

Pittsburgh Mercy
Health Ministry Prayer Gathering



Sponsored by Pittsburgh Mercy Parish Nurse & Health Ministry Program
A part of Pittsburgh Mercy & Trinity Health, serving in the tradition of the Sisters of Mercy

Theme: Ignite the Inner Spirit

Guest Speaker: Anne Papinchak M.Ed., BS, PCC, Qualified Spiritual Director

Saturday, November 21, 2020

Virtual Prayer Gathering 11:00 am to 1:30 pm ET

Overview:

The Pittsburgh Mercy Parish Nurse & Health Ministry Program is hosting a **Health Ministry Prayer Gathering**. This event will be offered in a virtual format and provides continuing education, resources, and fellowship opportunities to individuals who are interested in spiritual care and health ministry. Attendees learn from our Pittsburgh Mercy Parish Nurse Team, guest speaker, and each other as they enhance their knowledge of caring for people in need in their faith communities as well as the community at large.

Many of us in the helping professions may feel stretched with caregiving responsibilities especially during this Pandemic. While it is a virtue to help others, we also need time to refresh and renew our spiritual health and self-compassion. We long to understand and/or strengthen our relationships with self, our Creator and others. Through well-designed activities, listening, reading, music, art, mindfulness, and contemplation, we strengthen our awareness of God's Spirit. Our foundation for this prayer gathering is rooted in Ignatian Spirituality. By learning ways to listen and to act with guidance from our inner Spirit, we can provide relevant insights and suggestions for those participating in health ministry and professional caregiving disciplines such as nursing, counseling, and social service. In addition, by understanding our own spiritual needs, one can make intentional interventions with others that focus on whole-person health... balancing, body, mind, and spirit. Enhancing our spiritual health through self-compassion is an important aspect of this learning offering as we meet the needs of others during this challenging time in society.



Three Learning Objectives:

Upon completion of this program, participants will be able to:

- Explain one's desire and practices for self-compassion by unplugging the inner critic.
- Describe the goodness of self-compassion and strategies to cultivate it within self and others.
- Identify practices of self-love, self-kindness, connection, and mindfulness in order to create space for caregiving, healing, and hope.



Yet, the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him! Isaiah 74:52 NIV

Guest Speaker: Anne Papinchak, M.Ed., BS, PCC, Qualified Spiritual Director



After twenty plus years of both individual and team leadership experience in various for-profit organizations, Anne Papinchak decided to become an independent consultant and coach. She partners with her clients to create great cultures by developing great leaders and great work and ministry. She identifies herself as a “serving leader” that focuses on influencing without direct authority. Anne is a Professional Certified Coach (ICF, PCC) who works with clients for immediate results by assessing strengths, identifying key opportunities for personal and professional development, and creating action plans. She holds her clients accountable (individuals and teams) by empowering them to name their purpose, create what matters most, and bring forth the courage to grow and experience life outcomes.

In addition, Anne is a qualified spiritual director who works with persons who long to understand and/or strengthen their relationship with God. This includes individual persons, parish leaders, groups and teams, and faith communities. Her spiritual formation is based in Ignatian Spirituality. Anne has completed extensive education as a Spiritual Director via Pneuma Institute in Pittsburgh, Pa and the West Virginia Institute of Spirituality. Through God’s grace, Anne creates trust, empathy, respect, and understanding while providing directees guidance, techniques, and resources for spiritual growth and spiritual health.

Note: The speaker has no relevant financial or nonfinancial relationships to disclose to Pittsburgh Mercy Parish Nurse & Health Ministry Program.

Target Audience:

Faith community nurses 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 two 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 within 14 business days of this event (by Dec. 11th) will be awarded a certificate and 2.0 continuing education credits. UPMC and ANCC do not endorse any commercial products as a result of this CE activity.

Cost:

The cost is \$30 for registered nurses who wish to receive continuing education credits; \$15 for those who do not wish to receive continuing education credits; and \$10 for undergraduate nursing students, seminarians, religious, and clergy. Cost includes: Zoom invitation and handouts. Partial, limited scholarships upon request. **See p. 14 in this E-Newsletter for the Registration form.**

Registration is accepted by U.S. mail only. Virtual space is limited. Early registration encouraged. Registration must be postmarked by Wednesday, November 11, 2020. **For more information, contact the Pittsburgh Mercy Parish Nurse & Health Ministry Program at 412.232.5815 or email ParishNurse@pittsburghmercy.org**

Agenda

- ⇒ Welcome
- ⇒ Opening Prayer and Introductions
- ⇒ Practicing Self-Compassion
- ⇒ Compassion is an Effective Motivator
- ⇒ Mindfulness Activity
- ⇒ 15-minute BREAK
- ⇒ Creating Safe Space through Connection
- ⇒ Putting into Practice
- ⇒ Recognition & In Appreciation
- ⇒ Closing & Prayer