

The Isaiah Center for Loss & Transition, Inc.

Executive Pastor: Rev. Nancy Miller-Hauptert

Phone: 260-433-9278

Location:
6606 Maplecrest Rd.
Fort Wayne, In 46835

Fort Wayne Fall Newsletter 2008 *Holy Happenings*

New Program

Registration

Aug. 1—Sept. 11

Healing

Through Service

- Monthly Meeting
- Scripture
- Book /Video Discussions
- Journaling
- Community Service
- Mission Trip
- Retreat

Begins Sept. 11

Reading Groups

September:

“ **Living the Resurrection** “

Eugene Peterson

Sept 16—Oct. 7

12:00—1:30 p.m.

October:

“ **Being Well When We’re Ill** “

Marva Dawn

Begins Thursday,
September 25

12:30—1:30 p.m.

Our Mission

We are God’s people who seek to provide an ecumenical Christ-Centered approach to life’s changes, losses and transitions by empowering all to live out a holistic model of grief and mourning through education, support and renewal.



**Come,
Holy Spirit!**

September 2, 2008 Jessica Seigel Joins
Isaiah Staff as Program Development Assistant

STRETCH & PRAY

is a quiet,
Contemplative
Combination
of reading

the psalms,
stretches,
movement, music
and relaxation.
Join our 6
week journey!

ISAIAH II

Satellite is
Coming to
Vincennes, IN
God is Amazing!

The Isaiah Center



For Loss & Transition, INC

**Check Inside
for Calendar
of Events**

Highlights:

- **Lyrics**
- **Bereavement Poetry**
- **Grief “ Bits ”**

Inside this issue:

<i>The Isaiah Journey Continues</i>	2
<i>Healing Through Service</i>	2
<i>Growing Pains</i>	2
<i>Books & Coffee Hour</i>	3
<i>Isaiah Satellite</i>	3
<i>From Me To You</i>	3
<i>Good to Know</i>	4
<i>Meaningful Tributes</i>	4
<i>Highlights</i>	4
<i>September Calendar</i>	5
<i>October Calendar</i>	6

“ Holy Happenings ”

Through the Isaiah Center Grief Ministry

God is on the move and God's spirit continues to weave a tapestry of people together who are held in God's immense grace through this ministry of hope and healing.

In one year's time, God has touched the hearts, minds and spirit's of hundreds of individuals through the Isaiah Center Newsletter, individual support, group programs, grief and loss support in the “Come to the Water” spiritual journey, grief seminars, reading groups, musical events, grief resources, referrals to community agencies and speaking opportunities in congregations, social ministry organizations and civic groups.

Heading into the fall of 2008, our volunteer program is growing. Our office support needs are growing and our staff is growing. All of this means our programs are GROWING!

Growth means opportunity.

In Greek, the word *KYROS* speaks of **opportune time**. God's opportune time, not ours. The Isaiah Center ministry is in the midst of a *KYROS* time as we seek God's direction for continued growth and the ability to serve the tremendous need that exists in the greater Fort Wayne area. To share your gifts, time and talent, call Pastor Nancy @ 433-9278.



Spirituality and Social Connectedness

Healing Through Service

Is a program beginning 9/11/08 that seeks to bring together adults in the midst of loss and life's transitions through a Christian community format involving:

- *Grief / loss education and support*
- *Social and spiritual well-*

being through community service and small group time

- *Scripture, and prayer*
- *Discussion/journaling*
- *A mission trip*
- *Retreats*
- *Participation in a documentary about this one*

year experience

- *Commitment to the group*
- Call Pastor Nancy @ 433-9278*

In God's image,

we are made for service to care for each other.



More Staff, More Programs, More Service

The Isaiah Center Staff Doubles!

Thanks be to God!

Jessica Seigel, who completed an IPFW internship with us this past year is joining our ministry as:

Program Development Assistant.

Jessica completed a Bachelor's Degree from IPFW in May of 2008 and is continuing her education in the Master

of Counseling Program at IPFW.

Jessica comes to us with professional experiences at: **Erin's House for Grieving Children**, Cancer Services of Northeast Indiana and Junior League.

Thanks to Jessica's great internship experience, IPFW would like to place two students at the Isaiah Center for their 2008-2009 internship!

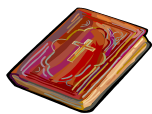
The Isaiah Center will be sharing a student intern with the Lutheran Social Services Counseling Department as well in 2008-2009. WOW !

Thanks

be to

God!





Readings Groups and Stretch and Pray Resources for Fall



Stretch and Pray

A Daily Discipline for Physical and Spiritual Wellness by Murray D. Fink who has served as Bishop of the Pacific Synod of the Evangelical Lutheran Church in America since 1998.

In this book, Fink provides a step by step guide to forty stretches to improve physical and spiritual well being. Individuals can select the postures that work for them. Fink integrates devotional thoughts, scripture and prayer during the movements.

Wear comfortable clothing!

Living the Resurrection

The Risen Christ in Everyday Life by Eugene H. Peterson, a pastor, scholar, writer and poet. Peterson is Professor Emeritus of Spiritual Theology at Regent College in Vancouver, B.C., Canada

A spiritual call to continued renewal through our life; especially in the **midst of life's changes, losses and transitions**...even amongst the hum drum of apathy and boredom!

Come Journey!
Coffee, tea, books and more!

Being Well When We're Ill

Wholeness and Hope in Spite of Infirmary by Marva Dawn, a theologian and educator with Christians Equipped for Ministry of Vancouver.

45% of U.S. citizens suffer with some kind of chronic illness or condition (135,000,000 people) and are seeking ways to cope. Dawn integrates Biblical material into her theology, offering hope in suffering. Dawn, herself, has experienced breast cancer, a kidney transplant and blindness in one eye. Please join us for yourself or to support someone!



Isaiah Satellite “ Goes South ” to Vincennes, Indiana

Seeds are growing as The Isaiah Center expands to Vincennes, Indiana. Pastor Nancy Miller-Haupt, founder and executive pastor has met with an initial ministry team from her hometown to begin another step of the “ **Isaiah Journey** “ as she calls it!

The need for hope and healing in the **midst of life's many changes, losses and transitions** is tremendous.

Having grown up in Vincennes and



ordained to the ministry of Word and Sacrament at **St. Paul's Lutheran Church** in Vincennes Pastor Haupt

knows the community. Many of the individuals who will become the foundation of Isaiah II are people she and her family have known for a life-time. The beauty about growing a satellite is that there is the capacity to take the pulse of the community and create programs unlike any other that Vincennes has. **Discernment, prayer, and creating are key to the “ Isaiah Journey ”.**

From Me To You

Hope is our greatest ally in the midst of change, loss and transition. Hope **keeps us “ keepin on ”.** Hope has a life of its own and is life-giving.

Human hope is very different than **God's hope. When the two hopes meet; God's spirit moves in tremendous ways.**

Human hope may be expressed like this:

I hope the weather is good today.

I hope the Cubs win.

I hope my check gets here on time.

I hope the kids are o.k. at school.

I hope my tests are negative.

I hope I can get everything done.

God's hope may be like this:

I hope you know my tremendous love for you.

I hope you find peace.

I hope you know that nothing can separate you from me.

I hope you talk to me. I hope you listen and hear my voice today.

I hope Jesus is your ultimate hope!

May God's Hope be yours!
Pastor Nancy

Good to Know—Good Grief Practices

Exercise your mind and spirit. The demands of grief-on top of your everyday commitments-prime you for plenty of stress. Building in some regular **physical exercise lets you “get away”** from the demands of an all-too-often hectic life. Exercise will help you experience an enhanced sense of well-being.

Sleep is necessary! Sleep is restorative. It allows you to live. Sleep allows your

mind and body a chance to perform day-to-day maintenance and repairs.

Choose to get enough sleep. Determine how much you need to feel your best and then make every effort to get it. Take naps when needed. Your body will tell you!

Stay fluid. **Many people aren't aware** that one of the easiest ways to stay healthy is to drink lots of water. Think of water as the oil that lubricates the

mind and the body. The universal recommendation is six to eight glasses (10-12) ounces each of water a day.

Laugh a lot. It turns out that humor is good medicine. Research demonstrates that laughter stimulates chemicals in the brain that actually suppress stress-related hormones. Also, respiration and circulation are both enhanced through laughter.

Meaningful Tributes—The Purpose of Ritual

In their book *Rituals for Our Times*, Evan Imler-Black and Janine Roberts suggest that rituals can serve any of five purposes:

- For *relating*. Rituals help people understand and express something about their relationships with other people, both living and dead. They can also be used to help maintain those relationships.
- For *changing*. By offering the use of established, accepted and natural symbols and actions, rituals can help make various human transitions, even traumatic ones, more manageable and safe.
- For *healing*. Following a time of trauma or loss, rituals can help people move toward health and wholeness. In being given opportu-
- For *believing*. Rituals offer the chance for deeply-held beliefs to be clarified and stated, whether those beliefs are corporate and universal or more private and individual. They help people make meaning of significant life experiences.
- For *celebrating*. Life cycle rituals like weddings, graduations, birthdays and anniversaries create opportunities for family and friends to affirm and communicate their joy, as well as to honor the richness of these life experiences. Funerals and other remembrance events also involve celebration, though in a different way. They celebrate a life

that was important, a relationship that made a difference, and a love that cannot be taken away.

Note that the commemoration ritual your group might design for individual and families can easily involve not just some but all five of these purposes. Your ceremony can bring people together and encourage them to relate to one another, as well as maintain ties with those who have died. Your ritual can help them both mark and make their transition from who they were before this death to who they are becoming as they mourn their loss and make changes in their life. Your ritual can certainly be an avenue for healing, a time for believing and an opportunity for celebration in the truest sense of the word.

Highlights—Lyrics, Poetry, Grief Bits

Amazing Grace (My Chains are Gone) By Chris Tomlin

Amazing Grace how sweet the sound that saved a wretch like me. I once **was lost but now I'm found was blind but now I see.**

“Twas grace that taught my heart to fear and grace my fears relieved how precious did that grace appear the hour I first believed.

My chains are gone, I've been set free. My God, my Savior has ransomed me and like a flood His mercy reigns unending love, amazing grace.

The Lord has promised good to me. His word my hope secures. He will my shield and portion be as long as life endures.

The earth shall soon dissolve like snow. The sun forbear to shine. But God, who called me here below will be forever mine, will be forever mine, you are forever mine.

Friendship and Pain by Julia Chance Gustafson

Your friendship means so much to me. But there are times when I can see my pain is overwhelming you, in ways that

don't allow you to give of yourself when I feel weak.

Perhaps there's more you think I seek.

It's not your strength I'm looking for, just your love and nothing more.

Grief Bits

Any change, loss or transition involves a journey of the heart, mind, body and spirit.

Moving through changes of any kind with honesty and support are healthy. **There is no “getting over” anything or people-only moving through.**