Spring

A walk in the woods this warm spring day,
Brings me into Your presence as I walk along the way.

The warm damp breeze has me breathless as I,
Take in creation awakening right before my eyes.

The oak as its branches are raised in rigidity,
Reminds me to raise my praise to You, Your majesty.

A downy white feather floats softly to the ground,
Reminds me of all the blessings this day has found.

The ferns and the moss have awakened from their slumber.
And I am reminded of Your return as I hear the distant thunder.

A storm that is impending, the rapidly darkening skies,
Reminds me to be thankful, for every season of life.

Danette Kettwich

He has made everything beautiful in its time.

Ecclesiastes 3:11
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/](https://martinacenter.com/)).

The retreat will be facilitated by **Anne Kertz Kernion** who has extensive background in teaching and presenting topics that combine neuroscience, positive psychology, 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 8:45 a.m., and the retreat ends 3:30 p.m. Lunch is simple with minimal talking, giving time and space for self-reflection. Participants are invited to a time of prayer, quiet reflection, learning, and fellowship. It is time away from family and work 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 so register before the deadline on March 5th. Registration form is on page 8 of this E-Newsletter.**

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 which ultimately helps us understand others better.

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 retreat details at [https://bit.ly/2GQ5OtX](https://bit.ly/2GQ5OtX)]

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**Pittsburgh Mercy Parish Nurse & Health Ministry Program**

part of the Planning Team for **The 19th Annual Pittsburgh Pastoral Care Conference**

“for shepherds and other caregivers of the flock”

**Friday, May 10, 2019 8 a.m. to 4:00 p.m.**

Christ Church at Grove Farm,

249 Duff Road, Sewickley, PA 15143

2019 Theme: Health Pastors, Healthy Churches, and Healthy Communities

[Details and Registration at www.pghpcc.org](http://www.pghpcc.org)
Do you ever have a stirring in your heart or gut that it is time to go somewhere new, someplace different, but not sure when, how, and/or why? Maybe the answer is to go deeper by seeking God’s guidance through Scripture readings, Bible study, and prayer. There are many lessons learned from the imperfect people of the Bible who dedicated their lives and purposes to God such as Moses, Esther, Jeremiah, Mary, and others. Reflecting upon their responses to God’s call help us deal with our own fear, insecurity, regret, and sorrow.

When God calls us to “GO” and move forward in our purpose and conviction, do we sit back, stand still, or turn away? Or do we stand tall and embrace our Lord with the words of the Old Testament prophet Samuel “Here I am; you called me. Speak, for your servant is listening.” (1 Samuel 3: 8 & 10 NIV). God is calling you… are you ready to go?!

*This book will encourage you to boldly answer God’s call on your life with confidence and expectation—to courageously say yes when God says go.” CH

“When God says ‘Go’ gives us the gentle nudge and the affirmed push to step into who God is calling us to be. Elizabeth explains the road may not always be easy, but neither has it been easy for anyone. God has drawn into a meaningful calling. Elizabeth both encourages us to be bold and nourishes our hearts with her writing. EL

“The author bridges time and helps us connect with biblical characters of long ago. We feel as if we are right there with them as they wrestle with feelings of fear, unease, and confusion while listening to God’s call of Go! This book is a must-read for anyone not quite certain of how to proceed when God calls us forward. Elizabeth helps and encourages us to rise to the challenge. SP

Breastfeeding and Why it Matters!

Children exclusively breastfed for the first three months of life had significantly lower odds of having eczema at age 6 compared to peers who were not breastfed for less time (American Academy of Allergy, Asthma, Immunology 2019 Annual Meeting). According to the Centers for Disease Control and Prevention (CDC), breastfed infants have reduced risks for developing chronic conditions such as asthma and obesity.

To learn more, visit these 2 links: https://bit.ly/2tF9YMx

March… Colorectal Cancer Awareness Month!

Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancers that affect both men and women. Colorectal cancer affects people in all racial and ethnic groups. It is most common in people age 50 and older, so regular screenings are essential. To learn more, visit https://bit.ly/2kP07zW and https://bit.ly/2F23gHm


**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](https://www.youtube.com/watch?v=XNKGJx1Fex8) 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 validating, 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: https://bit.ly/2TmZ9tQ  
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*

This handbook for **visitation ministry formation** can be used as a self-study or in a group setting. It addresses topics that help to prepare laypersons to visit and reach out to church members who are sick, homebound, or grieving the loss of a loved one.

Topics include:

- 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
- Confidentiality and the Code of Ethics
- Exceptions to the Rule of Confidentiality
- Parish Outreach
- Hospice Care
- Comforting Those Who Mourn
- Styles of Grieving
- What to Say to the Grieving
- Grieving Persons With Special Needs
- Getting Bethany Ministry Started
- Forms and Resources.

Copies are available from Byzantine Seminary Press. Call 412-322-8307 or www.byzantineseminarypress.com

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**The Power of Suffering**

Some life seasons are challenging and yet hold a sense of joy and expectation as it unfolds, such as a new marriage, the birth of a child, raising young children, moving to a new town, beginning a new job, and etc. However, for many people dealing with a chronic illness, losing mobility and physical and mental function, and tolerating pain may be considered ‘suffering.’

Spiritual listening, being supportive, and offering wise counsel are gifts that we share with those who express feeling hurting and/or loneliness in their life journey. The practice of the ministry of presence can be a tangible touch of God’s love. Some people endure suffering when they find meaning and significance in it. **To learn more, visit this ChurchHealth Reader article “The Mission of God in Times of Pain” at https://bit.ly/2H6m9Kn**

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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.**
National Volunteer Week
Celebrate Service
April 7-13, 2019

Ministry leaders are called to inspire, recognize and encourage our volunteers in our faith communities. By working together along with God’s strength, we can help others in need. For more ideas and suggestions, visit https://bit.ly/2neVlKc

If your faith community wants to show appreciation to health ministers, then visit the Pittsburgh Mercy Parish Nurse & Health Ministry website for our health minister pins at https://bit.ly/2IKkYCD

Our website at Pittsburgh Mercy is full of resources and links to assist in community awareness!

Stop the Bleed

Stop the Bleed is a national awareness campaign and call-to-action. Stop the Bleed is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. To learn more, visit https://www.dhs.gov/stopthebleed

Health Ministry Workshops for Spring 2019

Does your health ministry team need to “spring” into action?
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 as part of your planning for Spring 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. To learn more, visit https://bit.ly/2T5X7SM

Contact us at ParishNurse@pittsburghmercy.org or 412.232.5815

Westberg Symposium for Faith Community Nursing
In These Times: Serving through Adversity
April 8-10, 2019
First Baptist Broad Church
Memphis, TN

For more details, visit https://bit.ly/2DIs4mt

Faith Community Nurse and Health Minister Preparation Course
Westberg Institute for Faith Community Nursing Curriculum

Fall 2019 Course (4 dates):
September 20 & 21 and October 25 & 26
at UPMC Mercy Hospital
1400 Locust St., Pittsburgh, PA 15219

See our Pittsburgh Mercy website for more details at https://bit.ly/2tDAR3q
Health Observances
For a complete list, visit https://healthfinder.gov/NHO/default.aspx
See monthly tool kits too!

- National Colorectal Cancer Awareness Month
- National Kidney Month
- National Nutrition 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
- 18 - 24 National Poison Prevention Week
- 20 - 24 World Tuberculosis Day
- 26 American Diabetes Alert Day

- Arthritis Awareness Month
- Better Hearing and Speech Month
- Food Allergy Action Month
- Healthy Vision Month
- Hepatitis Awareness Month
- Melanoma/Skin Cancer Detection and Prevention Month
- Mental Health Month
- National Asthma and Allergy Awareness Month
- National Osteoporosis Month
- National Stroke Awareness Month
- 1 - 7 National Physical Education & Sport Week
- 5 Hand Hygiene Day
- 7 - 13 Children’s Mental Health Awareness Week
- 12 - 18 National Women’s Health Week
- 13 - 19 National Stuttering Awareness Week
- 20 - 26 National Hurricane Preparedness Week
- 20 World Autoimmune/Autoinflammatory Arthritis Day
- 21 - 27 Healthy and Safe Swimming Week
- 29 National Senior Health & Fitness Day
- 31 World No Tobacco Day

March 6, 2019 Ash Wednesday
Lent is a special time for quiet reflection, prayer, Scripture reading, and the corporal works of mercy. Lenten Prayer written by Henri Nouwen is a lovely invitation to draw closer to God and begin the journey.
If interested, visit this link https://bit.ly/2UauvnJ

March 17, 2019
Said in the morning when rising…
Christ be with me,
be after me,
be before me,
and be at my right and left hand.
May everything I do be for Christ.

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 Tuesday, March 5th 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