

From Sole to Soul – Even Jesus Did Feet

Part of my deaconess ministry is the St. John's Lutheran Church's health ministry team. We provide a foot-care clinic. It begins with a soak/bath – including herbals and salts and exfoliating – followed by nail-trimming and a healing massage. While we offer beverages and a snack, the neatest thing that takes place is the fellowship and journey-sharing as people wait, or simply sit, soaking. Community faith-building happens at our clinic. The care may start with feet, but it reaches the human soul.

“Even Jesus did feet” is a workshop I developed about foot care and soul care. Participants learn to care for their soles/souls and take part in a walking education program that includes activities like special stretches, walking incentives, and tying their shoelaces for a proper shoe fit.

There are meditations and chants for walking. Daily devotions are based on various parts of Scripture about walking and journeying with Jesus, including his journey to the cross. We also have a healing Service, using the image of Jesus washing our feet and serving us, so that we can serve others.

And there's more. “Into Our Heart, Lord Jesus” is an event with a bloodmobile, a Heart Health Fair, and a cardiologist talking about heart health. God's care for us reaches every part of our body.

Deaconess/Parish Nurse Brenda Bauer, Fargo, ND
Lutheran Deaconess Association