

The Faith Health Link



Sowing Seeds of Wellness

Loudon Avenue Christian Church

Disciples of Christ (DOC)

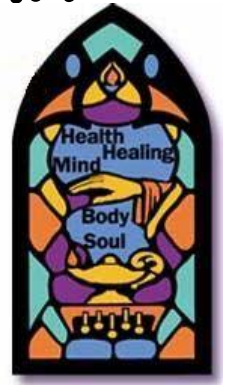
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Nurturing Self-Care

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Self-care is vital for physical, emotional, and spiritual well-being. It's not self-ish: rather, it equips us to care for others more effectively. Setting aside time for self-care activities like exercise, hobbies, reflecting on God's work in our lives, and simply resting can reenergize us and improve our general mood.

Embracing self-care involves recognizing our limits and our needs. It means saying no when we need to, setting boundaries, and seeking support when we feel overwhelmed. Self-compassion is also necessary, treating ourselves with kindness and understanding promotes resilience and inner peace.

I am thankful to have experienced the transformative power of self-care. Taking regular breaks, practicing mindfulness, and engaging in activities that bring joy have all contributed to my well-being and my ability to serve others wholeheartedly.



Let's remember that self-care is not a luxury but a necessity. By nurturing ourselves, we honor the temple of our bodies and souls enabling us to live more authentically and effectively for the sake of God's kingdom. Author: Darrell Delaney

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own. 1Corinthians 6:19.

Lord, teach us the value and importance of self-care. Grant us rest and strength to serve others effectively. In Jesus name. Amen

[Nurturing Self-Care — Today Daily Devotional](#)

Faith Health Ministry

Mission

Our mission is to develop a culturally, competent, Biblically informed, wellness ministry to meet the physical, mental, social-emotional, and spiritual needs through education, outreach and counseling that is affordable, accessible, and available.

Vision

The vision of Loudon Avenue Christian Church Faith Health Ministry is to address the needs of the congregation and community that promote wellness of the Body, Mind and Spirit, based upon the will of God in our lives.

**Sisters' Night Out
September 24, 2026**

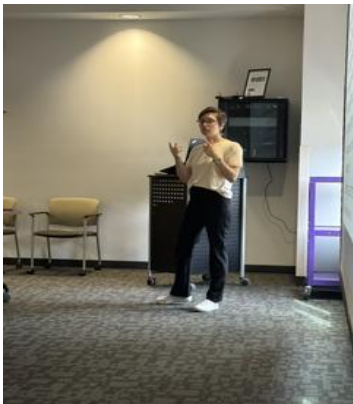
Disciple Men's Fellowship Men's Health Day



On June 6, 2026, the Disciple Men's Fellowship (DMF) in conjunction with the LACC Faith Health Ministry sponsored the annual Men's Health Day at New Horizon Healthcare (NHH). The core focus of

the event is in raising awareness about preventable health problems, encouraging early detection, routine medical screening, and promoting open conversations regarding physical, mental, and emotional well-being.

The theme of the program was Partners in Care Through Physical, Mental Health, Education & Advocacy. There were three excellent presenters.



Amelia K. Rode, PA-C presentation centered on Men's Bone Health. Up to 1 in 4 men over age 50 will break a bone due to osteoporosis, (a bone disease characterized by weak and fragile bones). Bone healthy behaviors include:

- ✓ getting enough calcium and vitamin D
- ✓ Do weight-bearing and muscle-strengthening

exercises

- ✓ Stop smoking and avoid excessive alcohol
- ✓ Be mindful of fall prevention and safety

Bone is living tissue that is constantly being broken down and replaced. Osteoporosis occurs when the creation of new bone doesn't keep up with the loss of old bone.

Good nutrition, regular exercise and a healthy lifestyle are essential to keep your bones healthy throughout your life.



Romans Keller, LCSW

Presentation focused on how the mind and body are often viewed as being separate, however, mental and physical health are actually closely related. Good mental health can positively affect your physical health; in return, poor mental health can negatively affect your physical health.

If you want to improve your general well-being. You should take care of both your physical and mental health.

Here are some ways to take care of yourself physically and mentally.

- ✓ Get regular exercise
- ✓ Eat proper diet
- ✓ Avoid alcohol and drugs
- ✓ Get enough sleep
- ✓ Try relaxation techniques
- ✓ Develop good mental practices
- ✓ Seek help from others:

Christopher L. Starks MD Urologist



An urologist is a physician and surgeon who specializes in diagnosing and treating conditions that affect your urinary system, and, in males, the reproductive system. The focus of Dr. Stark's presentation centered on Prostate cancer. Prostate cancer is a

growth of cells that starts in the prostate. Prostate cancer is one of the most common types of cancer. Prostate cancer is usually found early, and it often grows slowly. Most people with prostate cancer are cured.

Two test are commonly used to screen for prostate cancer. The goal of screening for prostate cancer is to find cancers that may be at high risk for spreading if not treated, and to find them early before they spread. With the support and collaboration of the Faith Health Ministry & LewisGale Hospital we were able to offer these two tests during health day. Individuals tested who took advantage of the testing were able to receive their test result immediately or the following week, at no cost to them.