



You are the salt of the Earth

# Ministry of Health and Wholeness

## Giving the Gift of Life: Organ Donation

### Special points of interest:

- “The decision to be an organ donor involves at least 8 other people because one donor can save 8 lives.

### • Practice:

**G**– greens & grains

**R**– rest/ relax

**A**– activity & exercise

**C**<sup>3</sup>– cease smoking, control drinking, contact people

**E**– emotional centering with contemplative practice

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## 2 Minutes to Save 8 Lives

**The Decision Project** says, “you have the power to save lives, the decision is yours.” THE DECISION to register as an organ, eye, and tissue donor can be simultaneously the easiest and hardest decision. The decision is bigger than just about you, it involves the lives of at least 8 other people, because one donor can save 8 lives.



### Interesting Facts:

- Every 8 minutes another person is added to the organ donation waiting list.
- Over 100,000 people are waiting for an organ transplant in the US
- On average 22 people die every day waiting for an organ.
- 8 lives can be saved by just one person through organ donation.
- Only 58% of Americans are registered organ donors.
- 75 people can receive tissue donations from a single donor.
- 40,000 transplants were made in the US last year.

### Frequently Asked Questions

- Anyone from newborns to senior citizens can be organ, eye and tissue donors
- Even those who have been sick, had cancer, or have HIV or Hep C.
- Parents must decide for those between 16 and 18
- You can register at the nearest DMV office or register yourself online. If you are a donor, a member of the transplant team will talk to your family and a medical history will be collected.
- All Major religions support organ donation.
- Living donors can donate a kidney, lung, partial liver, in-

testine, pancreas.

- Your whole body can be donated to science which can preclude organ donation.

### Ways to Help

You can make a difference in the following ways:

- Register as a donor. This is the best way to make a difference.
- Like Us! Follow Us! Share Us! On social media.
- Share your time by assisting with community education.
- Attend a Donate Life event.
- Make a financial contribution.
- Help **Donate Life** reach religious and civic organizations.



### Important Links for Follow –Up

- **Register on line as a donor:** <https://www.donatelifenc.org/register/new>
- **For Information on living donations:** <https://www.donatelifenc.org/content/living-donation-resources>
- **For Information on donating your body to science:** <https://www.donatelifenc.org/content/whole-body-donation>
- **If you want to contact Donate Life:** [info@donatelifenc.org](mailto:info@donatelifenc.org)



LIVING SAVIOUR  
Lutheran Church

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**More Special Points:**

- “Regards the donation of organs, tissue and the whole blood as an act of stewardship and sacrificial love for a neighbor in need— an appropriate means for contributing to the health and well being of other persons.”

**Resources:**

- ELCA Social Policy Resolution: <https://tinyurl.com/4v8j6d9b>
- *Dear Mom and Heart Recipient Share Their Story:* <https://www.youtube.com/watch?v=wIRnOZYHMD8>
- *Living Lutheran: A Gift of Life* <https://www.livinglutheran.org/2016/04/a-gift-of-life/>

**Ministry of Health and Wholeness: Pondering the Sacred**

“Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.”

*II Corinth 9:6-8*

**Matter of Faith: Religions Supporting Organ Donation**

It does not matter what faith, race, nationality or culture, the same heart beats inside all of us.

A Social Policy Resolution adopted by the ELCA in 2004, recognized the donation of organs, tissue and whole blood as a means to save and renew life and health and as a blessing of God given through human beings. In that statement, the ELCA adopted the policies of predecessor bodies which recognized that donation can be an expression of sacrificial love for a neighbor in need and encouraged its members to consider the possibility of organ donation. Also seen as a precedent, the 2003 ELCA social statement “Caring for Health: Our Shared Endeavor” affirms that cure and healing are shared endeavors in which care for another may include personal sacrifice.

**The 2004 Social Policy Resolution Resolved:**

In light of the situation and the longstanding commitments of this church and its predecessors, the Evangelical Lutheran church in America affirms that it:

- Regards the donation of organs, tissue and the whole blood as an act of stewardship and as an appropriate means for contributing to the health and well being of other persons.
- Recognized that the donation of live organs, whole blood and renewable tissue can be an expression of sacrificial love for a neighbor in need.
- Urgently encourages its members to consider donating organs, tissue and whole blood
- Encourages those willing to donate to communicate their wishes to family members and appropriate professionals such as a pastor and health care provider.
- Affirms the human dignity of all donors and recipients should be respected and that all coercion and manipulation be absent from the decision process.
- Calls upon its pastors and other rostered leaders to become familiar with the moral and legal issues as well as with clinical procedures involved in donation so that they may be prepared to counsel persons and families.
- Calls on government to ensure the efficient, equitable access to organs, tissue, and whole blood

We can let our loved ones live on through the gift of life.

<https://www.youtube.com/watch?v=KIRkFeD8w6k&t=178s>

**Opportunities to Boost Health and Practice G.R.A.C.E. at Living Saviour**

**Tuesday:** Steps to Wellbeing for ALL 10:30 AM

**Thursday:** Chair Yoga 11:00 AM

**Saturday:** Active Workout 10:00 AM

Mark your calendars for Wednesday, May 17 at Noon for plans to resume Prime Timers with a Lunch and Learn on Skin Cancer Prevention.

**All are welcome to all activities.**

\*\*\*Assistance from Faith Community Nurses by Appointment