

Not sure about the flu shot? Ask the Doc!

You are the steward of your own body. Ask the doctor if you don't understand something or if you aren't sure.

You can ask things like:

- Why are you prescribing the flu shot for me?
- What is in the vaccine?
- How is it tested to be sure it's safe?
- What kind of side-effects can I expect?
- What should I do if I don't feel well after I get the flu shot?
- What else can I do to keep from getting the flu?
- Is it a good idea for my kids to get the flu shot?



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Closing Prayer: Transformation and Redemption

(Leader) Living God of Mercy, you feed friends and enemies alike. You instruct us in the ways of righteousness.

(Congregants) Grant that we may act as messengers of your salvation, Lord.

(Leader) Living God of Justice, you invest us with the Holy Spirit. You create us in your holy image.

(Congregants) Teach us how to live with ourselves and our neighbors, Lord.

(Leader) Living God of Peace, you promise wholeness to all creation, and you tell of a time when the lion and the lamb shall live in harmony.

(Congregants) Strengthen us in the life of the spirit, Lord.

(Leader) Living God of Mercy, you know the thoughts of our hearts, and from you nothing is hidden.

(Congregants) Help us to know ourselves, Lord.

(Leader) Living God of Justice, you will redeem all those who serve the powers and principalities, through your transforming grace.

(Congregants) Give them new hearts to know your love, Lord.

(Leader) Living God of Peace, you promise to dwell among us in the New Jerusalem.

(Congregants) Come and sanctify this place, Lord.

[All:] Make us vehicles of your peace, and grant us mercy, justice and peace. Amen.



**Improving Health Equity
Through Just and Loving
Relationships**

Preparing for Worship

(Congregational song. This is a good time for a hymn)

Statements of Affirmation

Our faith is activated through our actions. When we combine our faith with works it becomes “Living Faith”.

Living a healthy lifestyle is an expression of our faith and validates our committed life to God.

Our congregations are powerful communities of love, power, and discipline. It is our “Loving Community” that give us distinction and identity.

In “Loving Communities” we care for one another through our actions as an expressing of our faith.

Songs of Worship

(Choose upbeat song/s with clapping and moving)

Prayer of Thanksgiving

O Holiness within and around us, thank you for those individuals and family members, faith leaders, doctors, nurses, other health care providers, hospitals and clinics, and chaplains who help u care for our bodies. Give us strength to do our part in care for our own bodies and for those with whom we share our world. Strengthen and guide us all in efforts to health, wholeness, and human dignity to all.

Reading of Scripture

A new commandment I give you: Love one another. As I have loved you, so also you must love one another. By this all men will know that you are My disciples, if you love. John 13: 34-35

Prayers of the Healing

Lord, I come before you today in need of your healing hand. In you all things are possible. Hold my heart within yours, and renew my mind, body, and soul

I am lost, but I am singing. You gave us life, and you also give us the gift of infinite joy. Give me the strength to move forward on the path you've laid out for me. Guide me towards better health, and give me the wisdom to identify those you've placed around me to help me get better

In your name I pray, Amen.

Song of Healing

(Congregational or soloist)

Sermon

Just and Loving Relationships

Jesus prayed “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven.” Matthew 6:9

Song of Redemption

(Song should be relevant to the sermon)



Statements of Affirmation

- Our faith is activated through our actions. When we combine our faith with works it becomes “Living Faith”.
- **Living a healthy lifestyle is an expression of our faith and validates our committed life to God.**
- Our congregations are powerful communities of love, power, and discipline. It is our “Loving Community” that give us distinction and identity.
- **In “Loving Communities” we care for one another through our actions as an expressing of our faith.**

Scriptural Affirmations

Living Faith

For as the body apart from the spirit is dead, so also faith apart from works is dead. James 2:26

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 1:2

Loving Community

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another ...Hebrew 10:24 -25

By this everyone will know that you are my disciples, if you love one another....John 13:35

"This is My commandment, that you love one another, just as I have loved you..... John 15:12

The
Center
for Faith and
Community Health
Transformation



Advocate Health Care

Inspiring medicine. Changing lives.



Community Engagement
& Neighborhood Health
University of Illinois Health System Center Partnerships



Fight The Flu!

When you have communities and congregations with a culture of mutual caring and accountability, people are healthier!

A PRAYER: O Holiness
within and around us, thank you for those individuals and family members, faith leaders, doctors, nurses, other health care providers, hospitals and clinics, and chaplains who help us care for our bodies. Give us strength to do our part in care for our own bodies and for those with whom we share our world. Strengthen and guide us all in efforts to offer health, wholeness, and human dignity to all.

TOP 5 FLU PREVENTION TIPS FOR FAITH COMMUNITIES

1. Teach and model healthy lifestyles of good nutrition, stress management and hygiene.
2. Make sure the highest of hygiene standards are met in your place of worship and necessary supplies are easy to locate in all portions of your building.
3. Get an annual vaccination.
4. Know where your members and neighbors can find affordable vaccine and help them do so. Pay special attention to the protection of the most vulnerable.
5. Make vaccination easier by working with your local Walgreens to host a flu clinic.

Learn more about faith-based partnerships for flu prevention at www.faithhealthtransformation.org.



Protect your community and family by getting the flu vaccine!



Advocate Health Care

Inspiring medicine. Changing lives.





Boost Your Immune System

AVOID THE FLU THIS SEASON! THERE ARE MANY WAYS TO BOOST YOUR IMMUNITY!

Get Your Flu Shot!

Get an annual flu vaccination for yourself and your children.

Help others in your congregation or community get vaccinated, especially those who are most vulnerable to flu—frail elderly, people with chronic diseases, etc.

Take care of yourself. You are worth it!

For more information go to:
www.faithhealthtransformation.org



Get enough sleep.

Wash your hands frequently.

Eat well. Lots of fruits and vegetables!

Manage your stress through prayer and other faith practices.

Rest if you are not feeling well.

Exercise.

Cough or sneeze into your elbow.

Drink lots of water.

Be sure to share
this information
someone in your
congregation!

".....and when thou art converted,
strengthen thy brethren." Luke 22:32



www.faithhealthtransformation.org

Company Name
Street Address
City, ST ZIP Code

Recipient Name
Address
City, ST ZIP Code



Facts about Influenza
"The FLU"



Faith communities and our
leaders are trusted
messengers about
stewardship of life, health
and community. Together,
we can reduce the suffering
caused by flu this year.

*Beloved, I wish above all things that thou
mayest prosper and be in health, even as
thy soul prospereth. 3 John 1:2*



Recognizing the Flu!

What is the Flu?

Influenza, commonly called the flu, is caused by viruses that infect the respiratory tract.

What are Flu Symptoms?

Fever, Headache, Extreme Tiredness, Dry Cough, Sore Throat, Runny or Stuffy Nose, Muscle Aches, Gastro-intestinal symptoms: nausea, vomiting and diarrhea are more common among children than adults.

How serious is having the flu?

The influenza virus is a leading cause of lost work time, school absences and hospitalizations. It is one of the top ten causes of death in the Chicago area for certain groups. Flu can have a major impact on the overall health and functioning of a family and community.

Good News The Flu is Preventable!

Did you get your flu shot?

The Centers for Disease Control recommends that everyone over six months old receive flu vaccination each year. Visit www.flu.gov to find a vaccination site near you, or see the back side of this insert for more details.

Ways to fight the flu!

Boost your immunity! Get enough sleep. Eat well. Manage your stress through prayer and other faith practices. Rest if you are not feeling well. Exercise. Nurture relationships with others. Drink lots of water.

"....faith without works is dead" James 2:26



Tips to avoid the Flu!

- Wash your hands frequently with soap and warm water. Teach children the same healthy habit.
- Cover your nose and mouth when you cough and sneeze into a facial tissue or your arm, not your hands. Promptly discard used tissues.
- Do not share things that go into the mouth, like drinking cups or straws.
- Avoid close contact with people who are sick. If you are sick, stay home until you recover. Avoid touching your eyes, nose or mouth.

Stay home if you're feeling sick!

If you have flu like symptoms stay home. This will prevent spreading the flu to others in the congregations.

"Is anyone among you sick? Let them call the elders of the church to pray over them...." James 5:14.

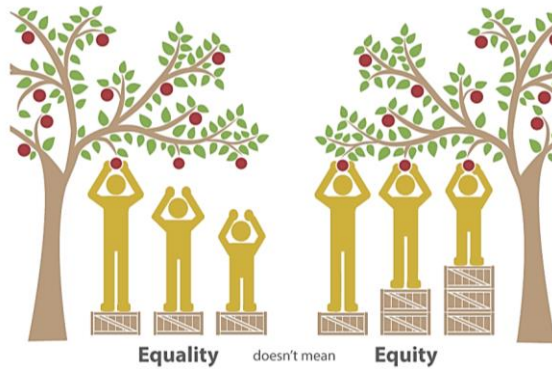
Remember!

It is important to get immunized against the flu not only to help protect yourself, but also to help prevent the spread of flu and protect those around you, such as family members and friends.

Don't forget to take preventive measures, such as covering coughs, washing hands, and staying away from people who are sick, but remember these steps cannot replace vaccination which is the best method of protection.



Improving health equity through just and loving relationships!



Source: Saskatoon Health Region Advancing Health Equity

We have the power to create healthy communities where everyone can reach the fruits of our society!

Jesus prayed *"Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven."* Matthew 6:9

- We can fulfill God's will on earth by creating healthy environments and improving the quality of life for families.
- We must be willing to address interpersonal and systemic issues that create inequities in our society.
- People are healthier in communities where people have steady work, decent housing, good schools, safe places for their kids to play, access to quality health promotion services and medical care.

For more information go to: www.faithhealthtransformation.org



What is Health?

Physical, Spiritual & Emotional Well-Being

Enjoying Life

Living Out Your Calling & Potential

Positively Contributing to Family, Community & Society

Just & Loving Relationships





Health & Wellness Service Sermon Outline

Subject: Transforming Health Through Just And Loving Relationships

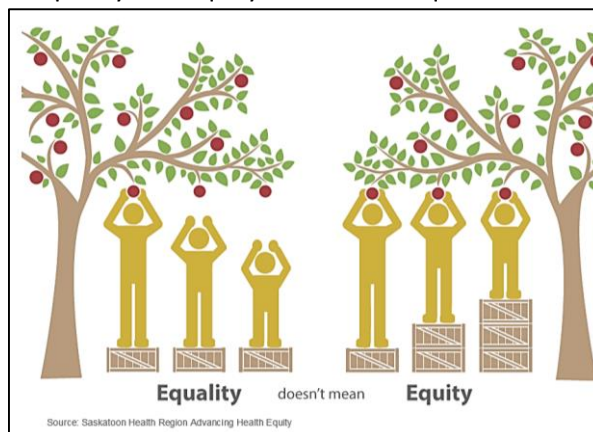
Scriptural Text: *There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. Galatians 3:28 (NIV)*

- I. **We must work to improve health equity through just and loving relationships.**
- Creating health equity means tending to the health of both individuals and the larger community in which they are held. The individual and the larger body are interdependent.
 - In order to achieve health equity (which should be the goal), we must provide communities and families what they need to improve the quality of their life. This is the will of God.

“But my God shall supply all your need according to his riches in glory by Christ Jesus.” Philippians 4:19 (KJV).

- How we think about health and wellness is important. Societies, environments, and communities that families live in impact their health and quality of life.
- We must work to insure all God’s children live in environments that provide the resources necessary to live a healthy lifestyle.

Here is an illustration that can be handed out or projected on a big screen to show a comparison between Equality and Equity. We call for equitable distribution of resources!



II. We must be willing to address interpersonal and systemic issues that create inequities in our society.

- Building loving communities (Interpersonal).
 - We must work to foster loving communities of hope, justice and wholeness in which all people can be healthy and able to live out their deepest calling and potential.
 - We must work toward this goal by building community, nurturing leaders and connecting with the unique spirit power of faith communities to promote social justice and abundant life for families, neighborhoods and communities.

All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had. Acts 4:32

- When people have positive social relationships they are healthier—as individuals, families, faith communities and neighborhoods. Science calls this “social cohesion.” We call it love. We must provide resources and partner with communities to reveal and strengthen the loving community that is already there.

Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved. Act 2:46-47

- We must strive to change our world (systemic change).
 - There is no way to form effective solutions to intractable problems without seeing, understanding and unraveling the systems that have converged to support and maintain them. Racism and the unfair distribution of wealth are the fundamental systemic realities that are at heart of health injustice. We must examine how racism and poverty are at work and work to change that. Let’s make a personal declaration: **I can do all things through Christ who strengthens me. Philippians 4:13 (KJV)**
 - We know as we do this work, we will encounter significant power issues. We must be will to challenge political and economic structures. We know from history the power social change and the price that have been paid for it. Change has never comes easy but we have the power created a better world.

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:7

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Ephesian 6:12 (KJV)

Conclusion

III. We have the power to create healthy communities!

- In communities where people have steady work, decent housing, good schools and safe places for their kids to play, access to quality health care promotion services and medical care, they are healthier!

There were no needy ones among them, because those who owned lands or houses would sell their property, bring the proceeds from the sales, and lay them at the apostles' feet for distribution to anyone as he had need. Act 4:34 -35

What does health look like?

- Physical & Emotional Well Being
- Enjoying Life
- Living Out Your Calling & Potential
- Positively Contributing to Family, Community, & Society
- Just & Loving Relationships

Please watch this inspirational video from 2nd Mile Ministries for a great testimony about how social conditions impact our health.

<http://www.2ndmile-jax.com/blog/2014/5/6/prayer-focus-community-health-video.html>

Prayer Focus: Community Health (video)

© 2014 2nd Mile Ministries

PRAY: For flourishing physical health in our community.

We encourage you to watch the spoken word piece to help fuel your prayer.



Each month 2nd Mile highlights ways to Pray, Collect, and Act in ways that all positively impact and transform the neighborhood. See the

Closing Prayer:

Grant us, Lord God, a vision of your world as your love would have it:
 a world where the weak are protected, and none go hungry or poor;
 a world where the riches of creation are shared, and everyone can enjoy them;
 a world where different races and cultures live in harmony and mutual respect;
 a world where peace is built with justice, and justice is guided by love.
 Give us the inspiration and courage to build it, through Jesus Christ our Lord. Amen.