



Concordia College

The Parish Nurse Connection

Winter 2012



Inside this Issue

Cross the World	2
NE Minn News	3
Plant Some Peace	3
Upcoming Events	4

Greetings from the Parish Nurse Ministry Program Director

Dear Friends,

My words today are a synopsis of a message that I provided on the theme, "Spirit Unsettled." The basis for this talk came from listening to the morning news. I found myself asking the question that many of you also ask — why is there so much "bad" in the world? I'm not sure how I would have responded had the announcers popped out of the TV and provide the answer! The lectionary readings were Job 30:16-31, Psalm 6, and Mark 5: 21-34. Job raises the age old question about suffering and the long wait for God's answers to the pleas for help and relief. The same cries are shared today. Why do innocent people suffer with afflictions and when will it all stop? Have you personally been there? Perhaps alone in your health care provider's office awaiting the pathology results, or being awakened in the middle of the night by a phone call from your friend who's spouse just died.

Suffering is deep and raw. So, where is the light? Marva Dawn (a theologian) says that we

always believe that if we could grasp some reason for the adversity we could accept it or be more patient. She says we need to change the why to what and where is God in the midst of this tragedy. We need to have faith!

The text from Mark brings forth this message of hope in the story of the woman. What courage she had to venture forth in the crowd and touch the robe of Jesus. What faith she had in His healing power. Such a wonderful and powerful message for all of us. It is by faith we continue our earthly journey until we are reunited in eternal life. AMEN! I wish the TV announcers would shout that message!

I feel so blessed to have the opportunity to work and journey with such a wonderful group of spirit-filled women and men. May God continue to bless your work in health and healing ministry.

Upcoming Basic Faith Community/ Parish Nurse Preparation Courses

- ♦ *March 12-16, 2012 at Luther Seminary in St. Paul, MN*
- ♦ *May 14-18, 2012 at Atonement Lutheran Church in Fargo, ND*
- ♦ *June 4-8, 2012 at The Good Shepherd Community Center, Sauk Rapids, MN*

Interested In Supporting the Parish Nurse Ministry program and Honoring Loved Ones?

You may make a gift to Concordia College and designate it to the Parish Nurse Ministry program by going online at www.cord.edu/give, and putting Parish Nurse Ministry in the designation line. You may also access the link through our web page. You can also mail a gift to Concordia College Advancement Office, 901 South 8th Street, Moorhead, MN 56562, or call 218-299-3733 or 800-699-9896. If you would like information about how to leave a gift for the Parish Nurse Ministry program through a will or bequest please contact the Advancement Office at Concordia College.



We continue to give thanks to the North-western Minnesota Synod for their ongoing gifts of financial support and to all the Parish Nurses and friends who gave a financial gift to the Parish Nurse Ministry Program. We are truly blessed to have the support!

Parish Nurse Scholarships

Vicki Nettetstad Memorial Scholarship is available for partial tuition for the Concordia College PNM basic preparation course. Please contact Marlene Batterberry at Faith Lutheran Church in West Fargo, ND at (701) 282-3309.

Cross the World: Making God's Love Visible, One Cross At A Time

I'd like to introduce you to a new ministry, Cross The World, which may help you give hope to the church and the world you serve. Pocket sized wooden crosses are made by a handful of volunteers committed to distributing them to everyone, confirming to the recipients that Jesus does love them and that He is real. Cross The World's mission is to remind everyone of the meaning of the cross ... that Jesus died to bring us forgiveness and eternal life. Crosses have been given to hospital, hospice and home bound; support groups and organizations; Bible camps and study groups; coffee shops; counselors; home care providers; community centers; Christian men's & women's groups; Sunday and Bible school classes; soldiers stationed in foreign countries; Christian retreat centers; jail ministries; and college campuses (they will now be provided through the Concordia College Parish Nurse Ministry Program). In addition, the crosses are gradually beginning to spread across the world through missionary outreach. You may already be thinking of individuals or organizations who would appreciate this ministry, which is guided by the vision that people don't care how much you know, until they know how much you care. As this is a natural dovetailing of parish nursing and Cross The World, please consider partnering to *'Make God's Love Visible, One Cross at a Time'*.

These wooden crosses are non-denominational, are not sponsored by any church body and are given free of charge (although donations to Cross The World are gladly accepted!). The quantity of crosses you can request is limitless, and, when you have distributed all you have, you may reorder at any time. While there is never a charge for the crosses, Cross The World must charge for shipping if it is necessary to ship (they can be picked up at our distribution center, located in West Central Minnesota, and there will be no shipping charge). Crosses are shipped in boxes of 100 and the shipping cost is \$15 per box, USA only. Orders shipped to Canada and other countries will be charged actual shipping charges. You can get additional information or place an order for crosses by calling Cross The World at 320-699-8168 or emailing harlows1percent@gmail.com.

Submitted by Carla Wehler, Parish Nurse, 320-974-3699, 14822 East Calhoun Road, Spicer, MN 56288.

Upcoming Presentation by Faith Roberts

Faith Roberts, BSN, RN, CRRN, will present "Keeping a Professional Presence in Time of Change" at the Sanford Nursing Symposium in Fargo, ND on May 3rd. Faith will also offer "Beyond Blood Pressures" as a special session for Faith Community Nurses where she will share new ideas for the parish nursing ministry. Faith is currently the Director of Parish Nursing for Carle Foundation Hospital in Urbana, Illinois. Faith has given over 2,200 presentations on the local, regional, national, and international level. She has spoken numerous times on spirituality, prayer and presence at both the Westberg and Health Ministries Association conferences. Faith has facilitated retreats for health ministers, parish nurses, clergy and women's groups.

News from the NE Corner of MN

I wanted to let you know of some changes in the Parish Nurse/Faith Community Nurse Ministry of the Arrowhead Region. As of November 2011, Ecumen-Lakeshore had decided to no longer provide the financial support for the Parish Nurse Coordinator Position. At this time our group is still functioning, with the Coordinator position being a volunteer role, and the office now housed in First Covenant in Duluth until we determine our future. As you all know, the parish nurse is of great value to those we serve, especially in a complex healthcare "world" where the point of entry can be confusing at times. Over the course of our 12 years with Lakeshore, our Peer Group has grown to 62 Congregations in all denominations in the 7 county region. One of my roles was to collect and gather data from the parish nurses, looking at those we served. For the first 3 quarters of 2011 over 15,000 people have been served through various visits or contacts (in 2010 we made 16,000+ total contacts).

God has been leading and giving time to "think". I had a jury duty obligation over the last few weeks which limited my availability for meetings. It allowed time for the "dust to settle" and contemplation on the situation at hand. I trust that God is in control and I do not know what He has in store for us – But I rest in HIM during this time of transition and trial. Our grouping has been in prayer and I personally have received so many words of support & encouragement from around the state. Thank you for your continued prayer support.

In His Service –

Pam Franklin RN, BSN, FCN

Parish Nurse Coordinator - Arrowhead Region

P O Box 16328, Duluth MN 55816 parishnursenemn@gmail.com 218-722-5451 (church office)

Plant Some Peace

“The kiss of the sun for pardon,
The song of the birds for mirth,
One is nearer God's heart in a garden
Than anywhere else on earth.”

~*Dorothy Frances Gurney, "Garden Thoughts"*

As I sit by my window and watch the snowflakes fall I am dreaming of the abundance of the spring. Visions of the verdant green of the tulips bursting out of their icy shells, and green beans exploding from the garden landscape dance like sugar plums through my daydreams. I eagerly await the arrival of seed catalogs like a child at the candy store. Gardening is a foundational part of my heritage. Some of my most treasured memories of my grandmother are of her hoeing in the garden in her floppy hat and sitting with her big stainless steel bowl shelling fresh peas for dinner. She could name every prairie plant in the region and list its Latin name. I hear her voice when I plant an heirloom seed and I cannot for the life of me figure out how her hollyhock grew so gloriously. For me, if summer had a taste it would be a red ripe tomato warm from the sun of the afternoon or a dripping handful of raspberries eaten from a hand stained with sticky sweet juice.

Gardening is not just a path to growing food for the table, but manna for our souls. Growing food connects us to our past, our neighbors, our planet, and our faith. God uses the story of the mustard seed, the fruiting vine and the branches to illustrate important concepts in his word because we have a very special connection to those allegories. In Genesis, Adam and Eve were not just placed in the garden, but charged to care for that creation. (“The Lord God took the man and put him in the Garden of Eden to work it and take care of it.” *Genesis 2:15*)

Some church communities across the nation are taking that charge very seriously and beginning to address the issue of stewardship for the Earth by participating in community garden ventures. Meditation gardens, ornamental flower gardens and vegetable gardens cared for by members of the church can provide places for worship, fellowship, and healing. Gardening is a universal activity that can include anyone who wants to participate. Elevated container gardens can provide ways to include elders with mobility issues or church members who are wheel chair bound. Sunday school children can participate in starting seeds. Extra produce can be shared with local food pantries, shelters or shut-ins. Different generations and ethnic groups in the church can all find a way to share their stories through gardening activities.

One special way that churches can be stewards of the earth is through the use of heirloom seeds. Heirloom seeds are open pollinating seeds that are true to their heritage. Often these seeds have been cultivated for generations of family gardens. One advantage of using heirloom seeds is that these varieties have often adapted over a period of decades or centuries to conditions in your region. Another advantage is that they are not hybrid. This means that if you save seeds from your garden at harvest time, the plants that you grow next year from these seeds will look and act the same as the “mother plant”. This is not true of hybrid seeds, which are often sterile or will result in “throwback” plants if saved and resown. There are several organizations that specialize in the saving and sharing of heirloom seeds. One such organization is Seed Savers Exchange in Decorah Iowa (<http://www.seedsavers.org/>). Another heirloom seed organization is Baker Creek Heirloom Seeds in Mansfield, Missouri (<http://rareseeds.com/>). We are charged by God to be his “hands in the world, to feed the hungry and comfort the lonely.” Gardening may be one small way to participate in this great vocational challenge. “God writes the gospel not in the Bible alone, but on trees and flowers and clouds and stars.” Martin Luther

Submitted by Connie Peterson, PhD, RN, PN

Associate Professor of Nursing, Concordia College

Publications

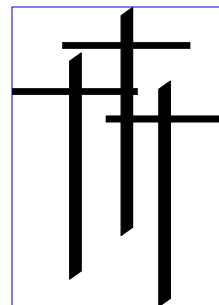
In the recent months there have been articles published on parish nursing/faith community nursing.

- † Fargo Forum, December 5, 2011, featured Bev Gravdahl at Olivet Lutheran Church, Fargo, ND. As part of the “It’s My Job” series she was interviewed on how faith community nursing makes a difference.
- † Fargo Forum, January 23, 2012, titled, “Mending the flock: Parish nurses promote health and wellness.” The article highlighted the PN/FCN program at Atonement Lutheran in a collaborative program with Sanford Health.
- † “Parish Nursing/Faith Community Nursing,” written by Jean Bokinskie, RN, PhD was published in the Feb/March/April 2012 issue of The Prairie Rose.

**Concordia College Parish Nurse
Ministry Program
Concordia College
901 South 8th Street
Moorhead MN 56562**

**Phone: 218-299-3825
Fax: 218-299-4309
Email: parish-nurse@cord.edu**

The Parish Nurse Connection



Upcoming Workshops and Events

- ◆ 3rd Biennial Innovations in Faith-Based Nursing will be held June 18-21, 2012, on the campus of Indiana Wesleyan University in Marion, Indiana. Abstracts will be considered through December 1, 2011. For abstract information go to www.indwes.edu/Nursing-Innovations.
- ◆ 2012 Avera Spirituality and Healing Ministries Conference, "Riding the Dragon: Strengthening Your Inner Life in Challenging Times." The event will be held on May 4, 2012 at the Holiday Inn City Centre, Sioux Falls, SD.
- ◆ The North Dakota Nurses Association will be celebrating 100 years of existence. The celebration will be September 21, 2012 at the Ramkota Hotel in Bismarck, ND. Topics include reflecting on the past and visioning for the future, genetics/genomics, and nursing in the social network. More information is available at info@ndna.org
- ◆ The Annual Sanford Nursing Symposium is planned for May 3-4, 2012. It will be held at the Ramada Plaza Suites in Fargo, ND. See page 2 for additional information.
- ◆ Spring Gathering sponsored by the Region 3 ELPNA will be held on Monday, April 30, 2012 at Luther Seminary in St. Paul, MN. For more information about the ELPNA, or the gathering go to www.elpna.org



In Memory

Darlene Steiger, PN at Alexandria Covenant Church, Alexandria, MN, passed away on December 19, 2011. Darlene was an alumni of the 1998 Fargo/Moorhead class.

Resources

- † Daily Text 2012! Orders are being taken through Mount Carmel Ministries, Alexandria, MN at 800-793-4311 or www.mountcarmelministries.com
- † The ND Cancer Coalition has available free cancer prevention and screening/early detection educational materials. See www.ndcancercoalition.org for more information. Contact Candace Getz at cgetz@nd.gov to receive cancer prevention information via e-mail.
- † The Fall 2011 edition of Caring Connections, an Inter-Lutheran Journal for Practitioners and Teachers of Pastoral Care and Counseling, is available at www.caringconnectionsonline.org This edition is focused on creating sacred space within health care facilities.
- † The new home for the IPNRC is the Church Health Center. You can still access the parish nursing/faith community nursing information at www.parishnurses.org
- † The updated "Faith Community Nursing: Scope & Standards of Practice" are available! ANA will be accepting pre-publication orders at www.nursesbooks.org or call 800-637-0323. Cost is \$19.95 (ANA members \$16.95).
- † The National Heart Lung and Blood Institute will soon be publishing the updated guidelines for blood pressure prevention, detection, evaluation and treatment (JCN 8). Watch for the updates at www.nhlbi.nih.gov