

Pastoral Care: Providing Help and Promoting Health

Pastoral Care may be compared to a hospital which provides help to those in need. Words like rescue, recovery, and restoration describe this function of Pastoral Care. Pastoral may also be compared to a health club which promotes wellbeing. Prevention, preparation, and priorities are buzz words around health clubs.

Both hospitals and health clubs require time; however, time spent in a hospital is scheduled out of necessity more than convenience. Accidents, illnesses, aggravations don't ask permission to obstruct our schedules. In contrast health clubs provide convenient service times encouraging us to choose a healthy workout routine and health diet.

Summer provides more flex time. There are fewer structured activities and more vacations compared to the other nine months of the year. Pastors generally have a little more control over their use of times and spend much of their vacation during the summer.

As summer begins you need to ask yourself, *what do I need? Do I need to seek help recovering from some events that have occurred over the last nine months? Would I be well served by becoming more health seeking so that I don't have to be so helping seeking in the future?*

Once you know what you need, take action this summer. Seek help for your anger, depression, attitude, or poor spiritual, mental, or physical health. Likewise, seek health which will limit the amount of crisis intervention you will need in the future. Take time for rest and relating to God. Make friends with someone who you will look through you from all angles.

Finally do less this summer. Seeking help and health will require that you and your family relax and rest more this summer in preparation for the faster fall pace. Take shorter trips instead of longer trips. Take more time and a slower pace not less time and a faster pace. If possible, take at least two weeks of your vacation all at once to get the benefit of deeper rest and recovery. Avoid the kind of vacations which require you to return to work for rest.

Slow Down to catch up with God!

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