A Prayer for the New Year
By Henri J.M. Nouwen
(His book titled “The Only Necessary Thing”)

Henry writes “I am starting this year with the prayer of Charles de Foucauld, the prayer I say every day with much trepidation”.

Father, I abandon myself into your hands.
Do with me whatever you will.
Whatever you may do, I thank you.
I am ready for all, I accept all.
Let only your will be done in me, and in all your creatures.

Into your hands I commend my spirit.
I offer it to you with the love that is in my heart.
For I love you, Lord, and so want to give myself, to surrender myself into your hands, without reserve and with boundless confidence, for you are my Father.
Amen.
If you, your pastor, or church leadership team would like us to offer a Health Ministry Workshop and/or faith community nurse presentation, then please contact Amy Armanious at 412.232.7151 or aarmanious@pmhs.org.

NEWS FROM YOU!

Mercy Parish Nurse and Health Ministry Program

Presents **Visitation Ministry & Communication Skills** to local church

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All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.

- 2 Timothy 3:16  NIV

On December 4-5, 2015, twenty-five parishioners (elders and deacons) from Paris Presbyterian Church attended a Friday evening and all-day Saturday spiritual retreat at Bethany College led by both Reverend Tina Hosler (Pastor of the Paris Presbyterian Church) and Amy Armanious (Health Ministry Specialist, Mercy Parish Nurse and Health Ministry Program). The content at this retreat was based on the book “Practicing Greatness: 7 Disciplines of Extraordinary Spiritual Leaders” by Reggie McNeal. The presentations focused on building leadership characteristics of greatness such as humility, effectiveness, and willingness to serve which are key in motivating church ministries to meet the needs of parishioners and the community at large.

A large group discussion was facilitated by Amy on the topic of **visitation ministry** with the care approach of **whole person health** (balancing body, mind and spirit). It gave participants an opportunity to expand their concept of health ministry and strategize new ways to provide spiritual care. At the end of the retreat, these church leaders were “on fire” to rely on God’s Spirit for the next step in using their gifts, talents, skills and time in servant-leadership.
Along with the snow, temperatures are also dropping with wind chills bringing temps to 10-15 degrees below zero according to the National Weather Service. With such weather in the forecast, County Health Departments offer several tips to prepare for the cold. It is suggested that faith community nurses and health ministry team members check regularly on homebound parishioners who may be in need during this cold winter season and review the following tips:

* **Make certain that individuals/families have an emergency kit which includes food, water, medicine, and other supplies to last for at least 72 hours.** Basic services such as electricity, gas, water sewage treatment, and telephones may also be affected. Supply kits should contain items to help manage during such outages i.e. proper clothing and extra blankets.

* **Keep a fire extinguisher on hand and know how to use it.** At no time should a cooking stove or oven be used for heat. This can be a fire hazard as well as a source of deadly carbon monoxide. Also it is suggested that batteries in flashlights and smoke detectors be changed regularly.

* **Stay indoors as much as possible.** If you must go outside, wear several layers of loose-fitting clothes, lightweight, warm clothing. Wear a hat since you can lose as much as 50 percent of your body’s heat through the head. Cover your mouth with a scarf to protect your lungs.

* **Cover as much skin as possible to guard against frostbite.** To treat frostbite, cover the frozen area to protect it from further injury and provide extra clothing and blankets. Drink warm, sweet beverages (i.e. warm tea, broth, or soup) to maintain body temperature. Rewarm the frozen area by immersing it in warm, not hot water. Call for emergency medical assistance.

* **Distribute “Snowy Weather Boxes” to at-risk older adults who live alone.** These boxes include toilet paper, non-skid slipper socks, warm blanket for shoulders or lap, hand sanitizer, flashlight with extra batteries, peanut butter, crackers, tuna with easy-open packages, fruit juice, bottled water, and other shelf-stable meals and drinks.

(Resource: http://www.alleghenycounty.us/dhs/olderadults.aspx )
Happy New Year 2015 to all of our E-Newsletter readers! What better way to begin the new year than in making a resolution to spend more quiet time with God. Daily time alone with God is a main source of strength and peace that keeps us going in our ministries. When we draw near to God and open His Word, and listen to His still, small voice, we feel more prepared to deal with the challenges of the day. He says, “Be still, and know that I am God” (Psalm 46:10 NIV). Spiritual breakthroughs occur daily when we are willing to be quiet and listen to God speak through His Word. We just have to stop long enough to sit and listen with an attentive ear. Also, during this quiet time in Scripture reading, sometimes writing in a journal once a week, meditating on God’s Word, or re-reading a favorite Bible story are other wonderful ways to share our time with God.

One way that may be helpful as we begin a new year is to purchase a daily devotional book. Choose one that is inspiring and then watch God plant His spiritual seeds in one’s heart and mind. Here are three devotional books that I have found helpful over the years in my daily walk with Christ.

1) **Jesus Calling.** Enjoying peace in His Presence via devotions for every day of the year by Sarah Young. Thomas Nelson, Inc. ISBN 978-1-5914-5188-4


If you have a good book you would like to share with us, please let us know.

*We always enjoy hearing from you.*

*Email: ParishNurse@pmhs.org*
Save the Date:

**Spiritual Retreat**

April 24 and 25, 2015

We are excited to share with you this wonderful opportunity to draw closer to God this Easter season through a spiritual retreat offered by the Mercy Parish Nurse and Health Ministry Program.

The dates are April 24 and 25 (Friday early evening until Saturday late afternoon) at Martina Spiritual Renewal Center in the West View area (15229) of Pittsburgh, Pennsylvania.

Our time together will be a contemplative-themed retreat in celebration of Jesus’ resurrection. It will be a time for developing spiritual practices using Holy Scriptures of our resurrected Christ. Our hope is that retreatants will experience peace and spiritual renewal at Martina as we walk with Jesus and each other during this special time of the year.

Each retreatant will have their own private room with a bed and mirrored sink. Handicap accessibility is available. Reservations will be limited to 20 participants, so early registration is encouraged.

Watch for details in February for a special email invitation as well as details on our website http://www.pmhs.org/parish-nurse-program/events.aspx

Please join us as we walk with Jesus to be inspired by His Spirit in celebration of Easter (Holy Pascha).

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**Upcoming National Event**

(visit www.churchhealthcenter.org for more information)

*Church Health Center Westberg Symposium*

April 9-12, 2015 at Peabody Memphis Hotel

“Foundations and Futures: Joining in the Song of Faith Community Nurses”
Health Observances
http://www.healthfinder.gov/nho/default.aspx

*Cervical Health Awareness
*National Birth Defects Prevention
*National Glaucoma Awareness
*National Stalking Awareness
*National Winter Sports TBI Awareness
*Thyroid Awareness
*National Folic Acid Awareness Week 5-11
*National Drug Facts Week 26-31

Low Vision Awareness Month
American Heart Month
International Prenatal Infection Prevention Month
National Children’s Dental Health Month
Teen Dating Violence Awareness Month
African Heritage & Health Week  Feb 1-7
Give Kids a Smile Day  Feb 6
National Wear Red Day  Feb 6
Congenital Heart Defect Awareness Week  Feb 7-14
National Black HIV/AIDS Awareness Day  Feb 7
National Donor Day  Feb 14
National Eating Disorder Screening Program  Feb 22-28

For more ideas and resources on these and other current health awareness topics go to http://www.healthfinder.gov/NHO/

Or past issues of our E-Newsletter
The Faith Connection
http://www.pmhs.org/parish-nurse-program/education-and-resources.aspx

Go Red for Women beginning in Feb
https://www.goredforwomen.org/#

National Health Observance Toolkits
January—Cervical Health Awareness
February—American Heart Month and Teen Dating Violence
March—Colorectal Cancer Awareness
April—Alcohol Awareness Month
May—National Physical Fitness and Sports Month
May—Melanoma/Skin Cancer Detection and Prevention Month
June—National Safety Month

*Choose a toolkit and get started today.
Organize events to create change in your church.
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.

Easily document client problems using a concise list built-in to the system with drop-down boxes for:

- Physical ~ Mental ~ Spiritual ~ Social ~ Financial ~ Relational

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

Demonstrate the outcomes of your parish nurse interventions

Includes many more useful features

Read more in this 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.

ParishNurse@pmhs.org    412-232-7151
Nurse Job Fair Opportunity
On-Site Interviews for Nurse Positions
Thursday, Feb 26, 2015
10:00 a.m. to 2:00 p.m.
Sponsored by Pittsburgh Mercy Health System
1200 Reedsdale Street
Pittsburgh, PA 15223
Free Parking Available
Contact Rachel A. Wachter
HR Talent and Acquisition & Hiring Manager
Phone: 412.320.2383

Yankee Pot Roast and Vegetables
(Using reduced-sodium beef broth makes this a low-sodium comfort dish)

1 beef chuck pot-roast (2.5 pounds)
  *Salt and black pepper (optional)
3 unpeeled baking potatoes (about 1 pound), and cut into quarters
2 carrots, cut into 3/4-inch slices
2 celery stalks, cut into 3/4-inch slices
1 onion, sliced
1 parsnip, cut into 3/4-inch slices
2 bay leaves
1 teaspoon dried rosemary
1/2 teaspoon dried thyme
1/2 cup reduced-sodium beef broth

Makes 10-12 servings
Calories: 270
Total Fat: 10 g
Saturated Fat: 4 g
Protein: 28 g
Carbohydrate: 15 g
Cholesterol: 75mg
Fiber: 3 g
Sodium: 99 mg

Slow Cooker Directions
1. Trim and discard excess fat from beef. Cut into 3/4-inch pieces; sprinkle with salt and pepper, if desired.
2. Combine potatoes, carrots, celery, onion, parsnip, bay leaves, rosemary and thyme in slow cooker. Top with beef. Pour broth over beef. Cover; cook on LOW 8.5 to 9 hours or until beef is fork-tender.
3. Transfer beef and vegetables to serving platter. Remove and discard bay leaves.

Note: To make gravy, ladle the juices into a 2-cup measure; let stand 5 minutes. Skim off fat. Measure remaining juices and heat to a boil in small saucepan. For each cup of juices, mix 2 tablespoons of flour with 1/4 cup cold water in small bowl until smooth; add to boiling juices. Cook and stir constantly 1 minute or until thickened.

(Resource: Nicole Johnson's Diabetes Recipe Makeovers 2010)