

Seeding Health and Hope

A Monthly Health Ministry Resource
For Congregations
Vol. 11, no. 1 January 2008



Fly Forgiveness Air – Guaranteed to Lose Your Baggage

Do you find yourself entering this New Year carrying around some extra baggage? Perhaps a large grudge or two, a load of resentment, a parcel of bitterness? On top of spiritual benefits, unloading these bad feelings with forgiveness could help you unload some health issues as well.

How would you like to reduce...

Your blood pressure
Your heart rate
Your stress
Your hostility
Your risk of alcohol or substance abuse
Your symptoms of depression and anxiety
Your chronic pain

According to our friends at the Mayo Clinic, these health benefits may be yours by practicing forgiveness. Forgiveness can also help you acquire better anger management skills, gain more friendships, have healthier relationships, and improve your psychological well-being.

Wow! Getting rid of that baggage puts you in line for a flight through life full of peace and joy!

May God bless you as you live well with forgiveness and enjoy your flight with the One who makes us soar on wings like eagles!

Health information found in "Forgiveness: How to Let Go of Grudges and Bitterness." MayoClinic.com. Available at <http://www.mayoclinic.com/health/forgiveness/MH00131> ; Internet; Accessed 12/13/2007.

<p>Just Watching, Brokering Wheat Ridge and Engaging the Aging</p> <p>Check out the December 2007 issues of "Just Watching" and "Brokering Wheat Ridge" posted online now and the Winter issue of "Engaging the Aging" coming in January 2008 along with other helpful publications at www.wheatridge.org/publications.</p>	<p>Wheat Ridge Ministries One Pierce Place, Suite 250E Itasca, IL 60143-2634 800-762-6748 • Fax: 630-766-9622 wrmail@wheatridge.org www.wheatridge.org Please acknowledge Wheat Ridge in all reprints. Thanks!</p>
---	--