This February, many Christians will begin preparation for the Lenten Season which will begin on March 1st with Ash Wednesday and lasting for forty days and forty nights.

Dear Lord,

As we enter this Solemn and Holy Season, we pray that You would send Your Holy Spirit upon us that we might prepare ourselves for these coming 40 days of Lent.

Even though we may no longer wear sackcloth and ashes, we do seek to humble ourselves so that we can understand the magnificence of Your Love for us as You humbled Yourself and gave Your Life on the Cross that we might receive the gift of Eternal Glory with You.

Amen.

Pastor Lu Lee Hui 2/13/2013

♥ It rained for 40 days and nights when God wanted to cleanse the world and start over. Gen 7: 12
Class size is limited to 20 participants.

Registration ends February 15, 2017.

Cost: $395 for RNs which include CEs.

Cost: $200 for non-RNs.

$50 early registration discount with full payment and postmarked by Feb 4th.

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.

RNs will be commissioned as Faith Community Nurses, and will receive a 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 receive a pin and be commissioned as Health Ministers.

For Application, please visit https://www.pittsburghmercy.org/parish-nurse-program/events.aspx

Health Ministry Workshops for Winter 2017

February is a good time of the year to plan church ministry programs and projects for the spring and early 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
March 31 to April 1, 2017 Spiritual Retreat

Listening and Becoming Free

Sponsored by Mercy Parish Nurse & Health Ministry

at Kearns Spirituality Center
9000 Babcock Blvd.
Allison Park, Pennsylvania 15101

The Mercy Parish Nurse and Health Ministry Program is offering a two-day retreat from Friday, March 31 through Saturday, April 1, 2017 at Kearns Spirituality Center (https://cdpsisters.org/kearns). Located in the North Hills of Pittsburgh, on the beautiful campus of the Sisters of Divine Providence, Kearns Spirituality Center is a peaceful, spiritual environment that offers a break from the busy cares of today. You can spend quiet time in the Visitation Chapel, walk the labyrinth or woodland reflection trail, or visit Ketteler Grove. You will no doubt witness God’s Providence made visible as you enrich your faith and enjoy the solitude and time for silent introspection.

The opening session begins Friday at 4:00 p.m., and the retreat ends 4:00 p.m. on Saturday afternoon. Participants are invited to a time of prayer, learning, self-reflection, and fellowship.

The retreat will be facilitated by Dr. Carrie Nickerson who has an extensive background in nursing, higher education, spiritual and pastoral care, and spiritual direction and leadership. She is a member of Spiritual Directors International. She travels globally conducting retreats and other teaching engagements. We are thrilled to have Carrie facilitate our retreat.

In his Spiritual Exercises, the 16th century Spanish saint, Ignatius of Loyola, invites us in ways that our whole being is affected to a greater openness to God’s Spirit. Swiss theologian, Hans Urs von Balthasar, called his experience of praying the Spiritual Exercises a “listening to the Word that calls and becoming free for the expected answer.”

In this retreat experience, the way of praying the Spiritual Exercises and music listening are blended to help us bring our whole beings—our memories, images, understandings, and desires—into dialog with God about God’s desire for us. We will use a process of audio divina to aid our listening to God’s particular invitation to us and to grow in the freedom to respond.

Each retreatant will have a private room with a bed and sink. Handicap accessibility is available upon request. Visit our website for more retreat details https://www.pittsburghmercy.org/parish-nurse-program/education-and-resources.aspx Also, see page 9 for retreat registration form.

People need more than bread for their life; they must feed on every Word of God.
Matthew 4:4
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

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

National Wear Red Day - Friday, February 3, 2017

The American Heart Association (AHA) advances groundbreaking research, spreads lifesaving knowledge and reaches out to people of all ages. Fighting heart disease and stroke in communities, the AHA ensures healthier, longer lives for us and our loved ones.

Support Go Red For Women by wearing something RED that attracts attention and encourages others to ask questions especially about women’s heart health. As a faith community nurse or health minister, lead by example and take the time to “Know Your Numbers.” It is knowledge that may save your life. There are 5 numbers that every woman should know to take control of their heart health. They are the following: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar, and Body Mass Index (BMI). Knowing these numbers help women and their healthcare provider determine their risk for developing cardiovascular diseases. All women should know their numbers... our hearts depend on it. To learn more, visit https://www.goredforwomen.org/fight-heart-disease-women-go-red-women-official-site/get-involved/national-wear-red-day/

Here is a sample church bulletin article that you may use to encourage parishioners during February Heart Health Month. **Know your Blood Pressure (BP).** If it is high (140/90 mm Hg or above), then you are at risk of heart disease, stroke and other serious medical problems. Have your physician check your BP regularly and take your prescribed medications. Get moving and exercise at least 30 minutes on most days of the week. Eat healthy by reducing the amount of salt, eat more fruits, veggies, and fat-free and low-fat dairy products. Maintain a healthy weight. To learn more, visit http://www.heart.org
On the Road... in New Wilmington, Pennsylvania

The Mercy Parish Nurse and Health Ministry Program went on the road in January 2017 helping church ministry teams strategize for their New Year 2017 programming. We recently presented at an all-day Officers Retreat (30 Elders and Deacons) at the New Wilmington Presbyterian Church. We gathered together in a lovely conference room with inspiring scenery from the windows at Westminster College. Rev Dr. Matthew Camlin (pastor) and Linda McGrath RN (Care Coordinator) invited us to share about spiritual leadership in the church setting. We also gave programming suggestions regarding health ministry, visitation ministry and volunteer recruitment.

We are appreciative for this sharing opportunity and ask for God’s continued blessings on this wonderful church into the New Year 2017.

To learn more about the church, visit http://www.nwpresby.org/

A new commandment I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another.

John 13:34-35 NIV

Holy Apostles Health Ministry Team

In November 2016, the Mercy Parish Nurse and Health Ministry Program began working with the health ministry team at Holy Apostles Parish in South Pittsburgh. According to their Pastoral Associate, Mary Swindal, Holy Apostles was formed in September 2016 as a merger of the former St.Wendelin, St. Norbert, St. Albert the Great and St. Basil parishes. This health ministry team is looking to reach out to its elderly and homebound members in new, exciting ways in 2017. Under the guidance of their faith community nurses, health ministry volunteers will learn how to go into homes and identify needs of homebound individuals and help to meet these needs through a variety of opportunities.

In January 2017, the Mercy Parish Nurse and Health Ministry Program offered a team assessment and a tailor-made ministry model and suggestions for ministry enhancement especially in regards to the elderly. Each health ministry team member has such a lovely spirit and enthusiasm for ministry and views their God-given gifts and time as an offering to serve the body of Christ. In connection with the Roman Catholic campaign for the year, The Church Alive! this team challenges all to become better witnesses of Jesus and to help meet the needs of those who are sick, homebound, and bereaved. For more information about Holy Apostles Parish, visit http://holyapostlesparish.org/
News from You!

At The Church of the Covenant in Washington, Pennsylvania, our Hands and Hearts Committee began a new ministry. It is a ministry that any congregant can contribute to and/or participate in as an outreach to those in need. Currently, this committee accepts donations of empty plastic prescription pill bottles and sends them to Matthew 25 Ministries in Cincinnati, Ohio. This Ohio-based ministry collects pill bottles for inclusion in shipments of medical supplies overseas. The pill bottle program fulfills a need of improving medical care in developing countries and caring for our environment by reusing/recycling. To learn more about Matthew 25 Ministries, visit www.M25M.org

It is suggested that donated pill bottles must have a plastic lid with all labels removed leaving no glue or residue. The bottles must be washed in very hot water and dish soap, rinsed thoroughly, and placed in a clean zipped-up plastic bag marked “Clean Bottles.” A central collection box at the church is provided outside the Parish Nurse office. The Pill Bottle Donation is a great project in preparing for Earth Day which is April 22nd.

Earth Day 2017 is an event observed annually and is held to demonstrate and promote environmental awareness and calls for the protection of our planet. Earth Day is celebrated in more than 193 countries each year.

For more information, visit http://www.earthday.org/

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
Read of the Month:  
*On Living* by Kerry Egan

Publisher:  
Penguin Publishing Group  
Publication date: 10/25/2016

“As a hospice chaplain, Kerry Egan didn't offer sermons or prayers, unless they were requested; in fact, she found, the dying rarely want to talk about God, at least not overtly. Instead, she discovered she'd been granted an invaluable chance to witness firsthand what she calls the "spiritual work of dying”—the work of finding or making meaning of one's life, the experiences it contained and the people who have touched it, the betrayals, wounds, unfinished business, and unrealized dreams. Instead of talking, she mainly listened: to stories of hope and regret, shame and pride, mystery and revelation and secrets held too long. Most of all, though, she listened as her patients talked about love—love for their children and partners and friends; love they did not know how to offer; love they gave unconditionally; love they, sometimes belatedly, learned to grant themselves. This is not a book about dying—it is a book about living. And Egan is not just passively bearing witness to these stories. An emergency procedure during the birth of her first child left her physically whole but emotionally and spiritually adrift. Her work as a hospice chaplain healed her, from a brokenness she came to see we all share. Each of her patients taught her something—how to find courage in the face of fear or the strength to make amends; how to be profoundly compassionate and fiercely empathetic; how to see the world in grays instead of black and white. In this poignant, moving, and beautiful book, she passes along all their precious and necessary gifts.” Read a sample at: http://www.barnesandnoble.com/w/on-living-kerry-egan/1123566593#productInfoTabs

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.

News From You:  
I have been serving the Somerset Alliance Church for just over a year now. This job has many very different aspects to it. Some areas of service are visiting the shut-ins in their homes or in the nursing homes, leading Bible studies, and hosting a support group called GriefShare. GriefShare is a world-wide grief support group. There is a video, small group discussion, and valuable workbook to gently help you process your loss. As difficult as it is, GriefShare is one of my favorite ways to minister to people. Every person experiences grief and each is a unique experience. The way we process our grief affects every area of our life. Two people may experience the same loss, but they may process and grieve that loss in a very different way. There is a lot about grief that is healthy and that is what these videos teach. God does not say, “Do not mourn.” He does say, “Do not mourn as those who have no hope.” If our hope is in Jesus, we can grieve with Hope and come to have Peace. He will carry you through your grief and He can bring Joy to your life again. Your loss is part of your story and your story can help another. No experience is to be isolated. It is to be shared and growth can come from it. GriefShare also has a one night class called ‘Surviving the Holidays’. We held this event at our church last November and had a good turnout. This video gives practical ways to get through the difficult holidays without your loved one. There is information about this and other support groups at www.griefshare.org.

If you have questions about GriefShare, feel free to contact me at my church. I would love to help you start this valuable class in your congregation.  
TANYA WITT, RN  
814.445.8949

Pittsburgh Mercy invites you to “like” us on  
Follow @PghMercy on #ParishNurses
Health Observances
http://www.healthfinder.gov/nho/default.aspx
See monthly tool kits too!

Month:
- American Heart
- AMD/Low Vision Awareness
- National Cancer Prevention
- National Children’s Dental Health

Day:
- Feb 03, 2017 National Wear Red
- Feb 04, 2017 World Cancer
- Feb 09, 2017 Toothache
- Feb 28, 2017 Rare Disease


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
- Sexual Assault Awareness and Prevention
- Sports Eye Safety Awareness
- STI 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

For February’s American Heart Health Tool kit, visit
https://healthfinder.gov/nho/FebruaryToolkit.aspx
REGISTRATION FORM:  

**Spiritual Retreat 2017 — Listening and Becoming Free**

**March 31 - April 1, 2017 • Friday and Saturday**

Submit registration form & check $110.00 by March 20th to:

Mercy Parish Nurse and Health Ministry Program

Mercy Health Center

1515 Locust Street, Suite 705

Pittsburgh, PA 15219

Name ____________________________________________________________

Address __________________________________________________________

City ___________________________ State _______ ZIP __________

Email Address ____________________________________________ Telephone __________________

Name of Church or Organization __________________________ Denomination ______________

___ Check if special dietary need or handicapped accommodations requested. Please explain:

______________________________________________________________

Please check any statements that apply:

___ I play a musical instrument and am willing to share my gift during our retreat. My musical instrument is: _______________________

___ I play the piano and am willing to play during specific times.

___ I have musical talent in singing.

___ I permit you to publish my name and the name of my church/organization in the retreat participant listing and nametag.

___ I would like to receive information about continuing education programs sponsored by Mercy Parish Nurse Program.

___ I would like to receive your free monthly E-Newsletter, *The Faith Connection*.

___ I prefer not to be contacted.

___ Check if special dietary need or handicapped accommodations requested. Please explain:

______________________________________________________________

Your role within your church/organization:

(Please circle all that apply)

• Clergy
• Member/attendee
• Coordinator RN
• Health minister
• Parish nurse (volunteer)
• Parish nurse (salaried)
• Social minister
• Social worker
• Nursing student
• Volunteer
• Pittsburgh Mercy employee
• Other ___

**NOTE:** This retreat is presented by the Mercy Parish Nurse and Health Ministry Program, part of Pittsburgh Mercy and Trinity Health, serving in the tradition of the Sisters of Mercy. The Mercy Parish Nurse and Health Ministry Program and Pittsburgh Mercy do not sell or otherwise share information with third-party vendors. You reserve the right to revoke your permission at any time. For more information, contact the Mercy Parish Nurse and Health Ministry Program at 412.232.5815 or email ParishNurse@pittsburghmercy.org