The Nurse’s Prayer

Be me in the world.

Be my voice to the deaf.

Be my faith where this is doubt.

Be my hope where there is despair.

Be my light where there is darkness.

Be my joy where there is sadness.

Be me in the world.

Be my eyes to the blind.

By my consolation to those who need to be consoled.

Be my understanding to those who need to be understood.

Be my healing to those who need to be healed.

Be my love to those who need love.

Be my forgiveness to those who need to be forgiven.

Be my death to those who need me.

Be me in the world.

Anonymous

https://www.nursebuff.com/nurses-prayer/
**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/
The Mercy Parish Nurse and Health Ministry Program are a part of the Planning Committee.

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**Why Suffering?**

As faith community nurses, we encounter suffering on a regular basis probably more often than what we want to admit. Suffering can be physically, mentally, emotionally, socially, financially and spiritually... sometimes taking in more than only one dimension of a person. Suffering is not only difficult on the person, but on the family caregiver witnessing the suffering of their loved one every day. Encouraging and supporting one who is suffering can be heart-wrenching. One of the biggest questions asked is **WHY?**

How can we look to the Word of God for comfort and direction as we try to help those who are in need? How do we cope? How do we help those we care about cope with suffering? Here are **three guiding principles** to remember:

1) God is faithful through suffering and accomplishes bigger, even better, things than we can imagine. See Joseph’s story in Genesis 37-50.

2) We can learn through suffering. (see James 1:2-3)

3) Pain and suffering will end when God accomplishes the final redemption of the world (Revelation 21)

To read more about this topic, click link for the free *Journal of Christian Nursing* article

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May we come together in our own unique faith tradition and celebrate our Lord Jesus Christ!

Ascension—May 25
Pentecost—June 4
Get the Word Out… *Visitation Ministry*

By Amy Armanious

This year I mark my 30 year anniversary as a registered nurse. Wow! How time flies! I have had a variety of nursing positions including hospital bedside nursing, staff development, home health and hospice care just to name a few. But one of my most rewarding nursing specialties is faith community nursing. I believe wholeheartedly that this is my ‘calling.’ I will always remember my parish nursing commissioning ceremony in 2007… a day of inspiration and delight. This June I mark my 10 year anniversary in faith community nursing and health ministry. I have never looked back or wondered if I made the right decision choosing faith community nursing. It has made a wonderful impact on me personally and professionally.

In 2007 as a new salaried parish nurse, I soon discovered that faith community nursing was a perfect fit for me. I served a large congregation of 1,500 parishioners and three full-time pastors. It was at this time that I realized the need for and the importance of *Visitation Ministry to the sick, homebound, and bereaved*. One of the pearls that I gleaned from working with my senior pastor Rev. Jones was this… in your first year of church ministry, it is best to concentrate on getting to know the congregants… their families, their needs, and their spiritual journeys. I will never forget his words. To this day as a health ministry specialist at Pittsburgh Mercy, I pass along this ‘pearl’ to faith community nurses, pastors, and lay people (i.e. health ministers.) What better way to know your faith community’s needs than through *Visitation Ministry*.

I have been the coordinator of our *Visitation Ministry* at my family church for the past 3 years. I assist our parishioners with problems affecting their ‘wholistic’ health— body, mind, spirit, relationships, living conditions, and financial needs. Every parishioner who is contacted with a card, phone call and/or home visit gives me an avenue to provide spiritual care via a wholistic care approach to meeting needs. As my faith community nurse friend Dorothy Mayernik always tells me… *Visitation Ministry is about caring for the sick, homebound, and bereaved. We are joining the ministry of health and healing.*

To learn more about *Visitation Ministry*, visit my church’s website at http://www.holytrinityphg.org/visitation

Or visit Dorothy’s *Bethany Ministry* at https://www.archpitt.org/soup-for-the-soul/
Class size is limited to 20 participants.
Registration ends September 5th, 2017.
Cost: $395 for RNs which include CEs.
Cost: $200 for non-RNs.
$50 early registration discount with full payment and postmarked by August 16th.
Pittsburgh Mercy employee discount.
Hybrid course: online modules and classroom presentations.
Limited, partial scholarships are available upon request.
Location: UPMC Mercy, Uptown.
Free parking and continental breakfast.
Call our office and ask about our church group rate for 3 or more participants.

RNs will be commissioned as Faith Community Nurses, and will receive a 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 receive a pin and be commissioned as Health Ministers.

For Application, please visit https://www.pittsburghmercy.org/parish-nurse-program/events.aspx

SPRING into Action: Health Ministry Workshops

Spring is a good time of the year to encourage our church ministry teams to “spring into action” and plan programming for the summer and early fall. 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 activities and programming? Do you need help motivating your team to try something new? Are you tired of others placing barriers against new projects? Do you need a new agenda format for your team meetings? 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 and we can tailor-make a workshop 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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**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.

  For more ideas and suggestions, visit http://www.nursingworld.org/NationalNursesWeek

  For the Nurses Week Prayer Guide, visit Nurses Christian Fellowship at http://ncf-jcn.org/nurses-week-prayer-guide

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**On This Memorial Day**

(By Emily Toma)

Remember those who served before.
Remember those who are no more.
Remember those who serve today.
Remember them as we eat and play.
Remember our protectors—who are not home today.
Remember them all...

on Memorial Day.
Have you ever said these comments to yourself...

♥️  “I dread saying yes but feel powerless to say no.”
♥️  “I’m drowning in the regrets of too many commitments.”
♥️  “I hope there’s more to life than my to-do list.”
♥️  “I’m a little overwhelmed and a lot worn out.”

Learning how to say ‘no’ is a survival skill for all of us as we live in such challenging times. It’s important to set healthy boundaries for a variety of reasons at our home, the office, our faith community, and organizations that we participate in on a daily basis. When we understand Biblical principles of balancing body, mind and spirit, then every ‘yes’ will be intentional, significant, and whole-hearted.

This book may be just the perfect Mother’s Day gift for a special woman in your life who may benefit from learning how to make smart decisions as she balances all the activities on her calendar and all the tasks on her to-do list.

Here are some readers’ comments:

*The author Lysa Terkeurst has the ability to move us from a stuck place to a place of freedom.

*The Best Yes poignantly talks about the struggle between our hearts and our heads as we try to live up to the world’s Super Woman challenges for our lives. This book is helping me break the cycle of stress, exhaustion, and over-commitment from trying to please everyone.

*One of the best time management books ever! Not only does this book help you to prioritize your schedule, but it takes the Word of God and teaches you how to apply it to your daily life. Then you can make choices that honor God and see where you are truly called to be.

*Lysa is teaching me how to watch what goes into my spirit, so that I can wait on the Holy Spirit and give my Best Yes in all circumstances. Lysa’s other books Made to Crave and Unglued teaches me how to watch what goes into my mouth and wait before letting words come out of my mouth.

To learn more about this author Lysa Terkeurst who is President of “Proverbs 31 Ministries” please visit http://lysaterkeurst.com/

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Joshua 1:8 NIV
**National Volunteer Week**  
April 23-29

**Honoring Verna Lober**

At the Pittsburgh Mercy Parish Nurse and Health Ministry Program, our dedicated and devoted volunteer Verna (Alverna) Lober is an inspiration to all who have the privilege of serving next to her. She always has a positive attitude rain or shine. Her great sense of humor helps her and others see humor in situations that are sometimes a bit stressful; and she can tell a good joke. Verna helps with our Annual Symposium, Faith Community Nurse Preparation Course, spiritual retreats, and church workshops, to name a few.

Verna is an active and faithful member of her parish church and is proud to be a member of the Third Order of Franciscans (TOR) which is an organization of lay women and men who gather periodically for prayer and fellowship lectures, and spiritual retreats which are usually facilitated by one of the Franciscan Priests or Brothers.

Verna is a real example of someone who loves life, and one who brings joy and laughter to others. People who know and meet Verna are always happy to see her. We really don’t know what we would do without Verna’s help and especially her loving presence.

We “thank you” Verna for being a blessing to us! We are blessed for knowing you and seeing the Christian example of sacrificial love and time for others that you give every day. You are a gem!
Health Observances
http://www.healthfinder.gov/nho/default.aspx
See monthly tool kits too!

Month:
- Arthritis Awareness
- Better Hearing and Speech
- Food Allergy Action
- Healthy Vision
- Melanoma/Skin Cancer Detection and Prevention
- Mental Health
- National Asthma and Allergy Awareness
- National Osteoporosis
- National Physical Fitness and Sports
- National Stroke Awareness
- Ultraviolet Awareness

Day/Week:
- 1-7 National Physical Education & Sport
- 5 Hand Hygiene
- 22-28 Healthy and Safe Swimming
- 26 Heat Safety Awareness
- 31 National Senior Health & Fitness
- 31 World No Tobacco

May 2017
Melanoma/Skin Cancer Detection and Prevention Month
See May Tool Kit at https://healthfinder.gov/NHO/MayToolkit2.aspx

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths or sunlamps. The most dangerous kind of skin cancer is called melanoma. The good news? Skin cancer can almost always be cured when it's found and treated early. Communities, health professionals, and families can work together to prevent skin cancer or detect it early on. This May, spread the word about strategies for preventing skin cancer.