The Blessings of Spring

There are many blessings, that each new Spring brings you can see it bloom about and hear the song it sings.

With winters bleakness over, and brighter days ahead comes promises of new life Springtime loves to spread.

As God unfolds the flowers, and their buds begin to show He gives to us the assurance grace in our hearts will grow.

He sends us the robin’s song, with the promise to provide a shelter under His mighty wing where in His love we can abide.

He melts the snowy covers, and sends the refreshing rain sprinkling us with His mercies to heal winter’s ache and pain.

God’s given to all His Son, to shed upon us a new light and the real blessing of Spring . . . is keeping Jesus in our sight!

Song of Solomon 2:11-12
KJV
“For, lo, the winter is past, the rain is over and gone; The flowers appear on the earth; the time of the singing of birds is come, and the voice of the turtle is heard in our land;”

Copyright 2014
Deborah Ann Belka https://poetrybydeborahann.wordpress.com/2014/03/20/the-blessings-of-spring/
Join Us!

April 14-16, 2016
Discovering the Enneagram
for Spiritual Growth
An Experiential Retreat

Sponsored by Mercy Parish Nurse and Health Ministry Program
https://www.pmhs.org/parish-nurse-program/events.aspx

The Mercy Parish Nurse and Health Ministry Program is offering a three-day overnight retreat from Thursday, April 14 through Saturday, April 16, 2016 at St. Paul of the Cross Retreat Center, 148 Monastery Drive, Pittsburgh, PA 15203 (South Side).

The opening session is Thursday at 4:00 p.m., and the retreat ends 4:00 p.m. on Saturday. This time of prayer, learning, and fellowship will focus on the book *The Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide—Revised and Updated* by David Daniels, M.D. and Virginia Price, Ph.D. The Enneagram defines nine personality types and the interconnections between these personalities. The purpose of this retreat is to help participants discover their own personality type through self-tests, one’s potential for spiritual growth, and how to assist one in using gifts/talents in ministering to others.

The retreat will be facilitated by Fr. Bernard Tickerhoof, T.O.R. (Friar of the Third Order Regular of St. Francis). Fr. Bernard is an expert instructor of the Enneagram and author of two books: *Conversion and the Enneagram* and *Paradox: The Spiritual Path of Transformation*. He is a member of the Spiritual Directors International. He travels globally conducting retreats and workshops. We are thrilled to have Fr. Bernard join us for this retreat.

Time for rest, refreshment and renewal will be available. Some retreatants will be sharing their gifts of music and singing. Each retreatant will have a private room with a bed and sink. Handicap accessibility is available upon request. Bed linens and bath towels are provided by St. Paul’s. Participants must bring their own supply of toilet articles. Each private room has a Bible. Parking is free at the retreat center. *Hope to see you at the retreat.*

The cost is $160 per person. *REGISTER by April 7th. Click on link below*
https://www.pmhs.org/pdf/Retreat%202016%20Registration%20Form%20FINAL.pdf
**IPNRC’s Curriculum “Foundations of Faith Community Nursing”**

**Fall 2016 Session**  
**September 23 & 24**  
**and**  
**October 6, 7 & 8**

- Class size is limited to 20 participants.
- **Registration ends Sept. 15, 2016.**
- Cost: $395 for the five-day course for RNs and includes CEs.
- Cost: $200 for non-RNs without CEs.
- $50 discount for early registration with full payment. Postmarked by Sept. 2nd.
- Hybrid course: online modules and classroom presentations.
- Limited scholarship funds are available.
- Location: UPMC Mercy, Uptown.
- Free parking.

**For Application, please visit...**  

- RNs will be commissioned as Faith Community Nurses, and will receive an IPNRC pin, and are awarded 38 CEs.

*UPMC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.*

- Other interested persons are most welcome, and will be commissioned as Health Ministers.

---

**April: National Donate Life Month**

Parish Nurse **Volunteer Opportunity!**   

Faith Community Nurse, Joyce Matsko of Sts. Peter and Paul Church in Beaver, PA, is in search of RN volunteers who are interested in health ministry to assist with an Organ Donation Awareness event on Sunday evening, **April 24, 2016**, from 6-8 pm. Family members of donors and donor recipients will be present along with information from the Center for Organ Donation and Recovery (C.O.R.E.), who will provide facts and take questions about organ donation myths.

If interested, email us at ParishNurse@pittsburghmercy.org
Read of the Month

The Names of Jesus: Discovering the Person of Jesus Christ through Scripture

By Fr. Thomas Hopko

In this book based on his popular podcast series of the same name, the late Fr. Thomas Hopko meditates on over 50 different names and titles used for Jesus in the Bible. Some of the names as Jesus the Savior, Jesus the Teacher, Jesus the Bread of Life, Jesus the True Vine, Jesus the Physician, Jesus the Good Shepherd, and many more. Learn what each name uniquely has to tell us about the character of the Son of God. His role in salvation, and the relationship we can choose to cultivate with Him.

It is suggested that the reader takes time reading and reflecting and possibly even journaling on what is being learned. Read no more than one chapter a day. May this time of quiet reflection draw one closer to Jesus Christ... there is nothing more important, more precious and desirable than that.

ISBN: 978-1-936270-41-5  Publisher: Ancient Faith Publishing

News from You!

You are invited to attend a Visitation Ministry Workshop on Saturday, May 7th! Please join us.

Linda Grimm, Faith Community Nurse and the congregation of The Church of the Covenant are extending an invitation to Faith Community Nurses/Parish Nurses and Health Ministers to attend a Visitation Ministry Workshop on Saturday, May 7th, from 9:30 a.m. until 12:30 p.m. presented by the Mercy Parish Nurse and Health Ministry team. Here are a few of the topics that will be covered:

* Outreach to the sick and homebound
* Understanding how illness affects the body, mind and spirit
* How to bring hope and encouragement
* Communication skills
* Making spirituality a part of the visit
* Confidentiality
* Comforting in time of grieving

There is no cost to attend the program. A continental breakfast will be served at 9:00 a.m. in the Dining room of the church. If any questions, please contact Mercy Parish Nurse and Health Ministry program at ParishNurse@pittsburghmercy.org or call 412.232.5815.

Address:
The Church of the Covenant
267 East Beau Street
Washington, PA 15301
724-222-0190
Health Observances
http://www.healthfinder.gov/nho/default.aspx
See monthly tool kits too!

- Alcohol Awareness Month
- Irritable Bowel Syndrome Awareness
- National Child Abuse Prevention
- National Donate Life Month
- National Minority Health Month
- 3-9 National Youth Violence Prevention
- 7 World Health Day
- 25-29 Every Kid Healthy Week

- Men's Health Month
- National Aphasia Awareness Month
- National Safety Month
- National Cancer Survivor's Day
- 13-19 Men's Health Week
- 19-25 National Lightening Safety Awareness Week
- 19 World Sickle Cell Day

- Arthritis Awareness Month
- Better Hearing and Speech Month
- Healthy Vision Month
- Hepatitis Awareness Month
- Melanoma/Skin Cancer Detection and Prevention Month
- Mental Health Month
- National Asthma and Allergy Awareness Month
- National Osteoporosis Awareness and Prevention Month
- National Physical Fitness and Sports Month
- National Stroke Awareness Month
- 1 - 7 Children's Mental Health Awareness Week
- 1 - 7 National Physical Education & Sport Week
- 1 - 7 North American Occupational Safety and Health Week
- 5 Hand Hygiene Day
- 25 National Senior Health & Fitness Day
- 31 World No Tobacco Day
Get Moving!
National Women’s Health Week
May 8-14, 2016

The 17th annual National Women’s Health Week kicks off on Mother’s Day May 8th. The goal is to empower women in making their health a priority. The week also serves as a time to help women understand what steps they can take to improve their health. For more information visit http://www.womenshealth.gov/nwhw/

Also, the month of May is a great time to get our church family walking and exercising. Here are some encouraging Scriptures to use in church bulletins and newsletters to “Get God’s People Moving!”

_Blessed are the people who know how to praise You. They walk in the light of Your presence, O Lord._ Psalm 89:15 (GOD’S WORD Translation)

_And this is love: that we walk in obedience to His commands. As you have heard from the beginning, His command is that you walk in love._ 2 John 1:6 NIV

_When Jesus spoke again to the people, He said, ‘I am the light of the world. Whoever follows me will never walk in the darkness, but will have the light of life.’_ John 8:12 NIV

_‘I will strengthen them in the Lord and in His name they will walk,’ declares the Lord._ Zechariah 10:12 NIV

Healthy People in Action!
Interested in learning about how communities and States are working to implement Healthy People 2020 across the country? Find the Healthy People Coordinator in your State or Territory and learn more of how to get involved with Healthy People efforts in your area.

https://www.healthypeople.gov/2020/Healthy-People-in-Action

“The handle on your recliner does not qualify as an exercise machine.”
Electronic Documentation System for Faith Community Nurses

This user-friendly electronic program was designed by FCNs, rigorously tested by FCNs, and is now in use by FCNs nationally. This documentation system offers the following:

* Documents client problems easily by using a concise list built-in to the system with drop-down boxes (physical, mental, spiritual, social, financial and relational areas)

* Rates the problem initially and at follow-up assessments using a 1-5 scale

* Demonstrates the outcomes of your parish nurse interventions

* Includes many more useful features!

Read more from the linked article in IPNRC’s Perspectives

Contact us!

To receive a link to download the demo version or to set up an online meeting where we can personally demonstrate the system, email or call us.

ParishNurse@pittsburghmercy.org  412-232-5815

Our New Email Address!

ParishNurse@pittsburghmercy.org

We recently changed our email address so please make this correction in your address books. We enjoy hearing from our E-Newsletter readers about your church ministries. Send an email with a short description of your church event and we will include it in our section “News from You!” If you like, include a photo of you and your event. If you should no longer wish to receive communications from the Mercy Parish Nurse and Health Ministry Program, please unsubscribe by contacting us at ParishNurse@pittsburghmercy.org or by phone at 412.232.5815. Thank you.

Health Ministry Workshops 2016

Does your health ministry team need to “spring into action” this Spring 2016? Do you need new ideas and church programming? Do you need to energize your team to think “outside the box” and be stretched by God? Contact the Mercy Parish Nurse and Health Ministry Program for a presentation or workshop at your church. We have a variety of topics to choose from or we can tailor-make it to fit your church’s learning needs. Just contact us at 412.232.5815 or ParishNurse@pittsburghmercy.org

Pittsburgh Mercy invites you to “like” us on

Follow @PghMercy on #ParishNurses
May 1st

Eastern Orthodox Easter

Happy Pascha!

And if the Spirit of Him who raised Jesus from the dead is living in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit, who lives in you.

Romans 8:11 NIV

---

**National Day of Prayer**

**May 5, 2016**

The National Day of Prayer is an annual observance held on the first Thursday of May, inviting people of all faith traditions to pray for our nation. It was created in 1952 by a joint resolution of the U.S. Congress and signed into law by President Harry S. Truman. This special day belongs to all Americans and is a day that transcends differences, bringing together citizens to celebrate our most beloved freedom; the freedom to humbly come before God and seek His guidance in prayer. The theme for 2016 is **Wake Up America**, emphasizing the need for individuals and communities in reverence to return to God. To further highlight the theme, Isaiah 58:1a is chosen for this year: "Shout it aloud, do not hold back. Raise your voice like a trumpet."

For more details visit [http://www.nationaldayofprayer.org/theme_and_verse](http://www.nationaldayofprayer.org/theme_and_verse)

---

**Craft Corner**

**What is a Prayer Pocket?**

A Prayer Pocket keeps everything that you're praying for in one place.

Each one:

- is hand-made.
- measures about 7-inches square.
- has a religious medal and/or inspirational words on the outside (i.e. Bible verse).
- contains several prayer cards on the inside to help strengthen one's prayer life.

Save the Date

16th Annual Pittsburgh Pastoral Care Conference
for pastors, laity, counselors, social workers, nurses, caregivers
Friday, May 20, 2016
8 a.m. to 3 p.m.
“Reimagining Community”

Click here for link:
http://www.asmuhl.com/pghpc/

2016 HMA Annual Meeting
And Conference
Journey to Wholeness -
Faith Leaders Meeting
Community Health Challenges
Sept. 12 – 14, 2016 Crown Plaza,
San Marco Golf Resort Chandler, AZ

See more at:
http://hmassoc.org/upcoming-conference/

Passover begins at sundown
April 22, 2016

Exodus 15:2 NIV
The Lord is my strength and my song; He has become my salvation. He is my God, and I will praise Him, my father’s God, and I will exalt Him.

Blessings to our Jewish friends!

National Volunteer Week
April 10-16, 2016

National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It’s about demonstrating to our faith communities that by working together, we have the strength to help others in need and accomplish specific goals for the year 2016.

For more ideas and suggestions, visit
http://www.pointsoflight.org/signature-events/national-volunteer-week

If your church would like to show appreciation to your health minister volunteers, then visit our Mercy Parish Nurse Store for our health minister pins.
https://www.pmhs.org/parish-nurse-program/parish-nurse-store.aspx