Proverbs 31:25-31

Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household, and does not eat the bread of idleness. Her children rise up and call her happy; her husband too, and he praises her: “Many women have done excellently, but you surpass them all.” Charm is deceitful, and beauty is vain, but a woman who fears the LORD is to be praised. Give her a share in the fruit of her hands, and let her works praise her in the city gates.

NRSV
Providing care for an ailing family member or friend in need is an act of love and kindness that can often be both challenging and rewarding. In order to be able to function effectively in such an important role, it is critical for caregivers to realize that they need care, too. This afternoon program is being offered to provide a brief respite for persons who provide assistance to family, friends or neighbors. Participants will have the opportunity to focus on prayer and reflection as they search for faith, understanding and meaning in their care giving. This presentation may also be of interest to RN's and CNA's, especially Palliative Care, Home Health, Hospice, Long Term Care, and Faith Community Nurses. Please note: A light lunch will be served to all participants.

Presentations:

**The Search for Faith** - Father Michael Greb, OFM Cap.
Director of Pastoral Care at McGuire Memorial in New Brighton; former Associate Pastor of Our Lady of Peace in Conway; former Pastor of St. Cecilia in Rochester and St. Felix in Freedom

**The Search for Understanding** - Sister Anne Green, CSJ, LCSW
Pastoral Associate, Saint Cecilia Parish, Rochester

**The Search for Meaning** - Joyce Ott, DNP, CNS, RN
Faith Community Nurse, Saint Frances Cabrini Parish, Center Township

This program is free, but registration is required by May 29. To register, you may:

Email Joyce Ott at nurse@sfcabrini.us.

Complete the registration form and mail it to the address shown, or Saint Frances Cabrini parishioners may drop it in the collection basket at any weekend Mass no later than Sunday, May 29.
Faith Community Nurse and Health Minister Preparation Course

- Class size is limited to 20 participants.
- Registration ends Sept. 15, 2016.
- Cost: $395 for the five-day course for RNs and includes CEs.
- Cost: $200 for non-RNs without CEs.
- Pittsburgh Mercy employees-half price.
- $50 discount for early registration with full payment. Postmarked by Sept. 2nd.
- Hybrid course: online modules and classroom presentations.
- Limited scholarship funds are available.
- Location: UPMC Mercy, Uptown.
- Free parking.
- For Application, please visit...


RNs will be commissioned as Faith Community Nurses, and will receive an IPNRC 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 be commissioned as Health Ministers.

IPNRC’s Curriculum “Foundations of Faith Community Nursing”

Fall 2016 Session
September 23 & 24
and
October 6, 7 & 8

William's Wishes : A Foundation for the Promotion of Health Ministry

Hands of Health Grants

“William's Wishes seeks to seed the development of new faith-based Health Ministries and Parish Nurse (also called Faith Community Nurse) programs, and to provide sustainability for those faith-based Health Ministries and Parish Nurse programs who are desirous of expanding the scope of their ministries. Through this mission, William's Wishes hopes to increase the number of individuals who receive the benefits of such programs and experience wholeness in mind, body, and spirit even when a cure may not be available. Hands of Health Grants are one-time, matching grants of $500 - $1000 offered to faith-based, non-profit organizations who are either starting new Health Ministries, or are needing funds to sustain a project within already established Health Ministries. Four grants are awarded annually. The congregation or organization requesting funding must agree to match a sum equal to the amount of the grant. Deadlines for grant submissions are March 31, June 30, September 30, and December 31.”


For questions or submission of completed applications contact: williamswishes@gmail.com or William's Wishes, 106 Barley Lane, Palmyra, PA 17078
Read of the Month

Dear Pope Francis:
The Pope Answers Letters from Children Around the World
By Pope Francis

This book is fun and easy to read, yet presents deeply serious and thoughtful answers to many of life’s spiritual reflections. “Small children have BIG questions.” Children have questions and struggles just like adults, but rarely are they given the chance to voice their concerns and ask the big questions resting deep in their hearts. In Dear Pope Francis, Pope Francis gives them that chance and celebrates their spiritual depth by directly answering questions from children around the world. Some are fun. Some are serious. And some will quietly break your heart. But all of them are from children who deserve to know and feel God’s unconditional love. The pages are filled with original drawings from young children eager to learn more about God. They ask pertinent questions like, “Why are there not as many miracles anymore?.” “What did God do before the world was made?” “Do bad people have a guardian angel too?”

The website below includes a link with an excellent sampling of the book’s insightful and theological responses to the children’s queries by Pope Francis. As a Faith Community Nurse working with children, one may find those in your youth groups asking similar questions as they seek spiritual direction in their lives. Also, as you plan for summer reading selections, this book can lead to good discussions between youngsters as well as with parents or grandparents struggling to provide some answers to the BIG questions brought before them. Enjoy!!

1 http://www.loyolapress.com/dear-pope-francis.htm#

Publisher: Loyola Press, Chicago

News from You!

You are invited to attend a Visitation Ministry Workshop on Saturday, May 7th! Please join us.

Linda Grimm, Faith Community Nurse and the congregation of The Church of the Covenant are extending an invitation to Faith Community Nurses/Parish Nurses and Health Ministers to attend a Visitation Ministry Workshop on Saturday, May 7th, from 9:30 a.m. until 12:30 p.m., presented by the Mercy Parish Nurse and Health Ministry team. Here are a few of the topics that will be covered:

* Outreach to the sick and homebound
* Understanding how illness affects the body, mind and spirit
* How to bring hope and encouragement
* Communication skills
* Making spirituality a part of the visit
* Confidentiality
* Comforting in time of grieving

There is no cost to attend the program. A continental breakfast will be served at 9:00 a.m. in the Dining room of the church. If any questions, please contact Mercy Parish Nurse and Health Ministry program at ParishNurse@pittsburghmercy.org or call 412.232.5815

Address:
The Church of the Covenant
267 East Beau Street
Washington, PA 15301
724-222-0190
Health Observances
http://www.healthfinder.gov/nho/default.aspx
See monthly tool kits too!

Arthritis Awareness Month
Better Hearing and Speech Month
Healthy Vision Month
Hepatitis Awareness Month
Melanoma/Skin Cancer Detection and Prevention Month®
Mental Health Month
National Asthma and Allergy Awareness Month
National Osteoporosis Awareness and Prevention Month
National Physical Fitness and Sports Month
National Stroke Awareness Month
1 - 7 Children’s Mental Health Awareness Week
1 - 7 National Physical Education & Sport Week
1 - 7 North American Occupational Safety and Health Week
5 Hand Hygiene Day
25 National Senior Health & Fitness Day®
31 World No Tobacco Day

LOVE & PRAYERS
FOR ALL WHO SERVE AND ALL WHO HAVE SERVED

Memorial Day May 30th

June

- Men’s Health Month
- National Aphasia Awareness Month
- National Safety Month
- National Cancer Survivor’s Day
- 13-19 Men’s Health Week
- 19-25 National Lightening Safety Awareness Week
- 19 World Sickle Cell Day

JULY

- International Group B Strep Awareness Month
- Juvenile Arthritis Awareness Month
- National Cleft & Craniofacial Awareness & Prevention Month
- 28th World Hepatitis Day
The Mercy Parish Nurse and Health Ministry Program offered a spiritual retreat on April 14-16, 2016, at St. Paul of the Cross Retreat Center in Pittsburgh’s Southside area. Our retreat facilitator was Fr. Bernie Tickerhoof, TOR. The purpose of the retreat was to spend time away from our busy lives to focus on our relationship with God as well as do some self-discovery through the Enneagram for spiritual growth. A total of 14 retreatants attended this weekend of prayer, learning and fellowship. Participants used Scripture, songs, prayer, poetry, art, writing, 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 morning thanksgiving prayers from the retreat session was Psalm 100:1-5 NRSV

Make a joyful noise to the Lord, all the earth. Worship the Lord with gladness; come into His presence with singing. Know that the Lord is God. It is He that made us, and we are His; we are His people, and the sheep of His pasture. Enter His gates with thanksgiving, and His courts with praise. Give thanks to Him, bless His Name. For the Lord is good; His steadfast love endures forever, and His faithfulness to all generations.
Electronic Documentation System for Faith Community Nurses

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
How To Plant A Garden
For Daily Living

PLANT THREE ROWS OF PEAS:
1. Peace of mind
2. Peace of heart
3. Peace of soul

PLANT THREE ROWS OF LETTUCE:
1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

PLANT THREE ROWS OF SQUASH:
1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

NO GARDEN IS WITHOUT TURNIPS:
1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

TO CONCLUDE OUR GARDEN, WE MUST HAVE THYME:
1. Thyme for God
2. Thyme for each other
3. Thyme for family
4. Thyme for friends

Water freely with patience and cultivate with love.
There is much fruit in our garden because we reap what we sow.

Anonymous

Sow for yourselves righteousness;
reap steadfast love;
break up your fallow ground;
for it is time to seek the LORD,
that He may come and rain righteousness upon you.

Hosea 10:12  NRSV
Save the Date
16th Annual Pittsburgh Pastoral Care Conference
for pastors, laity, counselors, social workers, nurses, caregivers
Friday, May 20, 2016
8 a.m. to 3 p.m.
“Reimagining Community”

Click here for link: www.pghpc.org

2016 HMA Annual Meeting and Conference
Journey to Wholeness -
Faith Leaders Meeting
Community Health Challenges
Sept. 12 – 14, 2016 Crown Plaza,
San Marco Golf Resort Chandler, AZ

See more at:
http://hmassoc.org/upcoming-conference/

SAVE THE DATE!
October 22, 2016
Annual Fall Symposium
Mercy Parish Nurse & Health Ministry
Pittsburgh, PA.
Details Coming Soon!

SAVE THE DATE!
7th Annual McGinley-Rice Symposium
October 27-28, 2016
Duquesne University
School of Nursing
Pittsburgh, PA.

Exploring Social Justice for Vulnerable Populations:
The Face of the Person with a Disability
For more details see:
www.duq.edu/social-justice