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“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”
2 Corinthians 5:17 ESV

New Beginnings
by Helen Steiner Rice

How often we wish for another chance to have a fresh beginning
A chance to blot out our mistakes and change failure into winning. It does not take a new year to make a brand new start. It only takes the deep desire to try with all your heart. To live a little better and to always be forgiving. To add a little sunshine to the world in which we are living. So, never give up in despair and think that you are through, For there’s always a tomorrow and a chance to start anew.

Source: https://www.pinterest.com/pin/441493569706399326/
The Mercy Parish Nurse and Health Ministry Team will be offering two informational sessions on "What is Health Ministry: Beginning the Journey". We have been asked to facilitate group discussion with those who may be interested in learning more about faith community nursing and health ministry...balancing body, mind, and spirit. Faith Community Nurses utilize a "holistic care approach" (whole person care) in helping those in need. A core belief is that spiritual health is the foundation for one’s faith, health and well-being.

One of our commissioned faith community nurses, Paula Wasko, and the Episcopal Bishop of Pittsburgh, The Right Reverend Dorsey W. M. McConnell, D.D. are helping to sponsor these informational sessions as a way to encourage those in this particular faith tradition to heed the call of health ministry and based upon the Episcopal National Convention’s Resolution. These sessions are open to any person interested in learning more and/or needing assistance in a church health ministry regardless of faith tradition.

There is no fee for these two educational sessions:
* Saturday, January 27, 2018, 10:30 a.m. to 12:30 p.m. at St. David’s Episcopal Church, 905 East McMurray Road, Venetia, PA 15367.
* Saturday, February 3, 2018, 10:00 a.m. to 12:00 p.m. at St. Andrew’s Episcopal Church, 5801 Hampton Street, Pittsburgh (Highland Park area), PA 15206.

In order to plan appropriately for handout materials, please contact our Mercy Parish Nurse office if attending at 412.232.5815 or email us at ParishNurse@pittsburghmercy.org

What Nurses Need to Know About Human Trafficking

Nurses are key people who interact with victims of human trafficking in healthcare and other settings. This article from Journal of Christian Nursing provides an overview of human trafficking, relevant definitions, healthcare delivery system protocols, staff roles, interviewing tools, and patient/family education. If interested in learning more, then click here to read this insightful article http://journals.lww.com/journalofchristiannursing/Fulltext/2018/01000/Update__What_Nurses_Need_to_Know_about_Human.10.aspx
In September 2017, Teresa White took a bold step in her nursing career... she acted on the calling of becoming a faith community nurse. She attended the Pittsburgh Mercy Parish Nurse Preparation Course (titled *Foundations of Faith Community Nursing*) and was commissioned as a faith community nurse on October 7th (see photo with our cohort). Two weeks later, Teresa put her new role into action and volunteered through her River City Church to assist with cleanup efforts in Houston, Texas, after Hurricane Harvey. She was excited to offer her expertise and skills as a crisis-trained psychiatric nurse. However, God had another plan and purpose for Teresa’s time in Houston. She was asked to help empty a semi-trailer full of supplies and given the assignment of *dishwasher*. Teresa admits she was offended by the position of *dishwasher*, but prayed to God for a change in heart. She asked, “God, why would you send me 1,100 miles to do pots and pans?” Teresa soon realized that God was using her in a mighty way, according to His plan. She was there to give others rest and time to heal after they spent day after day in dust and filth. Teresa was used to help bring some normalcy back to the community.

There’s no doubt that God was working in Teresa’s heart as she witnessed difficult sights and sounds during her eight-day stay in Texas. In one unique circumstance, she provided comfort and prayers to a policeman whose friend recently died.

Tragedy such as natural disasters and floods can be devastating to both poor and rich neighborhoods. As faith community nurses and health ministers, we are called by God to sometimes leave our families and homes of comfort for a short period of time, and reach out to those in desperate need. By doing so as a cheerful giver of time and energy, God will reward us in due time all for His glory. May we be inspired by Teresa’s story to seek God in prayer as we begin this New Year 2018. No matter what our calling is... may we obey and leave the rest in God’s Hands.

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you, “ declares the Lord....

Jeremiah 29:11-14a
The Mercy Parish Nurse and Health Ministry Program is offering a Day Retreat on Saturday, April 14, 2018 at St. Paul of the Cross Retreat Center (http://stpaulsretreatcenter-pittsburgh.org/). The registration form is on page 10 of this E-Newsletter.

The retreat will be facilitated by the Mercy Parish Nurse staff who are experienced in nursing, education, faith community nursing, church ministry, spiritual care, spiritual direction, and servant leadership. Each one brings their unique style and creativity to the design of this retreat.

The retreat begins with breakfast at 8:00 a.m., and the opening session begins at 8:45 a.m. The retreat ends 3:30 p.m. The lunch is in silence giving time and space for self-reflection. Participants are invited to a time of prayer, solitude, quiet reflection, learning, and fellowship. It is a time away from family, work, and church responsibilities; a time to enrich one’s soul and embrace a new season… Spring!

The cost for the Day Retreat is $75.00 per person. Those cost is $140.00 for participants who choose to stay overnight on Friday (dinner on your own).

Self-care, learning, and self-exploration opportunities are the focus of this six-hour inspirational retreat. St. Paul of the Cross Retreat Center is a peaceful, spiritual environment that offers participants the sacred time needed for refreshing the spirit and recharging the mind. Participants are encouraged to use this opportunity as coordinated by the retreat facilitators to deepen their knowledge of God, self, and service. Each retreatant is asked to bring one item to share which represents a definer for their life. Some suggestions are a photo of a dearly loved grandmother, a childhood toy, a piece of jewelry, a family heirloom, a treasured book or Bible, etc. Also, in silent reflection each participant will be given time to produce an artistic spiritual board which may be taken home for further personal self-reflection. All art supplies are provided by the retreat facilitators in the cost of the retreat. Partial scholarship and handicap accessibility are available upon request… please call us at 412.232.5815 or email ParishNurse@pittsburghmercy.org Visit our website for more retreat details and a registration form at https://www.pittsburghmercy.org/faith-communities/education/#spiritual-retreat

Also, see last page of this E-Newsletter for retreat registration form.
**Faith Community Nursing: Scope and Standards of Practice 3rd Edition**

**Hot off the press!**

The scope of practice statement describes the *who, what, where, when, why, and how* of faith community nursing practice. The answers to these questions give a comprehensive picture of the practice, its boundaries, and its membership. It is the foundation of competent practice and professional performance expected of all registered nurses committed to faith community nursing.

To learn more, click on these links:

- [https://hmassoc.org/resources/hma-publications/](https://hmassoc.org/resources/hma-publications/)

**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!**

**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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**Heart Healthy Eating**

As winter sneaks up on us, it’s easy to hibernate and choose unhealthy snacks and sweets, leftover candy, and cookies after the Christmas holiday. Now is the time to teach our faith communities about heart health eating.

To learn more, visit this link:

[http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp#](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp#)
Read of the Month

**Advanced Spiritual Care**
By Sharon Hinton, DMin, MSN, RN-BC
ISBN: 978-1-62144-058-1

Religion and Spirituality—are they the same thing?
What is the best spiritual care assessment tool?
What are some of the obstacles to providing spiritual care?
What’s the best way to overcome them?

Sharon Hinton provides ongoing training to care for the spirit, as well as the body. This sets apart the professional specialty of Faith Community Nursing. *Advanced Spiritual Care* examines and explains the nuances of the unique language and practice of spiritual care, in addition to instilling **intentionality** for cultivating the disciplines of true healing through spiritual care.

The topics explore fundamental issues and common themes relevant to faith community nurses, health ministers, and others involved in specific dimensions of health ministry. Discover what works well in truly reaching others for spiritual wellbeing. Learn how to navigate common barriers and obstacles. Flexibility in design makes the topics appropriate for personal development, professional practice, team growth, and group discussion. **Click here for more information** https://store.churchhealth.org/products/advanced-spiritual-care

**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 ParishNurse@pittsburghmercy.org Thank you.

**Pittsburgh Mercy invites you to “like” us on**

Follow @PghMercy on #ParishNurses
Get Healthy! Stay Healthy! for 2018

Follow the Physical Activity & Nutrition Light Signals

**Red:** Stop sitting for more than 30 minutes at a time

**Yellow:** Cut down on:
- Watching TV
- Playing computer/video games
- On-line Social media use

**Green:** Go for 60 minutes of physical activity each day:
- Yard work
- Biking
- Walking
- Swimming

**Red:** Stop eating fats & fried foods

**Yellow:** Cut down on portion size & avoid ‘super-sizing’ meals

**Green:** Eat fruits, vegetables, whole grains, low fat foods, fish & poultry

For more ideas, visit Healthy People 2020 at https://www.healthypeople.gov/

Centers for Disease Control at https://www.cdc.gov/

Faith Community Nurse and Health Minister Educational Support Group Meetings throughout the Pittsburgh Tri-State Area Beginning this Spring 2018!

Goal: To emphasize the importance of networking, fellowship, learning, and peer support for faith community nurses and health ministers as they assist their congregation and local community to better health.

Target Audience: Faith Community Nurses, Health Ministers, Registered Nurses, and anyone interested in learning more about *wholistic care approach* (whole person care; balancing body, mind, and spirit) and committed to educating their local parishioners.

There are six (6) scheduled locations in the Pittsburgh Tri-State area beginning March 10th through June 6th. More details coming soon on our website https://www.pittsburghmercy.org/faith-communities/education/
Great News! Our new website at Pittsburgh Mercy is ready for our readers! The Mercy Parish Nurse and Health Ministry Program is located under the tab “Faith Communities.” Also, see the archive of our past editions of “The Faith Connection” E-Newsletters. They are great resources for ministry programming, education, ideas, and web links.

Let us know what you think! Contact us at ParishNurse@pittsburghmercy.org or 412-232-5815.

Health Ministry Workshops for Winter 2018

Brrrr... Does your health ministry team need a “jumpstart” this Winter?
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 doing the same old programs?

Contact us as the New Year 2018 begins. We would be happy to work with you and your team. Ask the Mercy Parish Nurse and Health Ministry Program for a presentation or workshop at your church and/or organization. We have a variety of topics to explore. We can tailor-make a workshop to fit your learning needs.

Contact us at: 412.232.5815 or Parishnurse@pittsburghmercy.org

Left to right: Amy Armanious, Sr. Rebecca Nolan, Marlene Feagan (President of Health Ministries Association, Inc.) and Linda Burkett.

World Down Syndrome Day
March 21, 2018

Encourage your faith community to be more aware of those persons challenged with Down Syndrome. The first step is raising awareness. See this link for planning ahead some fun activities such as “Lots of Socks”

https://worlddownsyndromeday.org/

What Are the Spiritual Needs Associated with Grief?

Each faith community is serving those facing loss and grief. It is often heightened by the holiday season and long, dreary winters. Mary Sweat offers advice for engaging the grieving. In concise points, she explains how coping and adjusting to grief look different for each person. A worthwhile, quick read, the article from the Journal of Christian Nursing is a great resource or refresher for each person in Health Ministry.

**Health Observances**
https://healthfinder.gov/NHO/default.aspx
See monthly tool kits too!

**January**
- Cervical Health Awareness Month
- National Glaucoma Awareness Month
- National Radon Action Month
- National Winter Sports TBI Awareness Month
- Thyroid Awareness Month
- 7-13 Folic Acid Awareness Week
- 22-28 National Drug and Alcohol Facts Week

**February**
- AMD/Low Vision Awareness Month
- American Heart Month
- National Children’s Dental Health Month
- Teen Dating Violence Awareness Month
- 1-7 African Heritage & Health Week
- 2 Go Red for Women
- 4 World Cancer Day
- 28 - March 03 National Eating Disorder Screening Program

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**Epiphany—January 6, 2018**

“Arise, shine, for Your light has come!”

Isaiah 60:1

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**January 15, 2018**

“Life’s most persistent and urgent question is, ‘What are you doing for others?’”

Dr. Martin Luther King, Jr.

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**Following Jesus in Nursing**

Do you want to spiritually grow this New Year 2018? Do you want to incorporate your faith in your daily nursing practice? Then visit this Journal of Christian Nursing site to download 12 free Bible studies at http://ncf-jcn.org/resources/whats-vital-following-jesus-nursing

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**The Staff Members of the Pittsburgh Mercy Parish Nurse and Health Ministry Program wish each of you a healthy and blessed New Year.**
REGISTRATION FORM:  Day Retreat 2018 — Nurturing Body, Mind, and Spirit

April 14, 2017 • Saturday

8:00 a.m. to 3:30 p.m. at St. Paul of the Cross Retreat Center

Submit registration form & check $75.00 by April 1st to:

Mercy Parish Nurse and Health Ministry Program
Mercy Health Center
1515 Locust Street, Suite 705
Pittsburgh, PA 15219-5154

Name ____________________________________________
Address __________________________________________________________________________
City __________________________ State __________ ZIP ________________________
Email Address ______________________________________________________________________
Telephone __________________________

Name of Church or Organization _____________________________________________
Denomination ________________________________________________________________

___ Check if special dietary need and/or handicapped accommodations requested. 
Please explain: ________________________________________________________________

Your role within your church/organization: 
(Please circle all that apply)
• Clergy
• Member/attendee
• Health Ministry RN Coordinator
• Health minister
• Faith community nurse (volunteer)
• Faith community nurse (salaried)
• Social minister
• Social worker
• Nursing student
• Volunteer
• Pittsburgh Mercy employee
• Other ____________________
• Other ____________________

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.

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