Dedicated to our fathers, grandfathers, uncles, brothers, and all those who have been “fathers” to us in our lives. May God bless these godly men today and always.

If -- By Rudyard Kipling (fatherly advice written to his son)

If you can keep your head when all about you Are losing theirs and blaming it on you; If you can trust yourself when all men doubt you, But make allowance for their doubting too; If you can wait and not be tired by waiting, Or, being lied about, don't deal in lies, Or, being hated, don't give way to hating, And yet don't look too good, nor talk too wise;

If you can dream - and not make dreams your master; If you can think - and not make thoughts your aim; If you can meet with triumph and disaster And treat those two imposters just the same; If you can bear to hear the truth you've spoken Twisted by knaves to make a trap for fools, Or watch the things you gave your life to broken, And stoop and build 'em up with worn out tools;

If you can make one heap of all your winnings And risk it on one turn of pitch-and-toss, And lose, and start again at your beginnings And never breathe a word about your loss; If you can force your heart and nerve and sinew To serve your turn long after they are gone, And so hold on when there is nothing in you Except the Will which says to them: "Hold on";

If you can talk with crowds and keep your virtue, Or walk with kings - nor lose the common touch; If neither foes nor loving friends can hurt you; If all men count with you, but none too much; If you can fill the unforgiving minute With sixty seconds' worth of distance run - Yours is the Earth and everything that's in it, And - which is more - you'll be a Man my son.

Psalm 127:3-5 (NIV)

3 Children are a heritage from the LORD, offspring a reward from him.  
4 Like arrows in the hands of a warrior are children born in one's youth.  
5 Blessed is the man whose quiver is full of them. They will not be put to shame when they contend with their opponents in court.


http://www.poemofquotes.com/rudyardkipling/if.php
Jacob's Journey, a health promotion program for men with hypertension developed by the International Parish Nurse Resource Center in 2009 was presented at Saint Frances Cabrini Parish in Center Twp., PA, during January-February 2015. This spiritual journey is not meant to replace treatment by a physician, but to support an existing treatment plan or to raise awareness of lifestyle changes in diet and exercise. Jacob's Journey includes prayer and reflection that are helpful in developing our relationship with God and lowering stress. Information about Jacob's Journey was reviewed with the Parish Holy Name Society and with the Parish Chapter of the Catholic Men’s Fellowship groups in order to generate interest in participation. In addition, an announcement of Jacob's Journey was made at all Masses and a description of the program appeared several times in the weekly bulletin. To my delight, 18 men of the Parish expressed an interest in participating in this six-week program.

Each week, I met with these men to take their blood pressure after the Mass they attended. I provided them with scriptural story of Jacob, blood pressure parameters and spiritual reflection. In addition, each participant received a weekly email that included information on nutrition, exercise, scripture and reflection, and even weekly food tips.

At the completion of Jacob's Journey, a ten-question survey of the experiences of participants was created on Question Pro and emailed to all men with a 90% completion rate. Here are some survey results: The majority of men reported an improvement in blood pressure, a deepening of their spiritual life, and an increase in eating fruits and vegetables every week. These men valued learning about Jacob, scripture that included spiritual reflection and questions, informative weekly emails, and the opportunity to have their blood pressure taken weekly. Suggestions for the future included more information on pre-hypertension and hypertension. This evaluative information will be used for review and planning for the next Jacob’s Journey offering. For further reading on Jacob’s Journey visit:


For a first time endeavor, having 18 men participate in Jacob’s Journey was impressive. I believe this program was successful because my pastor, Father Martin R. Bartel, O.S.B., supports and values my role as a Faith Community Nurse and helped promote this program in the Parish through bulletin and Mass announcements as an endeavor that would help improve the spiritual and physical health of men. He also participated in the program personally. Having pastoral support was the key to encourage and inspire 18 men to register for Jacob’s Journey and as the survey data indicated, it did strengthen their spiritual life and improve their physical health. These men were not the only ones who benefited. I was also strengthened and inspired spiritually.

I can do all things through Him who strengthens me. Philippians 4:13
READ OF THE MONTH

Praying Together: 
Forming Prayer Ministries in Your Congregation
By Martha Graybeal Rowlett
ISBN: 0-8358-0979-X

Prayer is absolutely central to the church’s identity and therefore to its mission, ministry and vision. There are many books on prayer, but this book by Martha Rowlett is of special value since it is so practical. Many churches want to be more prayer-centered, but fail because of missteps in their efforts to get started. The author encourages congregations to build on their strengths as she explains examples of twenty-two forms of prayer and practical suggestions for initiating and supporting prayer ministries.

Some book chapters include the following: prayer chains, prayer partners, prayers for healing, telephone prayer ministry, prayer retreat, prayer breakfast, internet prayer ministry, praying the Scriptures in a group setting, and much more!

Through personal and professional experience, Rowlett provides insightful guidance toward becoming a praying congregation.

*** SAVE THE DATE ***

SATURDAY, OCTOBER 24, 2015

23RD ANNUAL SYMPOSIUM

GUEST SPEAKER:
JOVETA WESCOTT, RN, MSHA
PARISH NURSE CONSULTANT/EDUCATOR
AND
EXECUTIVE DIRECTOR OF KANSAS PARISH NURSE MINISTRY

HTTP://WWW.KANSASPARISHNURSEMINISTRY.COM/

See more details this summer by visiting
https://www.pmhs.org/parish-nurse-program/events.aspx
The FICA Spiritual History Tool was first developed by Dr. Christina Puchalski in 1996 along with three other primary care physicians. Health care providers felt a need for a new tool that was not designed specifically for researchers, but rather for clinicians who wanted a means to assess their clients’ spiritual needs. “The tool comprises four domains that include assessments of one’s personal beliefs regarding 1. The presence of Faith; belief; or meaning. 2. The Importance of spirituality on an individual’s life and the influence that belief system or values has on the person’s health care decision making. 3. The individual’s spiritual Community; and 4. Interventions to Address the person’s spiritual needs.”¹ ²

The tool with open-ended questions useful in assessing clients’ spiritual needs can be found in the article entitled, “Evaluation of the FICA Tool for Spiritual Assessment” by Tami Borneman, RN; Betty Ferrell, RN; and Christina Puchalski, MD; J Pain Symptom Manage. 2010 Aug;40(2):163-73. doi: 10.1016/j.jpainsymman.2009.12.019. Epub 2010 Jul 8. http://www.jpsmjournal.com/article/S0885-3924(10)00325-8/pdf This article reports the results of a pilot study done to test the feasibility of the tools use in the clinical setting and to discover any correlation between the “qualitative responses of the FICA tool with quantitative data obtained from a parent study’s Functional Assessment of Cancer Therapy Quality of Life (City of Hope-QOL) instrument as responses relate to clients’ spirituality needs. The study sample comprised 76 ambulatory clinic cancer patients from different ethnic and religious backgrounds with mean age of 57. Findings showed that “the FICA tool did correlate with the QOL tool when measuring spiritual activities, change in spirituality, positive life change, purpose, and hopefulness. Patients also felt increased sense of trust with physicians who included a spiritual history in their assessments which enhanced the provider-patient relationship allowing for improved communication about meaningful concerns of the patient including open discussion of family, work, depression, anxieties, and faith. The tool also provided information that influenced patient’s health care decision-making and coping, such as belief and support systems integrated with their faith communities, and spiritual sources of strength that effect healthcare outcomes.”¹


RESOURCE CORNER: Sleeping mats for the homeless

Collect and transform all those plastic grocery bags into something useful this summer! By single crocheting single strips of plastic bags, your church can make sleeping mats or “care mats” for the homeless shelters. The mats repel parasites and are moisture resistant, durable, lightweight, easy to store, and make a great temperature barrier. A handle can be added too. What a joy to know that someone will not have to sleep on the ground tonight.

See this site for crocheting instructions, pattern, and photos:
http://kanawha.ext.wvu.edu/r/download/63077
Congratulations to Sister Judy!

Congratulations to Sister Judy Wuerl who is celebrating her 50th anniversary as a Sister of Mercy. You may remember Sister Judy from answering our phone, sending you emails, and helping with our annual symposium, retreat, the “Foundations of Faith Community Nursing” Preparation Course and other events. Sr. Judy is an example of mercy and compassion. We are blessed to have her with us. Sister Judy was pleased that her cousin, Cardinal Donald Wuerl, former Bishop of Pittsburgh was the main celebrant for the Mass of Celebration. Many blessings to Sr. Judy on her Golden Jubilee!

Pittsburgh Mercy Health System invites you to “follow” and “like” us!

Like Pittsburgh Mercy Health System on

Follow @PghMercy on

#ParishNurses

Our July/August edition of “The Faith Connection” will be distributed in mid-July.

Until then, have a safe and fun summer.

2015 HMA Annual Meeting and Conference

Aug. 31, Sept. 1 & 2, 2015 Le Méridien New Orleans, New Orleans, LA

Journey to Wholeness:
Response... Resilience...Rituals... Recovery

http://hmassoc.org/upcoming-conference/
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 in the following 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@pmhs.org  412-232-5815

Faith Community Nurse and Health Minister Preparation Course
IPNRC’s Curriculum “Foundations of Faith Community Nursing”
New Curriculum (2 new modules!)

September 11, 12, & 26 and October 2 & 3, 2015

Hybrid course: online modules & classroom presentations

Location: UPMC Mercy, Uptown, Pittsburgh, Pa.

RNs earn 38 CEUs

For more details, call 412.232.5815 or email ParishNurse@pmhs.org

https://www.pmhs.org/parish-nurse-program/education-and-resources.aspx
Health Observances
http://www.healthfinder.gov/nho/default.aspx

June

- MEN’S HEALTH MONTH
- NATIONAL APHASIA AWARENESS MONTH
- NATIONAL SAFETY MONTH
  1-7 Sun Safety Week
- 2 National Cancer Survivors Day
- 4 International Innocent Children’s Day
- 12-19 National Nursing Assistant Wk
- 15 World Elder Abuse Awareness Day
- 15-21 National Epilepsy Week
- 26 International Day against Drug Abuse and Drug Trafficking

JULY

- Mental Health Awareness Month
- Juvenile Arthritis Awareness Month
- 28—World Hepatitis Day

August

- Children’s Eye Health and Safety Month
- National Immunization Awareness Month
http://www.healthfinder.gov/NHO/AugustToolkit.aspx

NHO Toolkits
At http://www.healthfinder.gov/NHO/ there are NHO toolkits to help your church make a difference as related to health ministry. Show everyone that you are committed to health and wellness. For example, write important health messages in bulletins and newsletters as well as promoting fun and fellowship at your church events!