Valentines Day Prayer 1

Praise to the One whose love stirs the ancient embers
Sparks the breath of prayer

Praise to the One whose love entices the wandering
Beckons the confused

Praise to the One whose love grows wings on the weary
Dreams hope in the discouraged

Praise to the One whose love soothes with ointment of mercy
Transforms with the touch of compassion

Praise to the One whose love threads the energy of friendship
Stitches the strength of fidelity

Praise to the One whose love tickles the soul with laughter
Urges the heart toward joy

Praise to the one whose love embraces the untamed
Dances with the passionate

All praise to this Gracious One
All gratitude to this Beloved
All love to this Mentor of Friendship
All devotion to this Shaper of Hearts.

Author: Georgy
2/11/2014
The Pittsburgh Mercy Parish Nurse & Health Ministry Program is offering a Day Retreat on Saturday, March 5, 2022 at the Martina Spiritual Renewal Center (https://martinacenter.com). This retreat is designed for retreatants to take time away from both personal and professional responsibilities especially as we begin our season of Lent. Retreatants are invited to a time of prayer, solitude, quiet reflection, learning and fellowship.

The retreat will be facilitated by Jo Ann Paradise, D.Min. who is a frequent retreat facilitator at Martina. She has been a teacher, catechetical administrator, Director of Parish Ministerial Life and Spiritual Formation, and National Catechetical Consultant for OSV (Our Sunday Visitor Publishing Company). Jo Ann is a woman of faith with a wealth of knowledge and ministry experience which she brings to all her retreats and programs. We are excited to have Jo Ann lead us and be our guide for this spiritual journey.

The retreat begins with a continental breakfast at 8:00 a.m. (come leisurely for relaxed fellowship), the opening session begins at 9:00 a.m., and the retreat ends at 4:00 p.m. Lunch is simple with minimal talking in order to provide retreatants with time and space for self-reflection and prayer. The cost of 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 retreatants who choose to stay overnight on Friday (dinner on your own with the Mercy Parish Nurse Team) which is paid directly to the Martina Spiritual Renewal Center. Space is limited for overnight retreatants, so early registration is encouraged. Handicap accessibility and special dietary needs are noted on the registration form. Partial scholarships are available upon request by calling the Mercy Parish Nurse Office before completing the registration form.

The theme for this retreat is titled “The Great Divide” and will lead us perfectly into the Lenten season. We are divided in our nation, in our families, and in our own hearts. How do we minister in this climate? Our spirituality guides us to long for understanding. Yet, understanding is inextricably tied to listening. In 1 Samuel 3:11 God tells Samuel he is about to “make the ears of everyone who hears of it (what he will do) tingle.” Join us as we invite God to make our ears tingle while we explore the roots of division and understanding.

For questions, please call the Mercy Parish Nurse Office at 412.232.5815 or email at ParishNurse@pittsburghmercy.org. Visit our website for more retreat details at https://bit.ly/3q18331 and see our retreat registration form on page 12 of this E-Newsletter.
On Saturday mid-morning, November 13, 2021 the Pittsburgh Mercy Parish Nurse & Health Ministry Program hosted their annual Autumn event titled, “Spirituality and COVID-19... Life Lessons” via a virtual format. It was a special time of learning, prayer, and fellowship. The purpose was to help participants network together and enhance their knowledge about spiritual care of self and others in need.

There were a total of 21 participants who shared their ideas and suggestions about self-compassion, motivating others, creating safe space through connection, and spiritual health. Due to the Pandemic, there has been a lot of discussion among faith community nurses and health ministers about addressing the spiritual needs of those serving in ministry as well as the needs of our congregants. Our guest speaker, Edwina Gateley, brought her insights, storytelling, poetry, and encouraging words. She invited all participants to recommit our lives to Creator through solitude, prayer, meditation, Scripture reading, music, spiritual journaling, and spending time alone in sacred space. When we exercise these suggestions, we create space and time for healing and hope. Ministry can be draining... many run the risk of poor self-care practices over time. Our guest speaker’s reminders were the right medicine for our spiritual and emotional longings during this challenging time in the COVID Pandemic.

Also, we are appreciative for those who chose to spend their Saturday morning with us so that we could listen and encourage each other in our ministries and professional work. Participants left with encouragement and time spent for self-care and self-compassion as we continue to serve God with our gifts, talents, and time. We learned from our guest speaker as well as each other through virtual break-out groups and shared conversation. We learned how to better equip ourselves by spending time in daily spiritual disciplines with God as we lead persons served thorough the ministry of faith, health and healing. God’s blessings to all in the New Year 2022!

If interested in learning more about our Pittsburgh Mercy Parish Nurse & Health Ministry Program, please contact us at 412.232.5815 or email ParishNurse@pittsburghmercy.org. Also visit our website at https://bit.ly/3CEu63a. Our health ministry specialists Amy Armanious (L) and Kathy Conrad (R) always enjoy hearing from our readers especially in this New Year 2022.

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**Mental Health, SAD, and the COVID Pandemic!**

Many people suffer with **Seasonal Affective Disorder or SAD**. This is a type of depression that is related to changes in seasons. One’s symptoms usually begin and end at about the same times every year... starts in the fall and continues into the winter months. It may heighten during the holiday season and often peaks in the New Year. As parishioners face the COVID Pandemic, it is important that faith community nurses identify those at risk for SAD and assist them in accessing appropriate resources. To learn more, visit this link [https://mayocl.in/3HKsB5w](https://mayocl.in/3HKsB5w)
Pittsburgh Mercy Parish Nurse & Health Ministry Program Offering

**Health Ministry Virtual Meetings . . . Peer Support, Learning & Conversation**
(3rd Tuesday evening of every month, 7:00-8:00 pm ET)

**Goal:** To emphasize the importance of networking, fellowship, learning and peer support for faith community nurses and health ministers as they assist their congregations and local community to better health and well-being.

**Target Audience:** Faith Community Nurses, Health Ministers, Registered Nurses, Licensed Practical Nurses, Clergy/Laity, and anyone interested in learning about wholistic care approach (whole-person health) as we commit to health advocacy and education of others.

**Our 2022 Meeting Dates (Third Thursday):** March 15, April 19, May 17, June 21, September 20, October 18, and November 15. There is no cost and no preparation for participants. We focus on the intentional care of the spirit, the promotion of whole-person health, creative ministry programming, and current challenges in ministry. Our Pittsburgh Mercy Parish Nurse Team will present a brief learning activity such as a PowerPoint presentation, case study, or brief video segment. There will be time for Q & A by using peer discussion and brainstorming. Each participant will be asked to complete an evaluation within 10 days after the session. Participants can suggest topics of interest for future virtual sessions. Each participant is welcome to contact the Pittsburgh Mercy Parish Nurse Team for a private follow-up mentoring session either by phone or Zoom invitation.

**Registration is required** in order for each participant to receive the Zoom link, meeting ID, passcode, and agenda. Dial-in option is available. Registration deadline is by 3:00 p.m. ET (Eastern Time in US and Canada) on the specific meeting date. For questions or registration, please send email to ParishNurse@pittsburghmercy.org or call 412.232.5815.

**February is American Heart Month**

As faith community nurses and health ministers, we role-model self-care to others especially those who are at risk such as those with chronic illness, mental health concerns, addictions, and poor self-esteem. Also, we role-model to parents, the elderly, family caregivers, adolescents and younger children. In fact, we role-model to everybody, no matter the age.

February is American Heart Month. When we take care of our hearts, we set an example to others at our homes, workplaces, faith communities, and volunteer organizations. Heart Disease is largely preventable, so living a heart-healthy life-style is one way of setting an example. It is essential that faith community nurses and health ministers plan now for American Heart Month via bulletin announcements, newsletter articles, virtual learning opportunities, educational materials, social media, and phone consultations. Reaching out to parishioners of all ages with heart-healthy life-style suggestions in February will keep people moving in the winter months. For information on the Outreach Toolkit, visit this link at [https://bit.ly/3q2fuH0](https://bit.ly/3q2fuH0)
Do you need a sacred space and time set-aside for peace and quiet reflection? Do you desire to give to your family and others, but could use some extra encouragement and support? Do you want to learn more about self-compassion? Do you have a need to connect with others in prayer and contemplation? Do you want to experience spiritual awareness and spiritual care in a virtual setting?

Please attend our 2022 Virtual Candle Meditations which are brief prayer gatherings. It is a wonderful opportunity to experience spiritual awareness and group faith sharing through a virtual learning setting. We invite all to this quiet place and time as we allow ourselves prayerful reflection on our own whole-person health…. balancing body, mind, and spirit. The emphasis is on the importance of self-care and connection with our Creator. In our busy lives, we sometimes feel overwhelmed to the point of neglecting our spiritual needs. We risk little to pour out and then burn out. We invite all to safe, better health and well-being.

These virtual offerings are at no cost. It is intended for faith community nurses, health ministers, church volunteers, clergy, registered nurses, health care professionals, licensed professional counselors, social workers, Pittsburgh Mercy employees, and anyone interested as we continue our commitment to advocating for and serving others in need.

Our offerings are the following four (4) dates which correspond to the change in seasons:

1) **The Budding of Spring** — March 23, Wednesday, 7:00 p.m. ET
2) **Summer Sun** — June 16, Thursday, 7:00 p.m. ET
3) **Fall Foliage** — September 13, Tuesday, 7:00 p.m. ET
4) **Winter Solstice** — December 13, Tuesday, 7:00 p.m. ET

Registration is required in order for each participant to receive the Zoom link, meeting ID, passcode, and agenda. Dial-in option is available. Registration deadline is by 3:00 p.m. ET on the date of session. To register send email to ParishNurse@pittsburghmercy.org or call 412.232.5815 and leave a clear and detailed message with the following information:

1) First and last name
2) Date of desired session
3) Email address
4) Your phone number
5) Your role or title and the name of your faith community or organization with city/state.

**AGENDA**

⇒ Welcome
⇒ Opening Prayer
⇒ Candle Meditation
⇒ Group Faith Sharing
⇒ Closing Prayer

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**Annual Pittsburgh Pastoral Care Conference**—
“For Shepherds & others caregivers of the flock”

Pittsburgh Mercy Parish Nurse & Health Ministry Program
is part of the Planning Team.
Please join us **Friday, May 6, 2022**

More details coming soon at [https://www.pghpcc.org/](https://www.pghpcc.org/)
Overview: The Pittsburgh Mercy Parish Nurse & Health Ministry Program is facilitating a Virtual Book Journal Club beginning on April 7, 2022. This activity will be offered in a virtual format for a total of six (6) Thursdays in April and May. The book is titled “The Cup of Our Life: A Guide to Spiritual Growth” by Joyce Rupp. It is intended that each group participant will use the book for daily prayer and meditation. Then the group will gather virtually on the designated date and discuss their experiences and pray together. This gathering provides time for self-reflection, learning, fellowship, and spiritual reading opportunities to individuals who are interested in spiritual care and spiritual health. Attendees learn from our Pittsburgh Mercy Parish Nurse Team and each other as they enhance their knowledge of self, Creator, and others especially for people in need throughout our communities. There is no cost for this offering, only registration.

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 listening and encouraging one another’s spiritual growth via presence. This sharing time is not problem-solving time, but for promoting whole-person health. Each participant is strongly encouraged to purchase this book at least 2 weeks before the first session. Reading regularly and being prepared before each group session are strongly encouraged. Each participant needs to get the most from each session in order to move forward in one’s spiritual growth.

Each participant does not need to be present for each session, however, it is encouraged that these six (6) dates be put aside as sacred time and self-care in one’s monthly schedule. Registration is required in order for each participant to receive the private Zoom link, meeting ID, and passcode. Dial-in option is available. Registration deadline is by 3:00 p.m. ET (Eastern Time in US and Canada) on the day before each session. To register, please email ParishNurse@pittsburghmercy.org with the following: first and last name, phone number, email address, city/state, and workplace/faith community name. Once we receive your email, then you will receive a one-page handout for review and preparation and the Zoom invitation. For questions or registration, please send email to ParishNurse@pittsburghmercy.org or call 412.232.5815.

1) Week I on April 7: The Cup of Life
2) Week II on April 21: The Open Cup
3) Week III on April 28: The Chipped Cup
4) Week IV on May 5: The Broken Cup
5) Week V on May 12: The Cup of Compassion
6) Week VI on May 19: The Blessing Cup
Hypertension Education & Blood Pressure Clinics

A frequent request by clergy and congregants is for faith community nurses to coordinate Blood Pressure Clinics such as during coffee hour after Sunday worship service or between services. In most cases, the elderly are the most popular participants and often bring their bags of medication bottles to be reviewed by the faith community nurse team.

The National Heart, Lung and Blood Institute’s online portal offers simple tips for Blood Pressure (BP) management, BP wallet cards, healthy-life style behaviors such as good nutrition, low sodium intake, and a variety of topics in different languages.

May is High Blood Pressure Education Month and February is American Heart Month. It is never too late to teach others about hypertension and to adopt a heart-healthy lifestyle. To learn more, visit this link at https://bit.ly/3Hi29Sg For downloadable patient education materials, visit at https://bit.ly/3EWECTX

Read of the Month

The Cup of Our Life: A Guide to Spiritual Growth
By Joyce Rupp
Paperback ISBN: 10-1-933495-31-6

As like many, one of our most favorite authors is Joyce Rupp. She takes familiar objects in our every day lives (i.e. a cup), and makes meaning as related to our spiritual lives. Joyce is not only a well-known writer, but also a teacher, “spiritual mid-wife” international retreat leader, and conference speaker. She is the author of several books, with "The Cup of Our Life," as one of our favorites. She is a member of the Servite (Servants of Mary) community in West Des Moines, Iowa.

This book, “The Cup of Our Life” was first published in 1997 and is still a book that many people, both men and women, connect with and read over in later years. Joyce's symbolism with a 'cup' is intriguing since this every day image is not something heart-stopping. How can the author take a 'cup' and expound on it to the point that readers could find the potential for spiritual growth? Well, Joyce does. She looks at the shape, size, texture, color, and usefulness of the 'cup.' She helps her readers dig deeper into their very soul for personal transformation with their Creator nearby. Joyce asks her readers to choose cups to use for their prayer journeys. Readers are encouraged to meditate on what kind of a 'cup' one is in this life today.

Since this book is designed not only for individuals but for groups too, we at the Pittsburgh Mercy Parish Nurse Team have decided to use this book for our Spring Book Journal Club in April and May 2022. Please join us for this spiritual enrichment opportunity... see page 6 of this E-Newsletter for important registration details.

Happy New Year Blessings to all... wishing peace and joy in 2022.
Winter Olympics... Educational Fun Theme in February 2022

Each faith community should encourage their congregants and especially children to be safe and healthy throughout this COVID Pandemic and the winter season.

Our goal as faith community nurses and health ministers is to ultimately keep our families safe and healthy by encouraging parents to access us with their questions and concerns. We are a resource for them as they attempt to keep their children safe and physically active during the winter months. Being creative and fun with chores, homework assignments, watching TV and etc. can be challenging in January and February. Once spring comes, then it becomes easier for families to get outside and be more physically active.

One way to help parents be creative is to use the Winter Olympic theme. The Winter Olympics (Feb 4-20, 2022) are around the corner. Using the gold, silver and bronze medals as symbols can be fun and energizing. Addressing health needs and physical activity can be achieved by handing out “prizes” or “medals” to the winners. Competition can be healthy for all members of the family.

For more ideas and suggestions, visit this link at https://bit.ly/31Ce3FP

Faith Community Nurses Staying Connected

How do Faith Community Nurses stay connected after they are commissioned and begin their journey in health ministry? Many of us have connected via the online community, the Westberg Institute Knowledge Sharing Platform. Currently there are over 1,600 members and 97 groups participating via this vital resource. If interested in learning more, visit this link at https://community.westberginstitute.org/

Also, register now for the Annual Westberg Symposium 2022 at the Caring for the Human Spirit... Virtual Conference March 28-30, 2022. For more details, visit https://bit.ly/3loaVmU

If interested in the research forum, then checkout the Faith Community Nurses International presentation on March 30th (Wednesday) 2:45-6:45 pm EST Registration is required... see above web link.

Our Email Address:
ParishNurse@pittsburghmercy.org

We enjoy hearing from our E-Newsletter readers about your faith community ministries. Send an email with a short description of your recent church activity and we will include it in our section “News from You!” If you like, include a photo of yourself too.

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 us at ParishNurse@pittsburghmercy.org Thank you.
As we begin a new year, we continue to be challenged by COVID-19 and the Omicron Variant. As nurses, we need to continue to use scientific-based information when making decisions for our selves and loved ones and when communicating to our faith communities, healthcare consumers and patients. Please note that several nursing position and policy statements are provided in this month’s toolkit.


Faith Communities and Faith Community Nurses answering the call to serve our communities during the global COVID-19 Pandemic https://bit.ly/3JTivBc


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

⇒ See YouTube Video of the Pittsburgh Mercy Parish Nurse Documentation System at [https://www.youtube.com/watch?v=XNKGJx1Fex8](https://www.youtube.com/watch?v=XNKGJx1Fex8)

⇒ See our COVID-19 SCREEN for easy documentation of temperature, added check-boxes for symptoms and pertinent information. Plus updated REPORTS to allow for sharing with others as needed. See this brief YouTube link at on our website at [https://www.youtube.com/watch?v=e1u5WzlXWmM](https://www.youtube.com/watch?v=e1u5WzlXWmM)

Contact us! ParishNurse@pittsburghmercy.org  412-232-5815


Email us, if interested in our upgrade **Version 7.1** and our COVID-19 SCREEN.
Health Observances
To encourage others in whole-person health... balancing body, mind, and spirit. Note: This is not an inclusive list of all health observances.

- Birth Defect Prevention Month https://bit.ly/3w5mWCJ
- Cervical Cancer Awareness Month https://bit.ly/3bxQe3h
- Glaucoma Awareness Month https://bit.ly/3CPhqq8

- Age-Related Macular Degeneration Month https://bit.ly/3wbMw91

- Distracted Driving Awareness Month https://bit.ly/3JS1c6k
- National Alcohol Awareness Month https://bit.ly/3F4SueP

The next edition of “The Faith Connection” is March 2022. If you have news to share, please email us by Feb 10th. We love hearing from our readers!
REGISTRATION FORM: Day Retreat 2022
Pittsburgh Mercy Parish Nurse & Health Ministry Program
Theme: The Great Divide
Saturday, March 5, 2022 — 8:00 a.m. — 4:00 p.m.
Martina Spiritual Renewal Center, 5244 Clarwin Ave., Pittsburgh, PA 15229

Please send completed registration form with a check of $55.00 made payable to the Pittsburgh Mercy Parish Nurse & Health Ministry Program by March 1, 2022. Mail 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 Visit our website at 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____________________
___________ Your Unique Identifier (month and day of your birthday; 4 digits) used for our database entry.
□ I permit my name & organization to be published on 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 E-Newsletter, The Faith Connection.

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. For more information, contact the Pittsburgh Mercy Parish Nurse & Health Ministry Program at 412.232.5815 or email us at ParishNurse@pittsburghmercy.org