The Faith Connection

News and ideas for your health ministry courtesy of the
Mercy Parish Nurse and Health Ministry Program
Part of Pittsburgh Mercy and Trinity Health,
Serving in the tradition of the Sisters of Mercy

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March 2017

“Create in me a clean heart, O God; and renew a right spirit within me.”
Psalm 51:10  KJV

“Good Morning Spring”

Good morning Spring,
I’m so glad you’re here
with the sweet melodies
you sing into my ear.
I am so thankful,
for your sunny rays
for the fragrant blooms
you drift along my way.

Good morning Spring,
I have missed you so
thank you for easing
winter’s every woe.
Thank you for leaving,
a carpet of warmthness
for letting me soak up
your peaceful calmness.

Good morning Spring,
I’m so glad God sent you
for you are the season
He uses to renew!

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Deborah Ann Belka

https://poetrybydeborahann.wordpress.com/category/seasonal-poems/
We Bid a Fond Farewell to our Colleague Janice Holmes!

Janice Holmes is leaving us with her last day being on February 28th.

Janice has been with the Mercy Parish Nurse and Health Ministry Program for two years as a Health Ministry Specialist. In those two years, she coordinated our annual symposium and the Foundations of Faith Community Nurse Course, worked diligently on our monthly E-Newsletter, visited churches in the community as they started health ministries, among other responsibilities.

We are sorry to see Janice leave and we thank God for the blessing she has been to our Program and to all who have had the privilege of working with her. We are forever grateful that Janice shared her gifts, talents and time with us during this window of opportunity.

The door is always open Janice, to visit with us... and don’t forget the Spring Retreat and Fall Symposium. We send Janice off with our heartfelt prayers and God’s blessings.

For if you give, you will get! Your gift will return to you in full and overflowing measure, pressed down, shaken together to make room for more, and running over. Whatever measure you use to give—large or small—will be used to measure what is given back to you.” (Luke 6:38 TLB)

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

Craft Corner...

Ideas for Sunday School Kids & Visitation Ministry

Sometimes its easy to run out of ideas for church school activities especially as we plan this spring for Easter. One idea... ask the Sunday School children to make beaded crosses. Then insert a cross in an Easter card and mail it to a homebound parishioner. They will love the added surprise!

To learn more about 30 Christian Easter crafts, visit http://www.dosmallthingswithlove.com/2014/03/christian-easter-crafts.html

May the STRENGTH of God pilot us.
May the WISDOM of God instruct us.
May the HAND of God protect us.
May the WORD of God direct us.
May your SALVATION, O God, be always ours this day and forevemore.

St. Patrick
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). Partial scholarship is available upon request. See page 10 for registration form.  

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. Partial scholarship and handicap accessibility are available upon request... please email ParishNurse@pittsburghmercy.org or call 412.232.5815  

Visit our website for more retreat details at https://www.pittsburghmercy.org/parish-nurse-program/education-and-resources.aspx Also, see page 10 for retreat registration form.  

Be still, and know that I am God.... Psalm 46:10
Health Ministry Workshops for Spring 2017

March 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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**Put Your Best Fork Forward**

“The theme for "National Nutrition Month®" this March 2017 is *Put Your Best Fork Forward*, which acts as a reminder that each bite counts. Making just small shifts in our food choices, can add up over time. The 2015-2020 *Dietary Guidelines for Americans* suggest *starting with small changes in order to make healthier lasting changes* you can enjoy. Be inspired to start with small changes in your eating habits – one forkful at a time. So whether you are planning meals to prepare at home or making selections when eating out, *Put Your Best Fork Forward* to help find your healthy eating style. The Academy of Nutrition and Dietetics suggests:

1. Create an eating style that includes a variety of your favorite, healthful foods.
2. Practice cooking more at home and experiment with healthier ingredients.
3. How much we eat is as important as what we eat. Eat and drink the right amount for you, as MyPlate encourages us to do.
4. Find activities that you enjoy and be physically active most days of the week.
5. Manage your weight or lower your health risks by consulting a registered dietitian nutritionist who can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.”

To find event ideas, PowerPoint presentation, Good Nutrition reading list, and Proclamation, go to: http://www.eatright.org/resource/food/resources/national-nutrition-month/toolkit
Read of the Month

*Common Prayer Pocket Edition: A Liturgy for Ordinary Radicals*

By Shane Claiborne & Jonathan Wilson-Hartgrove
ISBN: 978-0-310-33506-1

In May 2016, the Mercy Parish Nurse and Health Ministry staff had the privilege of co-planning and attending and the 16th Annual Pittsburgh Pastoral Care Conference titled “Reimagining Community.” The outstanding keynote speaker was Shane Claiborne who is the visionary leader of *The Simple Way*, a faith community in inner-city Philadelphia. He launched *The Simple Way* as he helped the homeless who were living in an abandoned cathedral which is St. Edwards Church. Today the community serves as a catalyst to birth new monastic communities and to connect faith communities around the world. Shane Claiborne has traveled from the impoverished streets of Calcutta, where he worked with Mother Teresa, to the wealthy communities in the USA. For more on his work, visit [www.thesimpleway.org](http://www.thesimpleway.org)

Shane travels and presents throughout the world about peacemaking, social justice, and Jesus. He has written several books including being a co-author of this “Read of the Month” titled “*Common Prayer Pocket Edition: A Liturgy for Ordinary Radicals.*” The authors’ theme begins with one church... praying, singing, and serving together.

This pocket-size edition is light-weight for purses, briefcases, and suitcases. It is well-versed in encouraging all Christians to pray together across denominations and to celebrate the best of each faith tradition. *Common Prayer* may be used for group prayer or for those who are away from their family and/or spiritual community and desire to remain connected through the beauty and depth of Christian liturgy. It provides prayers for morning, midday, and evening, and commemorates significant dates and heroes in church history. Also, it honors those people and events who have participated in the struggle for freedom and justice. Compline prayers may add a peaceful tone to individual worship and praise. For additional prayers, sample videos, and much more, please visit [www.commonprayer.net](http://www.commonprayer.net)

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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/](http://www.asmuhl.com/pghpc/)
Faith Focused Investigations: African Americans Tackling Obesity through Church-based Interventions

Tiffany McDowell, Edward V. Wallace, Dwight Tillery, Lindsey Cencula

"Abstract Background: The large number of people who are obese in the United States has been observed in all racial, ethnic, gender, and age groups. However, racial and ethnic minority populations are disproportionally affected by obesity and at greater risk for many serious diseases. Purpose: The purpose is to reduce obesity and diabetes in African Americans who are members of faith-based organizations by sustaining and ensuring successful health ministry programs in the greater Cincinnati, Ohio area. Methods: A total of 142 African American females and males participated in a 20-week intervention. The mean age was 55 years. Ninety-seven percent of the participants were overweight/obese and 27% had diabetes. Results: Results of the cohort study showed that during year 2 participants showed better improvement in obesity and diabetic indicators than during year 1. Conclusions: A culturally sensitive Church-based wellness programs could be used to reduce obesity and diabetes in African Americans and sustained in the community."

Read more: http://www.ijhssnet.com/journals/Vol_1_No_11_Special_Issue_August_2011/1.pdf

Allegheny County, PA Launches “Open Doors to Home Visiting” Campaign

The ‘Allegheny Link to Home Visiting’ is a collaboration between the County’s Health Department and Human Services designed to help parents and caregivers who are looking for extra assistance or guidance through the parenting process from pregnancy through age six. The Allegheny Link referral service is staffed with coordinators who can help families identify which programs are right for them. “There are a number of positive outcomes from home visiting programs, including an increased use of prenatal care, increased pregnancy duration and birth weight, increased use of healthcare and community resources, improved maternal and family nutrition, and improved growth and developmental outcomes.” “Parenting is a tough job. Home visiting programs are here to provide support,” say County officials.

The Allegheny Link is available weekdays from 8 a.m. to 7 p.m. by calling 1-866-730-2368. Parents, healthcare providers, and caregivers who are interested in learning more about home visiting programs can call Allegheny Link, speak to their pediatrician, or visit www.alleghenylink.org.

MARCH 12th

Daylight Saving

Turn clocks ahead 1 hour

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.pointsflowflight.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

March 17th

Happy St. Patrick’s Day!
Spiritual Care Best Practices:

Praying the Daily Examen During Lent

“Examen is a Spanish word (meaning examination) that St. Ignatius of Loyola used to describe this type of prayer and that he encouraged people to PAUSE for 10 or 15 minutes a couple of times each day to EXAMEN their day to reflect on God’s presence and action in their lives. In prayer one can begin to recognize how they have either grown closer to God or have moved away from Him. In your health ministry, one can teach both young and older persons how to do a Daily Examen so they can do this spiritual practice on their own each day.

- First, have them find a comfortable position for the next 10 minutes (sitting on the floor if possible). If possible, dim the lights.
- Tell them to begin with slow, deep breathing to calm themselves and to become aware of the presence of the Holy Spirit.
- Instruct them to ask the Holy Spirit to help them PAUSE their day and to just be still. (1 minute)
- Then, tell them to ask the Holy Spirit to help them REWIND and go back over their day, being thankful for God’s blessings (1 or 2 minutes)
- Then, tell them to ask the Holy Spirit to help them FAST FORWARD through their day, recalling those moments when they did things that moved them closer to God as well as those things that took them away from God. (2 minutes)
- Invite them to thank God for the moments when they were aware of His presence and to ask forgiveness for the moments they failed to follow Him. (1 or 2 minutes)
- Finally, tell them to ask the Holy Spirit to help them STOP and to look forward to the rest of the day or the new day to come tomorrow and to commit to following the Lord more closely. (1 or 2 minutes)
- Invite them to finish their Examen by quietly praying the Lord’s Prayer.”


For Lent

Give up...
- Complaining
- Bitterness
- Hatred
- Anger
- Sin
- Gloom
- Negativism
- Gossip

Focus on...
- Gratitude
- Forgiveness
- Love
- Patience
- Virtue
- Hope
- Faith
- Praise

For March 1st

Ash Wednesday — Lent Begins

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.
Health Observances
http://www.healthfinder.gov/nho/default.aspx
See monthly tool kits too too!

Month:
- Workplace Eye Wellness
- Brain Injury Awareness
- National Developmental Disabilities Awareness
- National Kidney
- National Nutrition

Day:
- Mar 05, 2017 Multiple Personality
- Mar 09, 2017 World Kidney
- Mar 21, 2017 World Down Syndrome
- Mar 24, 2017 World Tuberculosis


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

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
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.  

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.