Dedicated to our mothers, grandmothers, aunts, sisters and all those who have been “mothers” to us in our lives. May God bless these godly women today and always.

God’s Helpers

God could not be in every place
With loving hands to help erase
The teardrops from each baby’s face,
And so He thought of mother.

He could not send us here alone
And leave us to a fate unknown;
Without providing for His own,
The outstretched arms of mother.

God could not watch us night and day
And kneel beside our crib to pray,
Or kiss our little aches away;
And so He sent us mother.

And when our childhood days began,
He simply could not take command.
That’s why He placed our tiny hand
Securely into mother’s.

The days of youth slipped quickly by,
Life’s sun rose higher in the sky.
Full grown were we, yet ever nigh
To love us still, was mother.

And when life’s span of years shall end,
I know that God will gladly send,
To welcome home her child again,
That ever-faithful mother.

--George W. Wiseman http://christianity.about.com/od/mothersday/qt/mothersdaypoem.htm
The Mercy Parish Nurse and Health Ministry Program offered a spiritual retreat on April 24 and 25, 2015, at Martina Spiritual Renewal Center in Pittsburgh’s Westview area. Our retreat facilitators were Amy Armanious (Health Ministry Specialist at Pittsburgh Mercy Health System), Rev. Dr. Christina Hosler (Pastor of Paris Presbyterian Church in Burgettstown), and Rev. Donna Yanosy (Pastor of Friendship Parish in Slippery Rock). The purpose of the retreat was to spend time away from our busy lives to focus on our relationship with God through mindful contemplation and spiritual practices using New Testament stories of Jesus’ resurrection titled “Joy of the Resurrection: A Reason to Celebrate.”

A total of 15 retreatants attended this mini-weekend of prayer, learning and fellowship. Participants used scripture, songs, prayer, poetry, art, writing, labyrinth, quiet time, and group reflection. There was time for rest and renewal via walks, journaling, and spiritual direction. Our sessions together helped us to draw close to God and each other as we walked with Jesus during this time of celebrating Easter and awaiting His Ascension.

One of the prayers from the retreat session “The Road to Emmaus” reflected on the Scripture reading of Luke 24:13-25:

We need your presence on the long road, Lord.
The road between fear and hope, the road between the place where all is lost and the place of resurrection.
Like the disciples walking the road to Emmaus, we are in need of your company!
Jesus, walk among us, in your risen power,
let these times we gather, be hallowed hours.
-Adapted from Carol Penner (http://carolpenner.typepad.com)
The 25th Class
Faith Community Nurses & Health Ministers
Convey Their Spiritual Insight

“It’s not the steps your shoes make; It’s the direction they take.”

Like people, shoes come in many styles and colors – and their functions vary greatly. While the Mercy Parish Nurse & Health Ministry’s Foundation of Faith Community Nursing Winter 2015 class project shows footwear in styles that are as diverse as the individuals that comprised the cohort, all of the shoes face a path that leads to the cross. Class members chose shoes to represent their individual efforts to take the direction that Jesus wants them to take. In addition, each member of the cohort chose one word that is especially meaningful to him or her in the context of health ministry. The coming together of these special words on the path represents the journey that each member in the cohort now shares. This lovely and inspirational artwork was presented to the program staff, and hangs prominently in the office among the many other distinguished and unique projects of visual spiritual expressions submitted over past years. This year’s class also wants to express their gratitude for the Pittsburgh Mercy Health System’s program bringing them together to experience such a special journey.

Save the Date: September 11 & 12 and October 2 & 3, 2015

Faith Community Nurse and Health Minister Preparation Course
Foundations of Faith Community Nursing Curriculum 2014

More details coming this summer!
If interested, email us at ParishNurse@pmhs.org
READ OF THE MONTH

* Becoming A Healing Presence
  (ISBN: 978-1-936270-16-3)
  By Albert S. Rossi, PhD.

One of my favorite verses is Psalms 118:24 NIV “This is the day the Lord has made; Let us rejoice and be glad in it.” It reminds me of the importance of living in the present moment and being an encourager and healing presence to others. Those of us in visitation ministry are called to be a caring presence and provide a safe space for parishioners to share suffering and find meaning in illness. We are to be fully present with people who are homebound, and those who may have chronic and/or terminal illness. I have personally found that people want to share their stories. And a person who is willing to sacrifice their personal time and do holy listening to someone who is in need, is truly a gift sent from God.

In Becoming A Healing Presence, Dr. Rossi writes about how to live so as to be a healing presence in our busy world today. He gently guides his readers toward prayerful stillness. He reminds us that to love is to foster healing in ourselves and in our neighbor through ceaseless communion with Christ our true physician and complete healer. One reader wrote, “Dr. Rossi’s sincere, down-to-earth style makes a profound deep topic both personal and accessible. His words compel the reader to take whatever step is necessary to turn off the iPod of the world in order to hear the Lord, to find wholeness in the soul, and to be Jesus to one’s neighbor.”

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
To coincide with Florence Nightingale's birthday (12th of May), National Nurses Week begins on the 6th of May and finishes on the 12th of May each year. National Student Nurses Week also coincides with National Student Nurses Day which is on the 8th of May each year.

The week celebrates the legacy of Florence Nightingale, a nurse who became famous for treating wounded soldiers during the Crimean war, and for her work in establishing nursing as a profession in its own right. Florence was affectionately known as 'The Lady with the Lamp'; she made a lot of her ward rounds at night while carrying a lamp. Florence Nightingale founded a nursing school in 1860, providing the first type of professional nursing institution in the world.

This year, think about ways to celebrate and give thanks to all the nurses in your congregation and faith community. Suggestions include having a special liturgy, prayer, or insert in your church bulletin and newsletter. The Nurse Christian Fellowship website offers several ideas for this week's activities. See http://ncf-jcn.org/nurses/prayer-guide. You can also conduct a walk or wellness program in recognition of nurses, and hang posters around the health ministry office to let others know the work that nurses do in faithful service to God. ¹ http://www.whathealth.com/awareness/event/nationalnursesweek.html

“A Nurses Prayer”
As I care for my patients today,
        Be there with me O' Lord I pray.
Make my words kind, it means so much.
And in my hands place Your healing touch.
Let Your love shine through all I do.
        So those in need may hear and feel You.
Anonymous

¹ http://www.whathealth.com/awareness/event/nationalnursesweek.html
Pentecost Sunday

May 24, 2015

When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them. Acts 2:1-4 NIV
Health Observances
http://www.healthfinder.gov/nho/default.aspx

- Arthritis Awareness Month
- Better Hearing and Speech Month
- Food Allergy Action Month
- Global Employee Health & Fitness Month
- Healthy Vision Month
- Hepatitis Awareness Month
- Melanoma/Skin Cancer Detection and Prevention Month
- Mental Health Month
- National Asthma & Allergy Awareness Month
- National Celiac Disease Awareness Month
- National Osteoporosis Awareness and Prevention Month
- National Physical Fitness & Sports Month
- National Stroke Awareness Month
- National Teen Pregnancy Prevention Month
- Ultraviolet Awareness Month
- 3-9 Children’s Mental Health Awareness Week
- 3-9 North American Occupational Safety and Health Week
- 5 Hand Hygiene Day
- 6 National Bike to School Day
- 10-16 National Women’s Health Week
- 28 National Senior Health & Fitness Day
- 31 World No Tobacco Day
- Fireworks Safety Month (June 1 - July 4)
- Cataract Awareness Month
- Men’s Health Month
- Myasthenia Gravis Awareness Month
- National Aphasia Awareness Month
- National Safety Month
- National Scleroderma Awareness Month
- 1– National Cancer Survivors Day
- 7 –13 National Rip Current Awareness
- 15 –21 Men’s Health Week
- 19– World Sickle Cell Day
- 21 - 27 National Lightening Safety Awareness Week

Do you need a jumpstart to your health ministry program? Do you need new, fresh ideas to spring into action this May? Then contact us at ParishNurse@pmhs.org

Or call 412.232.5815

We are available for phone consultation as well as church presentations and/or workshops.

Hope to hear from you soon!

Memorial Day
May 25, 2015