In this season of Lent, let us approach each other in our brokenness with gentleness and respect.

Let us refrain from forcing ourselves on each other with our opinions and beliefs. Let us accept each other where we are in the present moment with humility, peace, understanding, and loving kindness.

Let us encourage one another and our faith communities to rely on God this Spring as we journey together during this holy season. Let us carefully examine our thoughts, words, and actions seeking to make them reflections of God’s mercy so generously graced upon us.

As we begin a new season of Spring we call to mind the words of Saint Patrick.

May the strength of God pilot us,
May the wisdom of God instruct us,
May the hand of God protect us,
May the word of God direct us.

Be always ours this day and forevermore.

—Saint Patrick
(Source: https://quotefancy.com)
The Pittsburgh Mercy Parish Nurse and Health Ministry Program is very excited to welcome back Sister Judy Wuerl. She is a vital and beloved member of our team and has been away for four years serving in a leadership position as a Local Leader of the Sisters of Mercy Motherhouse located on the campus of Carlow University, Pittsburgh, Pa. Sr. Judy has 57 years of nursing experience in a variety of specialties and roles. One of her most noted is her work in the 1990’s at the Children’s Diagnostic and Treatment Center in Fort Lauderdale, Florida, which continues to provide developmental and medical evaluations for children (infants to adolescence), and adults with HIV and AIDS. Also, one of our favorite surprising facts about Sr. Judy is that she was one of the first flight nurses in the military. She is a blessing to us! May God bless Sister Judy abundantly… and may the good Lord’s light shine on the path she has chosen to walk at this current time.

NEWS FROM YOU!
Two Pittsburgh Faith Community Nurses Making a Difference!

As we begin 2018, we are very proud of two local Pittsburgh nurses who make a difference every day in the specialty of faith community nursing and health ministry. We say GREAT WORK and CONGRATULATIONS to Kathy Conrad and Joyce Ott for receiving their board certification in faith community nursing! They have worked hard to gain this special recognition.

Kathy Conrad coordinates the health ministry at Zion Lutheran Church in Penn Hills area of Pittsburgh, Pa (see http://www.zionpennhills.org/life-ministries.html). Her gift of creativity allowed her to have a lovely table display at our annual symposium 2017. Her encouraging words and motivation are a blessing to all her know her.

Joyce Ott is the faith community nurse at Saint Francis Cabrini Roman Catholic Church in Aliquippa, Pa (see https://sfcabrini.us/people/joyce-ott). She offers personal health counseling to the parishioners and facilitates educational programs. Her teaching expertise and attentive listening are gifts she graciously shares with others.

Live wisely… and make the most of every opportunity. Let your conversation be gracious and effective so that you will have the right answer for everyone. Colossians 4:5-6 NLT
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 11 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., the opening session begins at 8:45 a.m., and the retreat ends at 3:30 p.m. 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 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. The 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 of 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.
NEW!
THIRD EDITION is now available

Faith Community Nursing:
Scope and Standards of Practice 3rd Ed.

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. Some New and Updated Topics: Ethics, Moral Distress, Moral Resilience, Culturally Congruent Care, Educational Preparation, Research, Mentoring, Professional Trends, Technology, Telehealth, Behavioral Health, Self-Care

Telemedicine may be used to engage a population that is not receiving care, to introduce interventions and interactions. Through the use of various forms of telehealth, the FCN has the opportunity to connect individuals and families with resources not previously available. The FCN facilitates the use of telehealth for care, follow-up, and continued provision of educational, clinical, and spiritual support as needed. (p. 40)

To learn more, click on these 2 links: http://www.nursesbooks.org/Homepage/Hot-off-the-Press/Faith-Community-Nursing-Scope-Standards-3rd-Ed.aspx
https://hmaссорg/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 currently used 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 FCN interventions

*Includes many more useful features!

New YouTube Video of the Pittsburgh Mercy Parish Nurse Documentation System at: https://www.youtube.com/watch?v=XNKGJx1Fex8

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
“All of creation will be shaken and removed, so that only the unshakeable things will remain” Hebrews 12:27 NLT.

Even though God’s word tells us that all will be shaken, the Bible assures us that our Lord is our solid rock and refuge (Psalm 18:2 and 71:3 NIV). We have the kingdom of God within us, therefore, His kingdom is unshakeable.

In this daily devotional, Christine Caine (author, speaker, and activist) takes the reader on a lifelong journey of building faith in our unshakeable God. Through inspiring personal stories, life reflections, and powerful Scriptures, the author encourages us to rely on God to equip us for service, live boldly with helping others, and courageously trust God with our needs and desires.

Do you have a life mission and vision for 2018? Whether the answer is yes or no, this book will assist in one’s spiritual journey especially during this holy season of Lent. As we follow Christ toward the cross this Lent, let us renew our commitment to serving wherever and whenever we can, in both small and large ways, as our offering to Christ. May we yearn to be unshakeable for Him. Let us pray together, “Search me, God, and know my heart” Psalm 139:23.

Until you hear Jesus in the silence of your own heart, you will not be able to hear Him saying "I thirst" in the heart of the poor.

Mother Teresa (“Thirsting for God: Daily Meditations”, pg. 33)

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
Faith Community Nurse and Health Minister
Educational Support 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, Clergy/Laity, and anyone interested in learning more about *whole person care* approach (whole person care; balancing body, mind, and spirit) and committed to educating their local parishioners.

**Content Discussion:** Focusing on the intentional care of the spirit in the practice of faith community nursing and health ministry. Exploring spirituality along with means of spiritual assessment and provision of spiritual care for individuals, families, and communities. Since spiritual care flows from the provider, there is an emphasis on the need for faith community nurses and health ministers to understand their own spirits and the importance of tending to one's own spiritual journey before attempting to guide others.

**Four Learning Outcomes:** Upon completion, participants will be able to:

1) Distinguish between spirituality and religion.
2) Integrate faith and health to provide spiritual care to individuals, families, and communities.
3) Use a framework for spiritual assessment to discern spiritual needs.
4) Identify resources for continuous personal spiritual growth and self-care.

**Continuing Education Contact Hours:** There will be two (2) contact hours (CE) provided to registered nurses who attend. The University of Pittsburgh Medical Center (UPMC) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation (ANCC). Participants who attend the entire session and complete an evaluation form will be awarded a certificate and two (2) continuing education credits. UPMC and ANCC do not endorse any commercial products as a result of this CE activity.

**Cost:** This educational offering is free for those who do not wish to receive continuing educational credits. The cost is $10.00 for registered nurses who wish to receive continuing education credits. A check or cash are acceptable at the door. Light refreshments will be provided.

*Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with God’s people who are in need. Practice hospitality…. Rejoice with those who rejoice; mourn with those who mourn.*

Romans 12:11-12, 15
Faith Community Nurse and Health Minister
Educational Support Meetings
together the Pittsburgh Tri-State Area

There are six (6) scheduled locations in the Pittsburgh Tri-State area beginning March 10th through May 21st. We suggest the participant attends the location nearest their church in order to benefit from peer support and local community resources. The same content will be offered at each location. Registration will begin 30 minutes before the start time.

Here are the following six (6) dates and locations:

1) **March 10th, Saturday**, 9:30 a.m. registration, 10:00 a.m. to 12:00 p.m. at the Southwestern Pennsylvania Synod of the ELCA Office, 9625 Old Perry Hwy, Pittsburgh, PA 15237. Main conference room.

2) **March 20th, Tuesday**, 5:30 p.m. registration, 6:00 to 8:00 p.m. at UPMC Mercy Hospital, Sr. M. Ferdinand Clark Auditorium, 1400 Locust St., Pittsburgh, PA 15219.

3) **April 26th, Thursday**, 5:30 p.m. registration, 6:00 to 8:00 p.m. at the Allegheny-Kiski Health Foundation, 1 Acee Drive, Natrona Heights, PA 15065. Main conference room.

4) **May 2nd, Wednesday**, 5:30 p.m. registration, 6:00 to 8:00 p.m. at Saint Frances Cabrini Parish, 115 Trinity Drive, Aliquippa, PA 15001. Rectory Meeting House.

5) **May 5th, Saturday**, 9:30 a.m. registration, 10:00 a.m. to 12:00 p.m. at Christ United Methodist Church, 44 Highland Road, Bethel Park, PA 15102. Room to be determined.

6) **May 21st, Monday**, 5:30 p.m. registration, 6:00 to 8:00 p.m. at Zion Lutheran Church of Penn Hills, 11609 Frankstown Road, Pittsburgh, PA 15235. Main hall.

For more information or to register: Contact the Mercy Parish Nurse and Health Ministry Program at 412.232.5815 or email ParishNurse@pittsburghmercy.org

Last minute Walk-ins are welcome.
Visit Our New Website!

Pittsburgh Mercy Parish Nurse and Health Ministry

https://www.pittsburghmercy.org/faith-communities/pittsburgh-mercy-parish-nurse-health-ministry-program/

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 Spring 2018

Does your health ministry team need “revitalized” this Spring?
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 this Spring. We are 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 group’s needs and goals. Get ready to grow!

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.

Nurses for Fellowship and Learning!

Nurses Christian Fellowship (NCF) is a professional and ministry organization working to bring God’s healing to nursing and healthcare. NCF offers support to nurses, educators, and students to fulfill God’s calling in their lives. Fellowship, networking, support, and prayer are shared as group learning focuses around a relevant article from the Journal of Christian Nursing, by review and group discussion. The Pittsburgh Chapter meets at the Southpointe site of Waynesburg University. If interested, contact Lina Hixson at linahixson@gmail.com

Visitation Ministry

This spring don’t forget about our homebound individuals and new widows/widowers. Deliver an Easter basket or flower… and watch for their smile. “May we remember the needy, poor, and widowed” (Psalm 82:3-4).
CRAFT CORNER

**Palm Sunday** begins the journey of Holy Week in many faith traditions. Families are encouraged to attend church services during this time. Visit this site for children’s crafts as we teach them respect and love for God and others [http://www.truthforkids.com/craft-directory/](http://www.truthforkids.com/craft-directory/)

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WESTBERG SYMPOSIUM 2018

**Expanding Horizons of FCN Practice**

Celebrating 32 years...

Faith Community Nurses from all over the world share knowledge, skills and fellowship related to the specialty practice.

**April 9-11, 2018**

First Baptist Broad Church

Memphis, TN

For more information or to register, visit [https://westberginstitute.org/symposium2018/](https://westberginstitute.org/symposium2018/)

SAVE THE DATE

18th Annual Pittsburgh Pastoral Care Conference

“for shepherds and other caregivers of the flock”

Welcoming All...
pastors, laity, counselors, social workers, nurses, caregivers, and volunteers

**Friday, May 11, 2018**

8 a.m. to 4:00 p.m.

Christ Church at Grove Farm

249 Duff Road, Sewickley, PA 15143

For more details coming soon, visit [http://www.asmuhl.com/pghpc/](http://www.asmuhl.com/pghpc/)

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**Most Common Form of Prayer... Lament**

Grief is common to all humanity. We know Jesus wept for His people. He wept at the grave of His friend Lazarus. But God does not allow grief to have the last word. Lazarus emerges from the tomb and his family rejoices. See John 11:32-44.

Lament is the most common form of prayer. The lamenter makes a petition which is a request for God to act... maybe as a way to remove us from suffering. To learn more about grieving with hope, visit the **ChurchHealth Reader at [http://chreader.org/healing-gift-bold-lament/](http://chreader.org/healing-gift-bold-lament/)**

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The Mercy Parish Nurse and Health Ministry Program wish all of our Jewish friends a blessed and holy Passover on March 30th.
Health Observances
https://healthfinder.gov/NHO/default.aspx
See monthly tool kits too!

- Alcohol Awareness Month
- Irritable Bowel Syndrome Awareness Month
- National Autism Awareness Month
- National Child Abuse Prevention Month
- National Distracted Driving Awareness Month
- National Minority Health Month
- Oral Cancer Awareness Month
- Sexual Assault Awareness and Prevention Month
- Sports Eye Safety Awareness Month
- World Kidney Day
- Every Kid Healthy™ Week
- World Immunization Week
- National Prescription Drug Take Back Day

April 16, 2018 is National Healthcare Decisions Day! This is the day focused to help people understand the importance of advance care planning (ACP). May we encourage our faith communities in the absence of illness and crisis, to plan for future medical care. Research shows that 90% of people understand the importance of ACP, but only 30% of people have actually completed it.
To learn more, visit https://medlineplus.gov/advancedirectives.html

Easter is April 1, 2018
Christ is Risen! Truly He is Risen!
REGISTRATION FORM:  Day Retreat 2018 — Nurturing Body, Mind, and Spirit

April 14, 2018 • 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 2nd 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