Thanksgiving

We walk on starry fields of white and do not see the daisies; For blessings common in our sight we rarely offer praises. We sigh for some supreme delight to crown our lives with splendor, And quite ignore our daily store of pleasures sweet and tender.

Our cares are bold and push their way upon our thought and feeling. They hang about us all the day, our time from pleasure stealing. So unobtrusive many a joy we pass by and forget it, But worry strives to own our lives and conquers if we let it.

There's not a day in all the year but holds some hidden pleasure, And looking back, joys oft appear to brim the past's wide measure. But blessings are like friends, I hold, who love and labor near us. We ought to raise our notes of praise while living hearts can hear us.

Full many a blessing wears the guise of worry or of trouble. Farseeing is the soul and wise who knows the mask is double. But he who has the faith and strength to thank his God for sorrow Has found a joy without alloy to gladden every morrow.

We ought to make the moments notes of happy, glad Thanksgiving; The hours and days a silent phrase of music we are living. And so the theme should swell and grow as weeks and months pass o'er us, And rise sublime at this good time, a grand Thanksgiving chorus.

_Ella Wilcox Wheeler 1850-1919_


2 [http://www.potw.org/archive/potw249.html](http://www.potw.org/archive/potw249.html)
The Mercy Parish Nurse & Health Ministry
Class of Fall 2015
Pittsburgh, Pennsylvania

Sandra J. Cobun-Greene, BSN, RN - Suncrest UMC, Morgantown, WV
Jean S. Styron, MS, RN - Nativity Episcopal Church, Crafton, PA
Lisa Moore Hoffman, BSN, RN - St Vincent Basilica Parish, Latrobe, PA
Kathleen Pascoe, LMT- Lifestone Church, Pittsburgh, PA
Mary Margaret Baxter, MS, RN-BC-Gateway Community EPC, Slippery Rock, PA
Deborah A. Halterman, NE - St Paul’s UMC, Youngwood, PA
Linda J. Holmes, MA, RN - Olivet UP, West Elizabeth, PA
The Fall 2015 cohort of the IPNRC’s Foundations of Faith Community Nursing Course presented to the Mercy Parish Nurse & Health Ministry Program their class project. Kathleen Pascoe, (right) described the group design as, “A shadow box representative of participants in the class. Each student hand-crafted a flower that expresses her unique perspective and personality. Combined together, the mix of colors, textures and various mediums make a bouquet of colorful flowers.”

Their prayer stated, “As each of us offer our gifts in the ministry of health & spiritual care, may our aroma be a sweet and healing scent in the nostrils of our God and to the people we serve.”

One such flower was made of paper, representing frail humankind. Printed on the paper were a myriad of Scriptures that speak to the healing Christ wants to bring to each human life, spirit, mind, & body. The vase was a hymn, “The Lily of the Valley” with a cross, heart, and nurse’s stethoscope.

“He sent His Word and healed them, and delivered them from their destructions.”

Psalm 107:20   KJV
Domestic Violence & Homeless Shelters Christmas Gift List

_Blessed are the merciful, for they will be shown mercy._ Matt 5:7

Shelters serve persons from all walks of life, including men, women, children and sometimes pets. Shelters may be long or short-term facilities for those in need. Other than monetary donations and/or volunteering, helpful gifts may include some of the following ideas:

- Filling a backpack with personal-care items and toiletries that someone may use at the shelter. Or take these items in the backpack when one leaves.
- Winter coats, mittens and hats are needed. Those without a warm place to stay are at extreme risk of exposure when they leave the shelter.
- Underwear, new proper-fitting shoes, and socks are also important for adults and children.
- Babies and toddlers need diapers, socks, formula and bottles.
- Older children need books and educational materials to use while at the shelter. Younger children might appreciate stuffed animals or coloring books and crayons.
- Give the shelter administrator gift cards to local grocery stores or nonperishable food.
- Towels, sheets, pillows, and blankets are necessities. Residents may take these with them to survive colder weather on the streets.
- A bag of inexpensive plastic rain ponchos benefit both shelter/homeless individuals as well as the volunteers helping outdoors during inclement weather.

1 http://www.ehow.com/list_7388606_ideas-homeless-shelter-gifts.html

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@pmhs.org 412-232-5815
!!!! SAVE THE DATE !!!
April 14-16, 2016

Enneagram Retreat

Sponsored by
Mercy Parish Nurse and Health Ministry Program
https://www.pmhs.org/parish-nurse-program/

More exciting details coming soon!

Father Bernard Tickerhoof, TOR

Fr. Bernie Tickerhoof, a friar of the Third Order Regular of St. Francis, is a faculty member of Saint Francis University, Loretto, PA. He has traveled widely throughout the country in a ministry of preaching, spiritual conferences, and retreats. He received his Master of Divinity in 1978 from St. Francis Seminary, a Master of Theology in 1979 in the Institute for Spirituality and Worship through the Jesuit School of Theology at Berkeley, and a Doctor of Ministry at Pittsburgh Theological Seminary in 2001. He has also pursued graduate studies at the Franciscan Institute at St. Bonaventure University and at the Catholic University of America.

Father Tickerhoof is a founding member of the Vineyard Guild, an ecumenical organization dedicated to promoting spiritual leadership. He is also a member of Spiritual Directors International. Other interests include storytelling, liturgical expression, and ecological concerns. He has developed a variety of programs on holistic spirituality, faith and conversion, leadership development, the enneagram retreats, and dream work. He is the author of Conversion and the Enneagram: Transformation of the Self in Christ (1991), and Paradox: The Spiritual Path to Transformation (2002).
ARE YOU SAFE?
HELPING DOMESTIC VIOLENCE VICTIMS BECOME SURVIVORS

BY

Dede Thompson Bartlett
Woodrow Wilson Visiting Fellow

A director of the American University of Central Asia Foundation, Legal Momentum, and the Corporate Alliance to End Partner Violence, Bartlett co-chairs the Jim and Dede Bartlett Foundation where she is committed to increasing the number of women in the STEM fields. She was an executive officer with Mobil Corporation and Altria Group, where she developed an award winning domestic violence awareness program. Bartlett has been honored for her work in helping survivors of domestic violence and received the Women Who Make a Difference Award from the International Women’s Forum.

WEDNESDAY, NOVEMBER 11, 2015
6 P.M.—7:30 P.M.
5TH FLOOR, KRESGE ROOM, UNIVERSITY COMMONS
CARLOW UNIVERSITY
CEU’S for Social Workers, Light Dinner Provided.

RSVP Is Required. Register at WWW.CARLOW.EDU/DOMESTICVIOLENCERSVP

READ OF THE MONTH
“Walking to the Manger”
An Advent Devotional
By
Butch Odom

“This book is a beautiful collection of devotionals which invite a person or group to make walking, reflecting, and prayer a part of daily Advent practice. As Mary and Joseph traveled the long journey to Bethlehem, the Christian season of Advent is a journey in which the traveling is as full of lessons as the destination. This special season is a journey of faith. Each week begins with a Psalm and the opportunity to set a “movement goal,” or a physical activity such as walking. Also, included is a daily passage of Scripture along with a reflection and prayer. As one walks toward the Christ-child through the words of the prophets and the apostles, persons may become healthier in both body, mind, and spirit. Author, William L. “Butch” Odom, Jr. describes Advent as the dawn of a journey that leads us to a new understanding of our relationship to the world and one another as people of faith.”

http://www.churchhealthcenter.org/
Multicultural Holidays & Interfaith Observances

**NOVEMBER**

- National Native American Heritage Month
- **November 1** is All Saints Day.
- **November 11** is Veterans Day.
- **November 11** marks the beginning of Diwali (the festival of lights), celebrated by Sikhs, Hindus, and Jains.
- **November 22** is Feast of Christ the King

**DECEMBER**

- **December 1** is World AIDS Day
- **December 6 (sunset) - December 14 (sunset)** is Hanukkah (Chanukah). Also known as the Festival of Lights, it is an eight-day Jewish holiday.
- **December 8** is Bodhi Day, a holiday observed by Buddhists to commemorate Gautama’s enlightenment under the Bodhi tree at Bodhgaya, India.
- **December 10** is International Human Rights Day, established by the United Nations in 1948.
- **December 12** is Feast Day at Our Lady of Guadalupe. This day commemorates the appearance of the Virgin Mary near Mexico City in 1531.
- **December 13** is St. Lucia’s Day. In Sweden, St Lucia was a young Christian girl who was martyred, killed for her faith, in 304 AD. She secretly brought food to persecuted Christians in Rome.
- **December 16-24** is Las Posadas, a nine-day celebration in Mexico commemorating the trials Mary and Joseph endured during their journey to Bethlehem.

1 [http://www.diversitybestpractices.com/2015-diversity-holidays]
Health Observances
http://www.healthfinder.gov/nho/default.aspx

NOVEMBER

- Diabetes Awareness Month
- COPD Awareness Month
- Lung Cancer Awareness Month
- Alzheimer’s Awareness Month
- Hospice and Palliative Care Month
- Pancreatic Cancer Awareness Month
- National Family Caregivers Month
- Nov. 19th - Great American Smoke-out.

http://healthfinder.gov/nho/NovemberToolkit.aspx

- People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes.

- Encourage people to make small changes, like taking the stairs instead of the elevator and eat healthy foods.

- Assess a person’s diabetes risk and refer them to their physicians.

December

- Safe Toys and Gifts Month
- 1 World AIDS Day
- 7-13 National Influenza Vaccination Week


- Encourage people to get tested for HIV.

- Wear a red ribbon, the symbol of HIV awareness and support.

- Take action to support people living with HIV.

January

Cervical Health Awareness Month
National Glaucoma Awareness Month
Thyroid Awareness Month
National Winter Sports TBI Awareness Month
BLUE CHRISTMAS

It isn’t too late to begin plans for a ‘Hope for the Holidays’ or ‘Blue Christmas Service’ to help those who are dealing with loss during the holiday season. Many times, this is a candlelight service of hope and comfort for those who are suffering a loss or a hardship, such as death, divorce, an illness, the loss of a job, a financial setback, depression, a difficult situation at home, or other reasons that make celebrating the holidays a struggle.

Contact us for more information on planning your event
ParishNurse@pmhs.org

Happy Thanksgiving!

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

Follow @PghMercy on
#ParishNurses

We want to hear from you!

We love hearing from our E-Newsletter readers. Please email us with your health ministry happenings and exciting activities for this fall season. Send an email with a short description of your church event. 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 ParishNurse@pmhs.org or by phone at 412.232.5815. Thank you.