Modern Advent Prayer  
(Advent begins December 1, 2019)

Father in this season of Advent we prepare our hearts for Your coming.  
You are the vine, we are the branches.  
Come and tend us, prune us, clean us.

Discard in us everything that does not bear fruit,  
Nourish in us everything that bears much fruit.

As we celebrate Your coming as a vulnerable baby  
Our hearts await Your glorious return as the eternal king.  
Nurture in us expectant hearts, O Lord.  
Cultivate in us a deep longing for more of You.  
Until that Day when You burst through the heavens,  
And flood our horizons with Your glorious splendor.

For Yours is the kingdom and the power and the glory,  
throughout all ages and generations.  

Amen.

https://www.lords-prayer-words.com

I will sing of the Lord’s great love forever: with my mouth I will make your faithfulness known through all generations. I will declare that your love stands firm forever, that you established your faithfulness in heaven itself.  
Psalm 89:1-2 NIV
Celebrates 8 Faith Community Nurses & Health Ministers
From Cohort Fall 2019
Congratulations & Blessings!

Marion Bragdon, Faith Community Nurse
Anna Marie Del Duca, Faith Community Nurse
Linda Donohoe, Health Minister
Marvis Nichols, Health Minister
Norma Saputo, Faith Community Nurse
Cynthia Smith, Health Minister
Christine Weller, Health Minister
Constance Yoder, Faith Community Nurse

The cohort’s class project, a shadow box, is a representation of the participants with the theme “Heal the World.” Each participant chose a Bible verse that best expresses their unique gifts in the ministry of health and spiritual care. The myriad of Scriptures speak to the healing Christ brings to each human life... body, mind, and spirit. Having faith is central in their ministry.

The Model for Healthy Living: A Strategy for Whole-Person Care

Life is complex and can be very demanding with both family and workplace responsibilities. Sometimes, one’s own health takes “a backseat” in order to care for family members (i.e. children, elderly parents, ill spouse, etc.) and perform daily work tasks. Before we know it, we are unbalanced in body, mind, and spirit. Offering a Health Ministry in a faith community can be a wonderful avenue for parishioners to stay accountable for a healthy lifestyle and keep one’s “temple” in good condition (1 Cor. 6:19-20). Periodically conducting a self-assessment can be a learning opportunity for parishioners to be empowered when it comes to their own health and well-being. To learn about whole-person care, visit this Church Health link at https://bit.ly/2q5T3V2
Pittsburgh Mercy Health Ministry Dinner & Gathering
Sponsored by Pittsburgh Mercy Parish Nurse & Health Ministry Program

A part of Pittsburgh Mercy and Trinity Health, serving in the tradition of the Sisters of Mercy

**Compassion Fatigue from a Systems Perspective: Self-Care and Beyond**

*Guest Speaker: Ann Depner LCSW, Mental Health Therapist, Spiritual Director*

Friday, November 15, 2019
Registration & Table Display 5:00 p.m.
Dinner & Program 6:00—8:00 p.m.

UPMC Mercy, Sister M. Ferdinand Clark Auditorium
1400 Locust Street, Pittsburgh, PA 15219

**Overview:**
The Pittsburgh Mercy Parish Nurse & Health Ministry Program is hosting a *Dinner & Gathering.* This event provides continuing education, resources, and networking opportunities to individuals who are interested in starting or enhancing health ministries in their faith communities, as well as to the general public. Attendees learn from each other how they can rejuvenate an established health ministry programs as they care for the people in need in their faith communities.

Many of us in the helping professions grew up in families that shaped us as caregivers. While it’s a virtue to help others, too much of the wrong kind of help can actually harm both others and self. Using the theoretical lens of Bowen Family Systems Theory, this presentation will explore what kind of help promotes growth and resourcefulness, and what leads instead to resentment or helplessness in care receivers and compassion fatigue in self. For those of us with family-endorsed “over-helpfulness urges,” how can we reshape those tendencies to care appropriately for ourselves and others? Bowen Theory provides many relevant insights for those in health ministry and healthcare delivery. By understanding compassion fatigue, one can make intentional strides in life that will be sustaining and fruitful especially in challenging times.

**Objectives:**
Upon completion of this program, participants will be able to:
- Describe what is meant by the related concepts of compassion fatigue and burnout.
- Identify the systemic roots of the impairment involved in compassion fatigue and burnout.
- Explain Bowen Family Systems Theory’s concept of differentiation of self and its role in preventing or alleviating compassion fatigue and burnout.
- Describe strategies for avoiding the overfunctioning that leads to compassion fatigue in caregivers and decreased functioning in care receivers.
Guest Speaker: Ann Depner LCSW, Mental Health Therapist, and Spiritual Director

A licensed clinical social worker, Ann Depner retired from a longstanding career at Catholic Charities of the Diocese of Pittsburgh, where she served as a mental health therapist and Director of Family Services. She currently maintains a private practice of psychotherapy and spiritual direction and serves on the faculty of the Western PA Family Center, an organization devoted to education and consultation in Bowen Family Systems Theory. Ms. Depner earned her master’s degree in social work from the University of Pittsburgh and completed a two-year post-graduate course in Bowen theory at the Western PA Family Center. She earned certificates in spiritual direction and direction of the Ignatian Spiritual Exercises from the Pneuma Program of the Pittsburgh Theological Seminary. Note: The speaker has no relevant financial or nonfinancial relationships to disclose in regard to Pittsburgh Mercy Parish Nurse & Health Ministry.

Target Audience:
Faith community and parish nurses; registered nurses; licensed practical nurses; certified nurse practitioners; clergy; health ministers; pastoral and social ministers; physicians; health and social service professionals; licensed professional counselors; health care educators; nursing students; seminarians; and others interested in promoting whole-person health (balancing body, mind, and spirit).

Continuing Education Contact Hours:
There will be one and one-half (1.5) continuing education (CE) credits 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 1.5 continuing education credits. UPMC and ANCC do not endorse any commercial products as a result of this CE activity.

Cost:
The cost is $40 for registered nurses who wish to receive continuing education credits, $30 for those who do not wish to receive continuing education credits, and $20 for undergraduate nursing students, seminarians, religious, and clergy. Dinner and free parking in the UPMC Mercy’s Locust Street Parking Garage (entrance located at Locust and Stevenson streets) will be provided to all participants.

Accommodations:
Overnight accommodations are available at the Martina Spiritual Renewal Center, 5244 Clarwin Avenue, West View, PA 15229. Contact Sr. Donna Smith at 412.931.9766 or at http://martinacenter.com/contact-us/

Registration is accepted by U.S. mail only. Seating capacity is limited. Registration extended to Tuesday, November 5, 2019. For more information, contact the Pittsburgh Mercy Parish Nurse & Health Ministry Program at 412.232.5815 or email ParishNurse@pittsburghmercy.org

Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. Colossians 3:12 NIV
**Health Ministry Workshops for Winter 2020**

Meeting the needs of faith communities can be challenging, requiring innovative forms of ministry. Often clergy and spiritual leaders face compassion fatigue and burnout. Having a “companion” to come along aside during times of change in faith communities can be very welcoming.

We would be happy to work with you, your clergy, and/or faith community team. Contact us as part of your planning for Fall 2019 and Winter 2020. Ask the Pittsburgh Mercy Parish Nurse & Health Ministry Program for a presentation, workshop, or retreat 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

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**Save the Date**

Pittsburgh Mercy’s 16th Annual Reindeer Ball

Sunday, December 8, 2019
4 p.m. to 7 p.m.

For more details, visit this link https://bit.ly/31Wo4bq

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**SAVE THE DATE**

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

**Spiritual Retreat 2020**

Friday, March 6th (overnight stay optional)
Saturday, March 7th 9:00 a.m. to 4:00 p.m.

At Martina Spiritual Renewal Center
5244 Clarwin Avenue, West View, PA 15229

Visit our website for details coming soon!

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**Hanukkah… begins at sundown on December 22, 2019. Many Jewish families and communities in the United States observe Hanukkah or Festival of Lights.**

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**Come and See…**

The Christ Child is waiting for YOU!

Luke 2: 1-20 The Birth of Jesus

We wish all a blessed Christmas Season and a Happy New Year from the Pittsburgh Mercy Parish Nurse & Health Ministry Program!
Health, Healing and Wholeness

Many believe that nursing is both a science and an art. Many Christian nurses believe that they have had a “calling” into nursing especially those in health ministry and faith community nursing. In the Christian worldview, nursing is about helping self and others embrace health, healing and wholeness. In order to avoid compassion fatigue and burnout, nurses must concentrate first on their own wellness and wholeness. We call this whole-person health… balancing body, mind, and spirit. Christian nurses may choose to hold each other accountable as they share conversation with each other via a safe, non-threatening relationship and space. It is suggested that a nurse meet regularly with a spiritual director as one focuses on their relationship with their Creator, self-compassion, and anticipating and prioritizing needs of others in daily nursing practice. We are to remember Jesus’ words of “Love your neighbor as yourself” (Matt. 22:39 NIV).

For many nurses, once they have felt “heard” and their feelings validated, they can encourage and support their patients to explore healing and wholeness too.

To learn more, visit this link at https://bit.ly/2BS3YnJ

Veterans Day

November 11th

Many churches like to incorporate Veteran’s Day observance into their time of worship. There may be special prayers, songs, and remembrances. A congregational card signing is also a special way for the entire church family to participate. For instance, during church coffee hour, have a display of cards on tables for current and past Veterans. Provide lots of pens too. Ask everybody to write a short greeting and sign their name. These cards add a special touch of love and care to those who have served and sacrificed their all for our freedom.

For more ideas, visit at https://bit.ly/32ZeghE

Wishing you & your family Thanksgiving Day

Blessings!
No Greater Love celebrates the life and work of Mother Teresa (now Saint Teresa) as one of the most revered, spiritual teachers of our days. Mother Teresa is truly an extraordinary role-model for all especially those in ministry and the health care profession. Her selfless work for the poor, the sick, the terminally ill, the fatherless, and the outcast is an inspiration to those of us in community service.

No Greater Love is the pearls of wisdom from Mother Teresa’s teachings on love, prayer, giving, being holy, work & service, Jesus, poverty & the poor, forgiveness, children & family, suffering & death, the Missionaries of Charity (her religious order), and more. Mother Teresa encourages her readers to be a witness of hope and faith in God to those who are in need in our world. She shares lovely, inspiring stories of a “life well-lived.”

The book ends with a biography and a revealing conversation with Mother Teresa about the specific challenges and joys present in her ministry and care with the poor and the dying. It motivates the reader to want to learn more of the heart of this remarkable woman of faith. Mother Teresa will always be known for her revolutionary vision of Christianity via her graceful, merciful poetic words of simplicity.

Mother Teresa became known to the world for her selfless work with the “poorest of the poor” in Calcutta, India. Born in 1910 in Skopje, now the capital of Macedonia, Mother Teresa began her novitiate in India in 1928. Since its inception in 1950, her religious order, the Missionaries of Charity, has opened more than 500 centers around the world to help the dying and destitute. During her lifetime, Mother Teresa received many of the world’s most prestigious humanitarian awards, including the United States’ Medal of Freedom, the United Nations’ Albert Schweitzer Prize, and the Nobel Peace Prize.

What we need is to love without getting tired. How does a lamp burn? Through the continuous input of small drops of oil. What are these drops of oil in our lamps? They are the small things of daily life: faithfulness, small words of kindness, a thought for others, our way of being silent, of looking, of speaking, of acting. Do not look for Jesus away from yourselves. He is not out there; He is in you. Keep your lamp burning, and you will recognize Him.

—Mother Teresa, No Greater Love
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](https://bit.ly/2TmZ9tQ)  
Health Observances
For a complete list, visit
https://healthfinder.gov/NHO/default.aspx
See monthly tool kits too!

November… is American Diabetes Month
Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it’s not controlled.

One in 10 Americans have diabetes — more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

People who are at high risk for type 2 diabetes can lower their risk if they make healthy changes such as eating healthy and nutritious foods, getting more physical activity and exercise, and losing weight.

To learn about the Diabetes Toolkit, visit at https://bit.ly/31WDGv5

December… is about Safe Toys!
This holiday season of gift-giving and children’s toys, think about safety first. There are safety tips for buying the right toys for the specific age groups. Kids change as they grow, so knowing the guidelines may be helpful.

Faith communities can have display tables of safe toys for adults to learn and ask questions. To learn more about safety education and safe toys, click these 2 links below:
https://bit.ly/2PuCOeQ

Influenza (Flu)
U.S. flu activity is low, but flu season is just around the corner. Now is the time to get the flu vaccine! The Centers for Disease Control & Prevention (CDC) recommends everyone 6 months and older to get a flu vaccine by the end of October.

To learn more, visit https://bit.ly/2pqr4iB

For both written and digital communication resources for your faith community, visit this link at https://bit.ly/2peFqmp

If you have news to share, please email us by December 10th.
We love hearing from our readers!
REGISTRATION FORM

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Compassion Fatigue from a Systems Perspective: Self-Care and Beyond

Friday, November 15, 2019        Registration 5 p.m.        Dinner 6 p.m.—8 p.m.

Please send completed registration form along with a check made payable to the Pittsburgh Mercy Parish Nurse & Health Ministry Program by November 1st, to: Pittsburgh Mercy Parish Nurse & Health Ministry Program, Mercy Health Center, 1515 Locust Street, Suite 705, Pittsburgh, PA 15219-5154. For more information, call 412.232.5815 or email ParishNurse@pittsburghmercy.org. Or visit https://www.pittsburghmercy.org

Name ____________________________________________________________

First Name ___________________________ Middle Initial __________ Last Name ______________

Address _______________________________________________________________________________________

City ___________________________ State ______   ZIP ___________ Telephone _______________________

Email Address ____________________________________________________________

Name of Church or Organization _________________________________________________

Address _______________________________________________________________________________________

City ___________________________ State ___________________ ZIP ____________

Denomination ________________________________________________________________

Your role within your church/organization (please check all that apply):

__ Clergy ___________________________ __ Social minister ___________________________

__ Member/attendee ___________________________ __ Social worker ___________________________

__ Health ministry coordinator RN ___________________________ __ Nursing student ___________

__ Coordinator health minister ___________________________ __ Volunteer _________________________

__ Faith community nurse (volunteer) ___________________________ __ Pittsburgh Mercy employee __________

__ Faith community nurse (salaried) ___________________________ __ Seminarian ________________________

__ Health Minister ___________________________ __ Registered nurse ___________________________

__ Other ___________________________ __ Other ___________________________

☐ I permit my name & organization to be published on my nametag & in this event participant listing.

☐ I would like to receive information about continuing education opportunities from Pittsburgh Mercy Parish Nurse & Health Ministry Program and Pittsburgh Mercy i.e. our free monthly E-Newsletter, The Faith Connection.

Cost includes dinner, presentation, & parking

$40 for registered nurses who wish to receive continuing education credits

$30 for those who do not wish to receive continuing education credits

$20 for undergraduate nursing students, seminarians, religious, and clergy.

NOTE: 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.