

WILDERNESS WORDS

Interim Editors

If there is anything that you would like to have included in the Newsletter: 218-388-9903 and dmc@chem.wayne.edu or pcoleman@chem.wayne.edu

This Sunday:

Leading: Suzanne
Preaching: Carolyn
Presiding: Carolyn

Readings this week:

First reading and Psalm:
 1 Kings 8:(1,6,10-11), 22-30, 41-43
 Psalm 84
Alternate First reading and Psalm:
 Joshua 24:1-2a, 14-18
 Psalm 34:15-22
Second reading:
 Ephesians 6:10-20
Gospel:
 John 6:56-69

From Ellen Stubbs w/ Milan Schmidt:

(On End of Life Issues following last week's forum)

The end of life, and issues surrounding it, are topics that are finally starting to get the public discussion they deserve. Milan and I led a forum on Sunday with the active participation of everyone there-- this is obviously a subject for further conversation.

Milan talked about the process of dying, and for those who missed it, as well as those who were there, Karen Halbersleben recommends Sherwin Nuland's book "How We Die: Reflections of Life's Final Chapter". As a surgeon who had plenty of experience with the subject, he discusses the seven most common causes of death, and their effects on the physiology of the dying process.

Since none of us is (as far as we know) close to death, this is the perfect time to create or review a Health Care Directive. Serious illness can be very stressful, so it helps to consider and discuss our thoughts and wishes with family and friends while we're healthy. Creating an Advance Directive can be an opportunity to think about what types of care you would like, as well as what you don't want. There are various online resources to help with the process, and to bring up

issues you may not have considered.

Your directive should be reviewed periodically, especially if your health changes, because preferences tend to change over time as circumstances change. And it is never too early to start the process, since none of us knows what's around the corner.

It's also very important to involve family and/or friends in the discussion, since they are the people most likely to be around if you become unable to speak for yourself-- the time when a Health Care Directive goes into effect. As a physician, I have been involved in situations where family members have seriously disagreed on the course of treatment to follow, leading to angry confrontation, confusion and stress for everyone at a time when they need to be supporting each other and their ill relative.



Save these Dates:

August 30: After Church Picnic at Sue and Ron Sutphin's cabin on Poplar Lake. Details Below.

Oct. 18: Annual Meeting after Church.

Picnic Details:

We will host a "fun filled" potluck at our cabin on Poplar Lake, after the Sunday service, August 30th. I will make Cavatelli with and without meat. If you can bring something to help fill out the menu, great,

if not, please come anyway. If the weather is warm enough and you like to swim, bring your suit. We have a kayak and a canoe for anyone who wants to try their hand with those.

We hope to see then.

Ron and Sue Sutphin

How do you initiate the discussion? For anyone finding it difficult, there are a couple of excellent resources. The Conversation Project, started by Ellen Goodman, can be found at www.theconversationproject.org.

"Let's have dinner and talk about death" is a TED talk by Michael Hebb, who has created an interactive website with many articles and videos to help with the discussion. His website, www.deathoverdinner.org sounds more like a murder mystery, but is a great help in starting the conversation. Talking with friends over dinner, breaking bread and sharing ideas with people you trust can help prepare you for discussions with doctors or nursing home administrators about you or a family member.

There are many websites with downloadable Health Care Directive forms. The ABA even has an app for your smartphone! Just google ABA: my health care wishes. And for Minnesota-specific forms, try googling health care directive MN-- it will give you the UMN Extension site, metrodoctors.org, and several others, all of which are helpful.

And I would be happy to help any of you go over the forms, asking and answering questions to help clarify our wishes. (Ellen)

Pastoral Care Committee Assignments:

(week starting) August 16, Hillary; August 23, Ginny; August 30, Carolyn.

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