

NEW ZEALAND FAITH COMMUNITY NURSES ASSOCIATION CONFERENCE

Vaughan Park, Torbay, Auckland
16-18th October 2007

HAVE YOU REGISTERED?

To register or for more information
Contact Diane Webster: admin.faithnursing@xtra.co.nz

Long Bay



X

Vaughan Park is at this end of Long Bay

CONTACTS:

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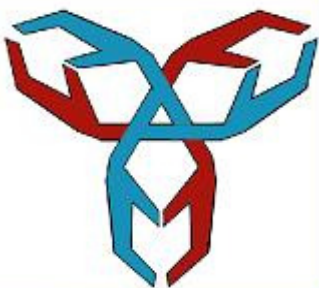
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Website: www.faithnursing.co.nz

New Zealand Faith Community
Nurses Association



Health Awareness Calendar

Check out this calendar at www.cpublichealth.co.nz.

You may be able to use it to coordinate health promotion within your congregation.

AUGUST

Save Our Sight Month

- 1-6 World Breastfeeding Week
- 6-12 Cystic Fibrosis Awareness Week
- 7 World Dental Day
- 9 International Day of Indigenous People
- 12 World Youth Day
- 31 Cancer Society Daffodil Day

SEPTEMBER

- Cervical Screening Awareness Week
- 2 Father's Day
- 3-9 ADD/ADHD Awareness Week
- 3-9 Epilepsy NZ Awareness Week
- 3-9 Multiple Sclerosis Awareness Week
- 11-17 Stroke Foundation Annual Appeal
- 14 Maori Language
- 24-30 Deaf Awareness Week

Focus your congregation on health

1. Use every opportunity to talk about health and healthy lifestyles, such as bulletins, church newsletters, bulletin board displays and other visible places.
2. Hold a health fair with health education and screenings for obesity, hypertension and diabetes and other lifestyle conditions/diseases.
3. Incorporate appropriate healthy activity into each meeting, program or event sponsored by the church.
4. Monitor church-wide meals for healthy menu choices.
5. Monitor your pot-lucks! Encourage your cooks to try new healthy recipes.
6. Start a cooking class for people who are unaccustomed to cooking. Recently single people (particularly men) may not have been the household cook and will need to learn how to cook healthy meals.
7. Start a congregational walking group. See if over a six-month period of time your group can walk to Bethlehem or Jerusalem. Keep a log of total miles walked by each congregant.
8. Encourage the youth group to engage in fitness and enlist their help with other age groups.
9. Teach age appropriate exercises - particularly balance and endurance exercises for older adults.
10. Be a health conscious example!

From the Office of National Health Ministries,
Presbyterian Church (USA).

IPRNC eNotes

*Praise the LORD, O my soul;
all my inmost being, praise his holy name.
Praise the LORD, O my soul,
and forget not all his benefits-
who forgives all your sins
and heals all your diseases,
who redeems your life from the pit
and crowns you with love and compassion,
who satisfies your desires with good things
so that your youth is renewed like the eagle's.
The LORD works righteousness
and justice for all the oppressed.*

Psalm 103:1-6 NIV

The River of Life

The river of life from the mountains does run
Through shady valleys and out to the sun
On through the city, under the trees
Wending its way down into the sea
Where fish abound in Tasman Bay
And where we see seals and dolphins at play.

Hilly tracks are there at its source
Becoming more gentle along its course
With bush birds high among the trees
To where the ducks can swim with ease
Then seabirds in the lower reach
dive and fish for food to eat.

We enjoyed our walks by the riverside
Looking around with civic pride
To see how well the banks had grown
With plants by keen Nelsonians sown.
While Gwynneth told us how and where
And in which planting she had had a share.

So when our climbing days were done
And we had time to sit in the sun
We reflected on the river bubbling along
Filling the air with its gurgling song
And watched the ships setting out to sea
on journeys unknown to you and me.

Gwynneth's earthly journey has reached its end
And although we may no longer see our friend
We know she is safe in her heavenly Father's care
With those she loves who are already there
and from her heavenly home she will see
Life flowing on through her family tree.

The Nelson Cathedral Parish Nurse team cared for and were cared for by a special lady who recently died. The connection went back to 1998. One team member, Maureen, kept in touch at least twice a week and they spent many special moments – walking, praying, attending worship together and generally sharing their lives. She wrote a poem to share with the family and it was requested to be read at Gwynneth's funeral.

Maureen wrote;

At the time the new cathedral windows "The River of Life" were installed Gwynneth was not well and missed seeing the windows. As she had a birthday about that time we printed a card for her with a photograph of the windows and I wrote her a poem. I adapted the poem when Gwynneth died and we sent a similar card, plus poem to the family.

Education

Otago University has this paper available as part of their summer school

SOWX 501 Spirituality in the Helping Professions (distance)
Department of Social Work and Community Development

An introduction to the concept of spirituality as a component of competent practice within the helping professions and to the frameworks for understanding the role of spirituality within professional practice and its implications for helping professionals.

This is on spirituality though not necessarily from a Christian viewpoint.

For more information see:

http://www.otago.ac.nz/courses/summer_school/papers/SOWX501.html

Check out your local Schools of Nursing as they often have short courses on a variety of topics.

Websites

Depression Matters Newsletter

This newsletter contains information and resources from the Depression Matters Campaign.

Their website is: www.depression.org.

There is also a depression campaign e mail group where you can keep up to date with the campaign, share ideas, network with others etc.

To sign up email: nationaldepressioncampaign-subscribe@googlegroups.com

Parish Nursing: Nurturing Body, Mind, Spirit, and Community

This article by Ingrid Brudenell, R.N., PhD was published in Public Health Nurse, Vol 20, Issue 2 March 2003

It is available from: www.blackwell-synergy.com

By subscribing to this site you can have access to a large number of nursing journals.

This is a clip about **UK Parish Nursing**.

<http://www.youtube.com/watch?v=gkGMMhn4IGk>

NZNO Library Newsletter

This is a free online newsletter published by the NZNO Library twice a week. Anyone is welcome to subscribe to the newsletter, but only members and staff of NZNO can request electronic or print copies of the items listed. <http://www.nzno.org.nz/tools/email.aspx?SECT=Library>

From the Editor

Well the year is flying past; my life seems to be getting busier and busier. I recently spent a weekend on retreat with the women from my church and it was a wonderful time to just slow down and spend time with God.

Diane Webster has been doing a brilliant job as the national coordinator, she has recently been to Auckland where she and Margaret Chiaroni spoke with the Catholic Bishop about Faith Community Nursing.

Have you registered for the conference yet? We have a great program with a variety of speakers. This is an opportunity for you to learn and to grow, and to develop new friendships with likeminded people. It is also time to stop and catch your breath.

See you there,

Kris

Please Pray

- † For the board as they plan the October Conference, that they would know God's leading
- † Pray for the Speakers, for those travelling from overseas.
- † Pray that nurses who feel called to the FCN ministry will be able to attend.
- † For Diane as the National Co-ordinator as she works so hard On our behalf



Grant that I may not pray alone with the mouth; help me that I may pray from the depths of my heart.

Martin Luther 1483-1546



NEW ZEALAND FAITH COMMUNITY NURSES ASSOCIATION CONFERENCE 2007

'Gaining altitude for a clearer vision!'

Isaiah 40:31

Registered nurses working within pastoral teams have the privilege and responsibility to promote holistic health in their faith communities.

This is a demanding role requiring spiritual maturity, professional experience and highly developed communication skills.

This conference will provide opportunities for the following:

- *How to stay spiritually healthy*
- *Explore your spiritual gifting*
- *Develop your professional skills and talents*
- *Introductory modules for Faith Community Nurses*
- *Time out for reflection, refreshment and opportunity for ministry in prayer*
- *Enjoy national and international networking*

INTERNATIONAL SPEAKERS – *Dr Anne Van Loon-Australia; Debbie Hodge-UK*
Plus NZ GUEST SPEAKERS

WHERE: Vaughan Park, Torbay, Auckland
www.vaughanpark.org.nz

WHEN: 16-18th October 2007

FURTHER DETAILS AND REGISTRATION:

Email: admin.faithnursing@xtra.co.nz
Web Site : www.faithnursing.co.nz

“But those who hope in the LORD will renew their strength; they will soar on wings like eagle; they will run and not grow weary, they will walk and not faint”.

Isaiah 40:31