



In sickness and in health ...

After a fateful diagnosis, most of us try to find out more about the illness or disease we suffer from. Meeting other people with the same problem and learning how they faced this new challenge in their life, helps in the immediate crisis and after the initial diagnosis. But reading will also promote our understanding of what to expect from various treatments, medicines and procedures.

Every disease and illness poses a challenge in faith. Are we prepared to face our fears and are we grounded deeply enough in our faith to overcome those fears? Did you know about the **CareNotes** in our library? They were written not only for the one who is sick, but also for their loved ones who try to help in times of crisis. Take one – and take heart, give one – and give hope. Topics of the **CareNotes** range from “When a loved one has a stroke” to “Facing cancer as a family” and “Accepting the changes that illness brings”. Take those notes and keep them, better yet, pass them on to your friends, family, neighbors, colleagues everyone you know, who goes through a crisis like this.

But there is more: Look through our **“Health/Healing”** section in our Delta library or find help and inspiration in the **“Psychology”** section. Just browse and check out the book that speaks to your heart and is appropriate to your individual needs.

Share your story about the influence of a special book in your life and let us know about your ideas for the library. Your input will be appreciated!!