A New Year's Prayer

Lord, You make all things new
You bring hope alive in our hearts
And cause our Spirits to be born again.

Thank you for this new year
For all the potential it holds.
Come and kindle in us
A mighty flame
So that in our time, many will see the wonders of God
And live forever to praise Your glorious name.

Amen

May He give you the desire of your heart
and make all your plans succeed.

Psalm 20:4 NIV

Faith never knows where it is being led,
but it loves and knows the One who is leading.

Oswald Chambers
In Loving Memory of Alverna Lober O.F.S.

With sorrowful hearts, the Pittsburgh Mercy Parish Nurse and Health Ministry Program announces the passing of Alverna “Verna” Lober our beloved volunteer and friend on December 14, 2018. Verna served as our volunteer for 19 years. She organized our FCN Preparation Course materials, Welcome information packets, and symposium participant folders. She often worked at the registration tables with Sr. Judy Wuerl at our annual events such as the symposiums and retreats.

Verna was a cherished aunt of 24 nieces and nephews and their families. After a lengthy career as a chemist for the Allegheny County Health Department, Verna continued a dedicated lifelong mission of charity work for Catholic organizations such as Pittsburgh Mercy and UPMC Mercy Hospital. She was a devout member of the Secular Franciscan Order, and a current, active member of St. Mary of Mercy Church in Pittsburgh, Pa.

Verna always had a smile on her face. Her personality was one of quick wit with the notion that there’s always time for a cute joke or funny story. Verna’s life will be remembered as one of humility, self-sacrifice and dedication to her Lord and Savior Jesus Christ. She was truly an example of servant leadership who we believe will hear Jesus’ words from Matthew 25:21 “Well done, my good and faithful servant... WELL DONE!” We miss you, Verna, until we meet again.
A Fond Farewell to our Pittsburgh Mercy Colleague…

Linda Burkett!

Sometimes paths cross with those who make a difference in our lives, and for many, Linda Burkett is one of those people. Linda was with the Pittsburgh Mercy Parish Nurse & Health Ministry Program for 18 months as a Health Ministry Specialist. She assisted in coordinating the Foundations of Faith Community Nurse Course, worked on our monthly E-Newsletter, organized our FCN Educational Support Meetings in spring 2018 and Dinner Gathering 2018, among other responsibilities. We are sorry to see Linda leave but we are thankful to God for the blessing she has been to our Program and to all who had the privilege of working with her. She generously shared her gifts, talents, and time with us. We are forever grateful for this blessed ministry opportunity. We wish Linda God’s Blessings in the New Year 2019 as she moves forward in her nursing journey.

“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 Christmas season is past, and the New Year is here waiting to unfold with joys, challenges, and surprises. The winter months of January and February are sometimes considered good for hibernation away from the cares of this world. It may be an inviting time for spiritual reading and journaling, as well as prayerful discernment of one’s ministry and life direction.

In the book, “When God is Silent” the author contemplates how we as a people are less and less comfortable in silence. Information has become in greater demand than reflection. There was a time when only physicians had cell phones since they were considered “important” people. But now we are all that important. It’s becoming more and more difficult to choose silence when immediate communication at our hand is possible via social media. To leave a text or an email unread seems almost as “social sabotage” and so we run the risk of misunderstanding and lack peace of mind.

This book is rich with the author’s insights on how God speaks to us through silence. She quotes Scriptures and provides examples of Biblical characters that draw us closer to learning about “true silence” and embracing it. For the New Year may we all set some time aside every day, even if it’s only 5 minutes… to listen and sit quietly in God’s holy presence. For this is spiritual listening.

Read of the Month

When God is Silent

By Barbara Brown Taylor

ISNB: 1-56101-157-6

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The Pittsburgh Mercy Parish Nurse & Health Ministry Program is offering a Day Retreat on Saturday, March 9, 2019 at Martina Spiritual Renewal Center (https://martinacenter.com/)

The retreat will be facilitated by Anne Kertz Kernion who has extensive background in teaching as an adjunct professor ranging from Chemistry, Environmental Science, and Nutrition, to World Religions and Ethics. Currently, Anne is a frequent lecturer and retreat leader, presenting topics that combine neuroscience, positive psychology, and spirituality to groups around the country. Anne is a wife, mother and grandmother. She is also an owner/artist of Cards by Anne, an inspirational greeting card company since 1986. She brings her unique style and creativity to the design of this retreat.

The retreat begins with a continental breakfast at 8:00 a.m., the opening session begins at 9:00 a.m., and the retreat ends at 4:00 p.m. Lunch is simple with minimal talking, 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 ministry responsibilities; a time to enrich one’s soul and embrace a new season… Lent.

The cost for the Day Retreat is $55.00 per person and is payable to the Pittsburgh Mercy Parish Nurse & Health Ministry Program. The cost is an extra $40.00 for participants who choose to stay overnight on Friday (dinner on your own) which is paid directly to Martina Spiritual Renewal Center. Space is limited for overnight participants, so early registration is encouraged.

Jesus’ command “Love your neighbor as yourself” implies that we love ourselves. But do we? Or are we harshly critical of our mistakes and imperfections. This retreat will draw upon recent findings in neuroscience and psychology, illuminating self-care and spiritual practices that nurture gentleness, kindness, and patience towards ourselves. Far from being self-centered or selfish, these practices also generate deeper understanding of others, enhancing our faith community and relationships. As a bonus, exercising self-compassion aids in reducing stress and inflammation while slowing aging in our cells and brains. In addition, 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. Handicap accessibility is available upon request. Please call us at 412.232.5815 or email ParishNurse@pittsburghmercy.org Visit our website for more retreat details coming soon at https://www.pittsburghmercy.org/faith-communities/education/#spiritual-retreat
**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

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**Faith Community Nursing: Scope and Standards of Practice**

3rd Edition

Co-published by the American Nurses Association and the Health Ministries Association

The Scope and Standards of Practice for Faith Community Nursing provides a definitive resource for the Faith Community Nurse (FCN) to use in decision-making when valuating, or analyzing professional practice. It guides the FCN in practice within:

- Preparation and educational programs
- Role description and performance evaluations
- Policies and procedures
- Quality improvement endeavors
- Competencies and compliances

With the nursing process to assess wholistic care – balance of body, mind, and spirit, the FCN uses evidence-based practice for the intentional focus on spiritual well-being through education, counseling, prayer, presence, active listening, and advocacy. As health care delivery expands more into the community setting, multiple venues are available for FCNs to provide hope, healing, peace, purpose, trust and contentment – even when apart from cure. With informed attention to ethics, cultural competence, care within life transitions, behavioral health, and addiction, the 3rd Edition of the Scope and Standards speaks to the demanding challenges of current practice. The six standards of practice and ten standards of professional performance are the criteria by which all FCNs are held accountable.

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](http://www.nursesbooks.org/Homepage/Hot-off-the-Press/Faith-Community-Nursing-Scope-Standards-3rd-Ed.aspx)  
[https://hmassoc.org/resources/hma-publications/](https://hmassoc.org/resources/hma-publications/)

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**The Faith Connection**

January 2019
A handbook for ministry formation written by our Pittsburgh Mercy colleague

*Bethany Ministry: Caring for the Sick, Homebound, and Grieving in the Parish Family*

by Dorothy Mayernik, RN, MSN, Faith Community Nurse

*St. Gregory of Nazianzus Byzantine Catholic Church, Upper St. Clair, PA*

When starting a *visitation ministry*, volunteers may be eager to help but feel insecure about making a visit. “What should I say? What should I do?” We don’t want such uncertainty to keep us from reaching out in friendship and caring to those who need our love and support. This 100-page handbook offers a concise but comprehensive preparation for visitation and a framework for establishing a ministry that is based on modeling the beautiful friendship of Jesus with Mary, Martha, and Lazarus of Bethany.

Since 2001, this handbook has been tested and updated based on the active Bethany Ministry at my church and others we have shared the program with. It can be used as a self-study or conducted in a group setting in two 2.5 hour sessions. The handbook includes reference handouts and addresses 18 topics:

- Spirituality of Bethany Ministry
- How Illness Affects the Body, Mind, and Spirit
- Understanding Mental Illness
- Instilling Hope
- Using Communication Skills
- Visiting Those With Communication Difficulties
- Making Spiritual Care Part of the Visit
- The Importance of Sacraments in Healing
- Confidentiality and the Code of Ethics
- Exceptions to the Rule of Confidentiality
- Parish Outreach
- Hospice Care of the Dying
- Comforting Those Who Mourn
- Styles of Grieving
- What to Say to the Grieving
- Grieving Persons With Special Needs
- Getting Bethany Ministry Started in Your Parish
- Forms and Resource Material.

The spiritual care section can be modified to your own faith tradition, and all other content is universal to visitation ministry. Copies are available for $15.00 from Byzantine Seminary Press [www.byzantineseminarypress.com](http://www.byzantineseminarypress.com) or call 412-322-8307.

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**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 at your event. If you should no longer wish to receive communications from the Pittsburgh Mercy Parish Nurse & 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
Visit Our Website!

**Pittsburgh Mercy Parish Nurse & Health Ministry**

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

Our website at *Pittsburgh Mercy* is full of resources and links to assist in community awareness. We are located under the tab “Faith Communities.”

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**Save the Date**

**Spiritual Retreat 2019**

March 9, 2019

“The Spirituality and the Science of Self-Compassion”

**Retreat Facilitator:** Anne Kertz Kernion

Illuminating self-care and spiritual practice to nurture gentleness, kindness, and patience towards ourselves; prompting deeper understanding of others.

**See details on pages 4 & 9**

Overnight accommodations available.

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**Health Ministry Workshops for Winter 2019**

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, year after year?

Contact us in this New Year 2019. We would be happy to work with you, your clergy, and/or team. Ask the *Pittsburgh Mercy Parish Nurse & Health Ministry Program* for a presentation or workshop at your church and/or organization. Choose one of 8 workshops or a tailor-made one to fit your group’s needs and ministry goals. **Contact us at ParishNurse@pittsburghmercy.org or**

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**Epiphany is Sunday, January 6, 2019**

Teaching children about special seasons in the church is important. To view a children’s message and family devotions about Epiphany, visit this link

https://bit.ly/2Vs03Xn

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**February is National Children’s Dental Health Month**

The February 2019 National Children’s Dental Health Month (NCDHM) is brought to us by the American Dental Association (ADA). This month-long national health observance brings together thousands of dedicated professionals, healthcare providers, and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others.

This year’s NCDHM campaign slogan is "Brush and clean in between to build a healthy smile." The NCDHM Program Planning Guide provides resources to promote the benefits of good oral health to children. The guide includes easy-to-do activities, program planning timetable tips, a sample NCDHM proclamation, and much more. Both English and Spanish are available. **To learn more, visit https://bit.ly/2Gc3Lg4**
Health Observances
For a complete list, visit 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
6 - 12 Folic Acid Awareness Week
22 - 27 National Drug and Alcohol Facts Week
31 Give Kids A Smile ® Day

February
• American Heart Month
• Low Vision Awareness Month
• National Children’s Dental Health Month
• Teen Dating Violence Awareness Month
1 - 7 African Heritage & Health Week
1 Go Red for Women
4 World Cancer Day
7 National Black HIV/AIDS Awareness Day
14 National Donor Day
22 National Heart Valve Disease Awareness Day
24 - March 02 National Eating Disorder Screening Program ®

What is Faith Community Nursing?
Faith Community Nurses focus on the intentional care of the spirit to provide wholistic (whole-person health) care. The client may be an individual, a family, congregation, or community. Understanding how to provide spiritual care is important for all nurses to know as they care for those in need. To learn more, see this article in the Journal of Christian Nursing at https://bit.ly/2F4j11p

March
• National Colorectal Cancer Awareness Month
• National Kidney Month
• National Nutrition Month *
• Save Your Vision Month
4 - 8 National School Breakfast Week
10 - 16 Patient Safety Awareness Week
10 National Women and Girls HIV/AIDS Awareness Day
11 - 17 Brain Awareness Week
11 - 17 National Sleep Awareness Week *
14 World Kidney Day
18 - 24 National Poison Prevention Week
20 National Native American HIV/AIDS Awareness Day
24 World Tuberculosis Day
26 American Diabetes Alert Day

Martin Luther King Jr. Day
January 21, 2019
REGISTRATION FORM:
Day Retreat 2019 — The Spirituality and the Science of Self-Compassion

March 9, 2019 • Saturday
8:00 a.m. to 4:00 p.m. at Martina Spiritual Renewal Center

Submit registration form & check for $55.00 by March 1st to:
Pittsburgh Mercy Parish Nurse & 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/Organization and 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 the Pittsburgh Mercy Parish Nurse & Health Ministry.
___ 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 Pittsburgh Mercy Parish Nurse & Health Ministry Program, part of Pittsburgh Mercy and Trinity Health, serving in the tradition of the Sisters of Mercy. The Pittsburgh Mercy Parish Nurse & 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 Pittsburgh Mercy Parish Nurse & Health Ministry Program at 412.232.5815 or email ParishNurse@pittsburghmercy.org