Dennis Tekrony  
Warren F. Toler Funeral Home  
Nancy Tipton  
Moving Forward Together  
Connie & Charles Torgersen  
Peggy & James Trammel  
Linda Tribble  
Barbara & Dino Vince  
Corrine & Michael J. Wagner  
Kimberly & Curtis Wagner  
Diane & William Walker  
Sr. Catherine Walsh, CSA  
Joann Warner  
Paula & Tony White  
Billie White  
Michael Whitney  
Jeanne Geisman & Ron Yackly  
Marian Yeager  
Betty & Robert Young  
Sondra & Eugene Yurick  
Kathryn & Gary Zeiler

## **SR. RUTH'S KIDS CAMPAIGN**

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Mary & Kevin Anthony  
Marguerite & Dennis Arendec  
Beth & Mark Babyak  
Marian Beckler  
Arlene Bird  
Ann Marie Boyle  
Jeanne Burrige  
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Sheri Yi & John Spotila  
Maggie Kruesi & Jim Spotila  
David Fiorito & Jennifer Spotila  
Lois Spotila  
St. John Hospital Employees Reunion  
c/o Rosanne Kelley  
Melinda & Donald Stanko  
Frances Tarullo  
Terrie Tate  
Connie & Charles Torgersen  
Barbara & Dino Vince  
Kimberly & Curtis Wagner  
Diane & William Walker  
Jeanne Geisman & Ron Yackly  
Marian Yeager  
Betty Young  
Sondra & Eugene Yurick  
Kathryn & Gary Zeiler

## ***IWM Board Members***

Sr. Loretta Spotila, CSA, RN  
Barbara Dixon  
Jamie Hill  
Paula White  
Marsha Porter



**Sister Ruth's Kids Back to School Program**  
Children receive school supplies and snacks

## ***CONTRIBUTIONS IN KIND***

Mercy Health-Marcum & Wallace Hospital  
Estill County Public Library  
Estill County School System  
UKY - Estill County Extension Office  
Sr. Regina Fox, SSND  
Housing Authority of Irvine  
Sisters of Charity of St. Augustine  
Joan Harkulich

## ***Grantors***

Catholic Diocese of Lexington, KY  
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Cleveland, Ohio  
Kentucky Foundation for Women

## ***Gifts In-Memory of...***

### ***Frances Clements***

Fred Clements

### ***Richard & Mary Danielson***

Mary Ellen & Ken Palcisko

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Ann & Dick Maio

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Lois Krebs

### ***Donna Williams***

Kathleen Stone

## ***Gifts In-Honor of...***

### ***Sr. Loretta Spotila, CSA***

Janice Bush

### ***Sr. Catherine Walsh, CSA***

Betty Greene

## ***Special Remembrance...***

Clara Chmiel, founding board member  
Ken Spirka, helped implement our  
Sister Ruth's Kids Campaign  
Bill Gaydos, special friend, implemented  
our dictionary program

***I have not stopped giving thanks  
for you, remembering  
you in my prayers!***

***Ephesians 1:16***

## Weird Health facts

Mangoes are in the same plant family as poison ivy. Urushiol, the oily substance in the sap of poison ivy is also present (smaller doses) in the skin of mangoes. If you are super allergic to poison ivy, you may want to wear protection while handling mangoes.  
*Verywellhealth.com*

A person will die from lack of sleep sooner than from starvation, which usually takes a few weeks.

*Purple.com*

Lack of sleep isn't only bad for your health, it's bad for society. Sleep debt is said to cost the U.S. \$66 billion per year. *Purple.com*

According to the Mayo Clinic, humans don't breathe through both nostrils at the same time. We inhale and exhale one nostril at a time. *Purple.com*

Your body produces enough heat in thirty minutes to boil half a gallon of water.

\*\*\*\*\*

Humans share 60% of their DNA with bananas, and 94.8% with a chimp.

*Purple.com*

There is enough nicotine in 4 or 5 cigarettes to kill an adult if swallowed whole all at once.

*Purple.com*

Most humans produce enough saliva in their lifetimes to fill two swimming pools.

Saliva protects our mouths from oral infections while aiding in digestion.

*Purple.com*

Like fingerprints, every person has a unique tongue print.

The human brain operates on 12-25 watts of power. This can power a small led bulb, yet the brain is 80% water.

*Purple.com*

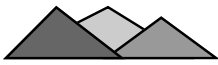
## HOW YOU CAN HELP!



To continue this critical ministry, we need your ongoing help!  
Please consider a donation today:

- We love opening your envelopes to receive personally written notes and checks. It makes our day!
- Add us to your automatic bill pay through your bank.
- Visit [www.interfaithwellness.org](http://www.interfaithwellness.org) to make a recurring or one time donation by credit card. It still makes our day!
- List INTERFAITH WELLNESS MINISTRY as your chosen charity at Kroger's and their affiliate stores.
- Create a legacy or living trust in honor/memory of a loved one. Ask us about planned/estate giving.
- Receive a bigger tax credit by making direct donations from your IRA disbursements.
- In lieu of flowers during a funeral, suggest donations be made to *Interfaith Wellness Ministry, Inc.*
- \$ 75 – supplies for two children now in school
- \$ 100 – supplies 50 children with gloves and hats for winter
- \$ 250 - pays for a one hour Health Talk for 10 people
- \$ 300 - provides Health pamphlets to one church congregation for one year
- \$ 1100 - covers the printing and mailing expenses of one of our Newsletters
- \$ 1400 - covers expenses for hosting 200 visitors at our Educational Booth at a Health Fair
- \$ 7,500 - enables us to keep our Center open and staffed for one month to serve people in Estill County

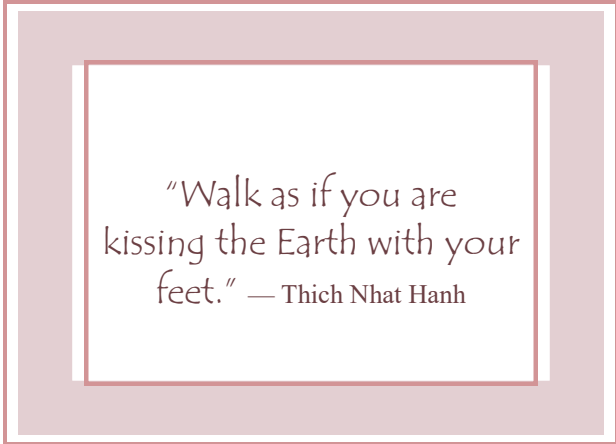
Please remember us in your will. Our legal name is Interfaith Wellness Ministry, Inc.  
Contributions are tax deductible as permitted by law.



**Donna M. Crow, Executive Director  
Interfaith Wellness Ministry, Inc.**

P. O. Box 582 Irvine, Kentucky 40336  
Phone/Fax: 606-723-8505  
Email: director@interfaithwellness.org  
Website: www.interfaithwellness.org

Founded in 1997 by Sr. Loretta Spotila, CSA  
to help the people in rural Kentucky become  
healthy families.



# CALENDAR OF EVENTS

## **BODY FITNESS CLASSES**

Spring and Fall Sessions  
Mondays 10:00-11:00 a.m.-Extension Office

## **HEALTHY YOU WELLNESS CLUB**

Third Thursdays 4:30 p.m. at Library

## **GRIEF/LOSS SUPPORT**

Third Tuesdays 5:00 p.m.  
Session Room-Steam Engine

## **CREATIVE WRITING**

Mondays 11:00-1:00  
Feb-April and Sept-November  
E.C. Public Library



Health Information and Oral Hygiene products are distributed at Wallace Court and Mountain Crest housing sites on dates announced by the Housing Authority.

## **MONTHLY HEALTH CHECKS Blood Pressure Monitoring**

1st Sunday: Ravenna Christian Church  
1st Sunday: St. Elizabeth Catholic Church