Easter Sunday is...

JOY

Our journey has ended (or has it begun?) at the empty tomb. This is the victory feast for our God and for we, the followers of the Lord Jesus. Death has no hold on us anymore for we share in the resurrection of the Lord. Let us celebrate this day... for He lives, and will never leave us ever again!

On the first day of the week, very early in the morning, the women took spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, “Why do you look for the living among the dead? He is not here; He has risen! Remember how He told you, while He was still with you in Galilee: ‘The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised.’” Then they remembered His words.

When they came back from the tomb, they told all these things to the Eleven and to all the others. It was Mary Magdalene, Joanna, Mary the mother of James, and the others with them who told this to the apostles. But they did not believe the women, because words seemed to them like nonsense. Peter, however, got up and ran to the tomb. Bending over, he saw the strips of linen lying by themselves, and he went away, wondering to himself what had happened.

Luke 24:1-12 NIV
The Tomb

“What is most apparent from the resurrection accounts in the gospels is that the meaning of the event was not immediately intelligible. The empty tomb was not a proof of the resurrection but a fact whose meaning needed to be discovered. Finding the empty tomb made Jesus’ followers bewildered and confused, grasping for various possible answers to account for it. Only when the disciples experienced the risen Lord did the meaning of the empty tomb become clear. The stone was rolled away back not so Jesus could get out, but so we could get in and be assured that His tomb of death will remain empty forever. He is risen!”

Living with Christ Holy Week 2017
http://www.livingwithchrist.us/

Passover

Feast of Unleavened Bread

Passover was the annual Jewish celebration remembering God’s deliverance of Israel from Egypt. The term recalls God’s striking down of every Egyptian firstborn, both children and animals, and “passing over” the Hebrews whose houses were marked with lamb’s blood (Exodus 12).

To this feast was joined an eight-day period when only unleavened bread could be eaten. Their leaven was not like our powdered yeast, but instead a fermentation item as is used in making sour dough bread today. Thus leavened bread contained a corrupting item that would render it “unclean” for ritual use on this most sacred feast.

To learn more, visit http://www.chabad.org/holidays/passover/pesach_cdo/aid/871715/jewish/Passover-Pesach-2017.htm

Craft Corner: Palm Crosses

In preparation for Holy Week and Easter, Palm Sunday is the commemoration of the Lord Jesus’ entrance into Jerusalem. Faith communities around the world decorate their sanctuaries with palm branches and sing Hosanna! and other hymns.

One way to teach our children about Palm Sunday is to help them learn how to fold palm crosses and distribute them as parishioners enter the church doors. To learn the 10 easy steps of folding a palm cross, visit http://www.catholicicing.com/how-to-fold-a-palm-cross-in-10-easy-steps/

Christos Anesti! Alithos Anesti!
Christ is Risen! Truly, He is Risen!

For more Paschal Greetings from around the world, visit https://oca.org/orthodoxy/paschal-greetings
The Mercy Parish Nurse and Health Ministry Program offered a spiritual retreat on March 31 and April 1, 2017 at Kearns Spirituality Center in Pittsburgh’s North Hills area. Our retreat facilitator and spiritual director was Dr. Carrie Nickerson. The purpose of the retreat was to spend some time away from our busy lives to focus on our relationship with God as well as do some self-discovery through Audio Divina.

A total of 14 retreatants attended this weekend of prayer, learning and fellowship. Participants used Scripture, songs, prayer, poetry, art, writing, music, quiet time, and group reflection. There was time for rest and spiritual renewal via walks, journaling, and spiritual direction.

Our sessions together were inspirational and powerful as we listened more attentively to God... not just with words but with music and silence. One of the graces that we were encouraged to seek was the following: to enter into silence where God will communicate with me as a “friend speaks to a friend” and thus I will be free to respond. What better time of the year than Lent to draw closer to God?! May our hunger, thirst, and need always lead us to our Creator, our Wellspring of Life. Amen.
Class size is limited to 20 participants.
Registration ends September 5th, 2017.
Cost: $395 for RNs which include CEs.
Cost: $200 for non-RNs.
$50 early registration discount with full payment and postmarked by August 16th.
Pittsburgh Mercy employee discount.
Hybrid course: online modules and classroom presentations.
Limited, partial scholarships are available upon request.
Location: UPMC Mercy, Uptown.
Free parking and continental breakfast.
Call our office and ask about our church group rate for 3 or more participants.

Health Ministry Workshops for Spring 2017

Spring is a good time of the year to plan church ministry programs and projects for the spring and summer. But the reality is that sometimes health ministry teams meet together and they are not sure where to begin planning. Are you seeking fresh ideas and suggestions for church programming? Do you need help motivating your team to try something new? Are you tired of others placing barriers against new projects? Then contact us at the Mercy Parish Nurse and Health Ministry Program to conduct 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.

Contact us at: 412.232.5815 or ParishNurse@pittsburghmercy.org
Electronic Documentation System for Faith Community Nurses
from the Mercy Parish Nurse and Health Ministry Program

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

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**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

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**Resource Corner**

*National Nurses Week* is back and better than ever! The American Nurses Association (ANA) has designated 2017 as the “Year of the Healthy Nurse.” What better time than Nurses Week (May 6-12) to gather all your church’s nurses together and design a “Get Fit and Healthy” event for the congregation?! This year’s theme, “Nursing: the Balance of Mind, Body, and Spirit” is about celebrating nurses who lead the charge for health and wellness.

The logo and theme is now available to use as your faith community nurse team and/or health ministry team begin your recognition planning.

For more ideas and suggestions, visit http://www.nursingworld.org/NationalNursesWeek

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**Nursing in the Church**

Sometimes, as nurses approach retirement, we begin to wonder and discern what God has in store for us when it comes to our continued nursing practice. *Faith Community Nursing* may be part of the answer.

In the discernment and spiritual growth process, a pastor and/or spiritual director may be of help. These spiritual guides encourage us to feed our souls and find what we thirst for most deeply. If interested in learning more, read this article titled “The gift of spiritual direction: Listening well, digging deep and letting go.” http://chreader.org/the-gift-of-spiritual-direction/
Read of the Month
*One Thousand Gifts*
By Ann Voskamp
ISBN: 978-0-310-32191-0

Like most of us, the author Ann Voskamp hungers to live her life well. Forgetting the bucket lists about once-in-a-lifetime experiences, we aim to live one day at a time as we hold onto God’s strength and grace.

The author builds one chapter at a time considering the “how to” in finding joy in the midst of deadlines, debts, drama, disease, and daily duties. What does a “life of gratitude” look like when one’s days are lonely, long and occasionally dark?

This book is a beautiful practical guide to living a life of joy and invites the reader to wake up to God’s everyday blessings... by giving thanks to God for a life worth living. Voskamp encourages the reader to consider grace-filled moments in routine tasks of parenting, working, traveling, and serving others. The reader may discover that through the eyes of gratitude, one may become more aware of God’s holy presence which brings deep and lasting joy.

Here are some readers’ comments:
*This book is one that will change the way you see the world.*

*To find your deepest heart—to know joy—read your Bible, and this treasure of a book, this portal into the deep goodness of God and of life.*

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17th ANNUAL PITTSBURGH PASTORAL CARE CONFERENCE
“for shepherds and other caregivers of the flock”

Welcoming All... pastors, laity, counselors, social workers, nurses, caregivers, volunteers

Friday, May 5, 2017
8 a.m. to 4:00 p.m.
Christ Church at Grove Farm
249 Duff Road, Sewickley, PA

Keynote Speaker: Pastor David Kornfield, Ph.D.
Missionary, Author, and International Trainer
“Helping Healthy Churches Grow by Cultivating Healthy Pastors”

For more details, visit http://www.asmuhl.com/pghpc/

The Mercy Parish Nurse and Health Ministry Program were a part of the Planning Committee.

Proudly Wear Your Ribbon
To Support Cancer Awareness

Choose Hope, Inc. offers a full line of cancer awareness products and gifts available for all cancer colors. Add some color to your next education event or health fair.

- Pink: Breast Cancer
- Sky Blue: Prostate Cancer
- Orange: Leukemia
- Purple: Pancreatic Cancer

To see more ribbon colors visit www.choosehope.com
1-888-348-HOPE
**National Volunteer Week—April 23-29, 2017**

*National Volunteer Week* is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It is about demonstrating to our faith communities that by working together, along with God’s strength, we can help others in need. For more ideas and suggestions, visit http://www.pointsoflight.org/signature-events/national-volunteer-week

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

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### Mother and Daughter PINK Tea

**Mother’s Day—May 14**

How does your faith community invite women of all generations to come together and minister to each other’s needs? How do we teach mothers and daughters to spend more time reflecting on the Proverbs 31 Woman (who by the way is nameless) and put the “pearls” of what we learn into daily life? One such church activity is to honor all women once a year in May... a PINK tea celebration! Ask your pastor’s wife, a religious sister, or a mom-daughter team to present on the traits of a godly woman in today’s world. Ask the presenter to create realistic expectations for all women and to seek God’s wisdom in our life’s calling. For more Tea Themes, visit http://www.juliabettencourt.com/themes/mothersdaythemes.html

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### Earth Day

“We do not inherit the earth from our ancestors, we borrow it from our children.”

— Native American Proverb

Faith communities are encouraged to teach our families how to care for God’s creation and the world we live in.

For fun ideas and activities, visit www.doinggoodtogether.org

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**Our Email Address!**

ParishNurse@pittsburghmercy.org

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 412.232.5815 or email us at ParishNurse@pittsburghmercy.org

Thank you.

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**Pittsburgh Mercy invites you to “like” us on**

Follow us @PghMercy on #ParishNurses

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“...Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.”

1 Corinthians 15:58 NIV
**Health Observances**
http://www.healthfinder.gov/nho/default.aspx
See monthly tool kits too!

**Month:**
- Arthritis Awareness
- Better Hearing and Speech
- Food Allergy Action
- Global Employee Health and Fitness
- Global Youth Traffic Safety
- Healthy Vision
- Hepatitis Awareness
- International Mediterranean Diet
- Melanoma/Skin Cancer Detection and Prevention
- Mental Health
- National Asthma and Allergy Awareness
- National Osteoporosis
- National Physical Fitness and Sports
- National Stroke Awareness
- Preeclampsia Awareness
- Ultraviolet Awareness

**Day/Week:**
- 1-7 National Physical Education & Sport
- 1-5 Air Quality Awareness
- 5 Hand Hygiene
- 7-13 Children’s Mental Health Awareness
- 7-13 North American Occupational Safety and Health
- 8-14 National Stuttering Awareness
- 12-16 National Neuropathy Awareness
- 13 Cornelia de Lange Syndrome Awareness
- 14-20 National Alcohol- and Other Drug-Related Birth Defects Awareness
- 15-21 National Hurricane Preparedness
- 18 HIV Vaccine Awareness
- 19 National Asian and Pacific Islander HIV/AIDS Awareness
- 20 World Autoimmune/Autoinflammatory Arthritis
- 22-28 Healthy and Safe Swimming
- 26 Don’t Fry
- 26 Heat Safety Awareness
- 31 National Senior Health & Fitness
- 31 World No Tobacco

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**Month:**
- Alcohol Awareness
- Irritable Bowel Syndrome Awareness
- National Autism Awareness
- National Child Abuse Prevention
- National Distracted Driving Awareness
- National Donate Life
- National Facial Protection
- National Interprofessional Health Care
- National Minority Health
- Occupational Therapy
- Oral Cancer Awareness
- Sports Eye Safety Awareness
- Women’s Eye Health and Safety

**Day/Week:**
- 2 - 8 National Youth Violence Prevention
- 3 - 9 National Public Health
- 5 Sexual Assault Awareness Day of Action
- 7 National Alcohol Screening
- 7 World Health
- 10 National Youth HIV and AIDS Awareness
- 21 - 28 Every Kid Healthy™
- 23 - 29 National Infertility Awareness
- 23 - 29 World Immunization
- 24 World Meningitis
- 26 - May 03 National Infant Immunization

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**June is National Safety Month**

Injuries are a leading cause of disability for people of all ages - and they are the leading cause of death for Americans ages 1 to 44. But there are many things people can do to stay safe and prevent injuries.

For the toolkit, visit https://healthfinder.gov/NHO/JuneToolkit2.aspx