A Nurse’s Prayer

Loving God, Divine Healer of all,
grant me strength and courage
in my calling.
Give to my heart compassion
and understanding.
Give to my mind knowledge and wisdom.
Especially, help me always to remember the true
purpose of my vocation,
that of selfless service and dedication to the weak and
despairing in body and spirit.
Amen.

Unknown Author

The Art of Patience

Lord, teach me the art of patience while I am well
and give me the use of it when I am sick.
In that day, either lighten my burden
or strengthen my back.
Make me, who so often in my health have discovered
my weakness, to be strong in my sickness
when I sorely rely on Your assistance.

Author: Thomas Fuller
The Pittsburgh Mercy Parish Nurse & Health Ministry Program offered a spiritual retreat on Saturday, March 5, 2022 at Martina Spiritual Renewal Center in Pittsburgh’s West View area. A special “thanks” to Sister Donna Smith, SHS at Martina for providing a wonderful space and lunch. Our retreat facilitator, JoAnn Paradise brought her insight, expertise and creativity to this special group of twenty-three retreatants.

The purpose of this retreat was to spend time away from our busy lives and to focus on our relationship with the Creator. We learned about contemplative prayer and to pay attention to what emerges inside of us through our thoughts, feelings, actions, behaviors, and silence. By reshaping our spiritual practices, we can give God our joy and draw closer to our loving Creator who is our primary purpose in life. We build trust with God, ourselves and others so that we can explore new and meaningful approaches to spiritual disciplines. Each retreatant received a ‘toolkit’ as encouragement to practice one’s faith and draw closer to our delightful Creator. Each “toolkit” included items to awaken the inner child in us such as a spiritual journal, colored pencils, coloring Mandala, a small devotional book, a rock or wooden décor with inspirational words, and much more.

Many of us left our day together with a commitment for a deeper prayer life and an appreciation to our Creator for spiritual healing that is most needed during this challenging time in our world’s history.

We close our 2022 Retreat Reflections with a prayer from Joyce Rupp titled “The Weaver.”

I am the loom full of promise.
You are the divine Weaver.
The colorful threads you merge
Consist of my life’s components.
I do not see your interfacing
But I sense a steady movement.
As the cloth of love develops.
I trust in what you are creating
As the shuttle of your action
Lifts in and out of my loomed self.

National Day of Prayer... Thursday, May 5, 2022

The 2022 theme is based on Colossians 2:6–7 “Exalt the Lord who has established us.” To learn more about the history of prayer in America, small group prayer guides, and FAQs, visit this link at https://bit.ly/3rnSn9Z
One of the best events in faith communities in the summer months is Vacation Bible School (VBS). It is a time when faith community nurses can reach out to the families in their congregation and encourage healthy lifestyle habits. The summer months are great for healthy behavior change in nutrition since fresh fruits and vegetables are in season. Also, most children are playing outside more instead of indoors, so increased activity can be innovative and fun. VBS is a wonderful avenue for a faith community nurse to engage with the children’s ministry leaders and get excited about educational opportunities for both children and parents.

One example is for the faith community nurse to offer health-related education in topics that are kid-friendly such as hand hygiene, healthy eating, exercise and physical activity, proper mouth care (brushing your teeth), bicycle safety, and etc. These topics may be related to faith and health by intertwining them with a Bible story or parable. Sometimes, a fun, play skit can be done by the church’s teenagers, seniors, and/or pastoral staff. Another suggestion, is for the faith community nurse to distribute healthy snacks and drinks during the lunch break, and add in some fun educational tips such as the caloric intake of carrots with peanut butter versus potato chips.

To learn about more free VBS suggestions (i.e. themes, games, crafts, snacks, and music) visit this link at https://bit.ly/3L5RkU8

Racism in Nursing

Faith community nurses integrate faith, health and healing into their practice every day especially those who’s primary workplace is the faith community location. Congregants enter the faith community nurse’s office for counsel, spiritual listening, teaching, and support. Faith community nurses serve as role-models to nursing colleagues who have a strong desire to incorporate spiritual care into daily practice as they serve those in need such as the sick, poor, terminally ill, and bereaved.

As faith community nurses minister to the needs of health care consumers, it is also very appropriate for them to minister to nursing colleagues who have personally experienced an act of racism in the workplace. The American Nurses Association (ANA) is addressing racism in nursing after conducting a survey of nurses nationwide. The National Commission to Address Racism in Nursing will be releasing their full report in the next months ahead. Racism may be witnessed through a peer, patient, manager/supervisor, administrator, physician, and/or other coworker.

As we approach our annual Nurses Week celebration (May 6-12) let us all be more aware of racism in nursing via our workplaces, faith communities, neighborhoods, community centers, and other places of gathering. As faith community nurses, let us step out in faith and confront those who are spreading their selfishness and malicious words on others who may not have a voice. May we be advocates and attentive, spiritual listeners to our nursing colleagues who request our counsel as they deal with their challenges of racism in their work environments. Let us hold each other accountable and embrace a zero-tolerance for racism in our nursing profession this year 2022. To learn more about the Commission’s work on racism in nursing, visit at https://bit.ly/3uVcZsu
Pittsburgh Mercy Parish Nurse & Health Ministry Program offers

*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 Minsters, 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 Tuesday):** 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 must include:**
1) First & last name
2) Date of desired session
3) Email address
4) Phone number
5) Role/title and name of faith community and/or organization
6) City and state

**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 412-442-1951.

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**Mother’s Day, Father’s Day and Parenting**

Parenting toddlers and preschoolers is hard work. Some days seem longer than others especially when parents are rushed for time, working, and traveling during vacation months. Mothers and fathers of young children need encouragement and support from their faith community. They may even need some babysitting services for an occasional “Parents Night Out”, quick meal recipes, and inexpensive, fun activities at home and in the local community.

Faith community nurses and health ministers may be key resource persons to provide answers to overall health-related questions such as effective communication skills with young children, creating structure & rules, using Time-Out, and potty training suggestions. To learn more, visit this link at the Center for Disease Control & Prevention at https://bit.ly/3uliCKx
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 regarding 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, faith community 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 three (3) dates which correspond to the change in seasons:

1) **Summer Sun**— June 16, Thursday, 7:00 p.m. ET
2) **Fall Foliage**— September 13, Tuesday, 7:00 p.m. ET
3) **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 412.442.1951 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/organization

**AGENDA**

- Welcome
- Opening Prayer
- Candle Meditation
- Group Faith Sharing
- Closing Prayer
Overview: The Pittsburgh Mercy Parish Nurse & Health Ministry Program is facilitating a Virtual Book Journal Club which began on April 7, 2022. This activity is offered in a virtual format with 3 more sessions remaining in May. Participants do not need to be present for every session. 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. There is no cost for this offering. Each participant is strongly encouraged to purchase this book and prepare with daily readings to move forward in one’s spiritual growth. This sharing time is not problem-solving time, but for promoting whole-person health.

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.

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 our handout titled “Participant Welcome Letter” for review as well as the Zoom invitation. For questions or registration, please call 412.441.1951 or send email to ParishNurse@pittsburghmercy.org

*Week IV on May 5: The Broken Cup
* Week V on May 12: The Cup of Compassion
*Week VI on May 19: The Blessing Cup
Pittsburgh Mercy Parish Nurse & Health Ministry Program

Faith Community Nurse & Health Minister Preparation Course 2022

Foundations of Faith Community Nursing Curriculum
Westberg Institute for Faith Community Nursing

5 Dates: September 23 & 24, October 1, 21 & 22 (Fridays & Saturdays)

⇒ Hybrid course: virtual group format via all-day Zoom meetings as well as individualized self-directed online modules.
⇒ Class size is limited to 20 participants.
⇒ Open to registered nurses and anyone interested in whole-person health... balancing body, mind & spirit.
⇒ Early registration discount is available with course application.
⇒ Variety of course instructors and positive adult learning activities.
⇒ Limited, partial scholarships available upon request with application.
⇒ For course application and details, visit this link at https://bit.ly/36f6bfo

Every year the Pittsburgh Mercy Parish Nurse & Health Ministry Program asks the new Course Cohort to create and design a shadow box. Once completed, the Mercy Parish Nurse Team adds the new shadow box to their collection on the office walls. This tradition has added to the legacy of the Mercy Parish Nurse Ministry for the past 31 years (1991 to 2022). We are grateful to all our faith community nurses and health ministers who are serving in the spirit of the Sisters of Mercy and providing compassionate care every day. See our most recent addition which is the Cohort 2021 shadowbox. It is a special reflection of God’s love and joy. A special “thanks” to the Cohort’s art coordinators... Linda Burkett and Jane Sistek.

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 ministry 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 412.442.1951 or email us at ParishNurse@pittsburghmercy.org Thank you.
The author, Christine Aroney-Sine welcomes her readers to use their imagination, laugh, be playful, and join the fun in her new book “The Gift of Wonder.” The book helps us to embrace childlike characteristics to help us reshape our image of God as “a very serious, workaholic type of God.” The author offers fresh spiritual practices that engages our senses and helps us espouse the wonder and joy of life.

One reader states, “I trust Christine to teach me about wonder because she lives with playful curiosity—discovering beauty in the unexpected and the everyday details of life—and she writes with uncommon eloquence and simplicity.”

Christine is also the founder and facilitator for Godspace, an online community. She trained as a physician in Australia, practiced in New Zealand, and developed and directed the healthcare ministry for Mercy Ships.

To learn more about the author, book, and Godspace, visit this link at https://bit.ly/3JEWC7u

“Change” is one of the few constants in our world. We simultaneously love it and hate it. We dig in our heels and resist because we are not sure how to cope with a world that will be different. If we embrace the possibility of change and commit ourselves to become part of the change-making process, the experience is transformative, and the new habits we find bring joy.... page 49


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
⇒ 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

Contact us! ParishNurse@pittsburghmercy.org 412-412-1951

See our website for our Demo link at https://bit.ly/2JMKmbu
Email us, if interested in our upgrade Version 8.0 and our COVID-19 SCREEN.

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 wholeistic 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 this HMA link: https://bit.ly/2BaiGXc

See our website for our Demo link at https://bit.ly/2JMKmbu

Faith Community Nursing: Scope and Standards of Practice 3rd Edition

Co-published by the American Nurses Association (ANA) and the Health Ministries Association (HMA)
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.

- Arthritis Awareness Month

- Asthma & Allergy Awareness Month

- Better Hearing & Speech Month

- Celiac Awareness Month
  https://bit.ly/3sVKo5l

- Food Allergy Awareness Month
  https://bit.ly/3EEzTaY

- National Osteoporosis Month

- Mental Health Awareness Month

- National Cancer Survivors Day – June 5

- Alzheimer’s & Brain Awareness Month
  https://bit.ly/3K1hCFQ

- Men’s Health Month (see plan a wear blue event) https://bit.ly/3jTA9sW

- National Migraine & Headache Awareness Month
  https://bit.ly/3jS1wnn

- Post-Traumatic Stress Disorder (PTSD) Awareness Month
  https://bit.ly/38cITrK

- National Fireworks Safety Month
  https://bit.ly/3et3kQI

- Juvenile Arthritis Awareness Month

- UV Safety Month
  https://bit.ly/3k2PI1n

- World Hepatitis Day July 28
  https://bit.ly/3Ma5dRo

The next edition of “The Faith Connection” is July 2022. If you have news to share, please email us by June 10th. We love hearing from our readers!