Birthday season in our family for our four children is November and December! The youngest just celebrated his 21st birthday. Friends have reminded us that they remember when our children were so little, and we remember too. What we've noticed is that they once were weak, vulnerable, and dependent, and now they have become independent. They need us less. Marie and I have become a little less strong as time goes on, and we have relied on them more for certain things, especially help with technology ©. I am sure that reality will only grow over the years.

The Church is a community where the weak and the strong come together for each other. We "do good to all people, especially those in the household of faith" (Galatians 6:10). Wellness is, in part, that we are bound together through baptism into Christ for the good of one another inside the Church and beyond. Our calling is to build up the body of Christ in a world torn apart by selfishness and pride (1 Corinthians 14:12).

Recently I read this quote from Dietrich Bonhoeffer: "The elimination of the weak is the death of community." The church community is God-given and sustained by His mercy. Wellness is essential because community is! People are people with complex needs, and all are vulnerable.

We have great concern for our professional workers, lay-leaders, congregations, and schools. Rather than just lament, we will be proactive in listening, care, support, encouragement, and godly challenge. We have personal responsibility, and we have responsibility to as well as for each other. We are put in communities where we were planted by Jesus. Because we have richly and generously received, we readily and generously offer the best that Jesus provides.

Restoration, healing, reconciliation, and strength are gifts of Christ that make a Christian a Christian and the Church the Church! Take care of yourselves! Bless your church, community, neighbor, and even your enemy! (Romans 12:20) This is our time to act.