

# NZFCNA Newsletter

December 2011

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## *From the Chairperson*

I had the privilege of attending the International Council of Nurses Conference in Copenhagen in 2001, and among the many delightful memories is the way the President of the Danish nurses greeted us all at the Opening Ceremony. "Dear nurses" she addressed us, using the term over and over again in her speech. I was charmed, and felt affirmed, valued, and yes, loved. And so I address you at the end of this year of upheaval and change:

Dear nurses – dear to each other in our Association, dear in our families and communities, and dear as members of the largest single group of professional women in the world. What a force for good we can be. I know that in your work you exemplify the Nurse of faith and that you are doing all that is possible to improve health in all aspects Thank you.

I reflect that the initials of our association could remind us of 3 aspects of our work. **F** for fidelity, an old-fashioned word that expresses our faithful (and Faith-ful) commitment to those we serve in Christ's name; **C** for compassion, reminding us that we begin our work in compassion, without judgement, responding to need and trusting in God's direction in our work; and **N** to refer to nurturing, the nurturing of ourselves so we have the resources to do our work, the nurturing of each other, recognising that we have different skills and life situations.

This has been a challenging year for our Association and for our members. The February and continuing quakes in Christchurch; floods several times through the year and the constant uncertainty in the global economic situation mean that individuals and communities have been very stretched and stressed. We know that FCNs in Canterbury have made a real difference in people's lives, and that the churches and the community in general are more aware of the value of this work. Thank you all.

At the same time our organisation struggles to do the work we'd like to do for members. With a 'core' membership of about 30 – 40 nurses, with our small annual membership fee of \$50.00, and our increasingly busy lives, we began to reflect on how we could (and should) use our resources to advance our aims. The strategies and goals we'd developed at Waikanae 5 years ago remained out of reach, despite our attempts to get them moving. We engaged Margy-Jean Malcolm, an expert not-for-profit organisations, to help us review our current situation and plan our future. The Board met with Margy-Jean in September, together with some of the Regional Coordinators. We became aware of the smallness of our association, and the limits to the scope of what we could realistically achieve. We learned that all organisations go through 'life cycles' and that regular review as membership and social contexts change is essential. Immediately, we have set our focus on providing very good support for the new FCN (currently being developed), and will ensure we strengthen and build out from the areas where we are flourishing regionally. We'll be setting priorities early next year.

When I reflect on this year in which so many people have been displaced through natural or human actions, I remember how Joseph and Mary took their new baby to a safe place, to escape King Herod's threats. They were refugees, too, and had to trust that the stranger would offer hospitality. May we offer a safe heart and hands to those in need, serving Christ in all His people.

May all the blessings of Christmas be with you and your families.

Elizabeth



## *Canterbury Regional Workshop Report*

I attended the Canterbury Regional workshop held on the 3<sup>rd</sup> September, at Kaiapoi Baptist Church. The title was “Building Community post EQ” and was based on the scripture from Haggai 2: 6-9..... The latter splendour of this house shall be greater than the former and in this place I will give prosperity, says the Lord of hosts, I thought a very appropriate title for the people of Canterbury.

About fifteen people were welcomed and the day began with prayer. Pastor Paul Askin shared “the lessons he learnt while leading in a time of disaster”. He reminded me that always God is at work even in a disaster; that opportunities are afoot and we need to be prepared. I was challenged with questions i.e. “What is our theology during a disaster” “What does it mean to be a Christian?” “What is the spirit saying to the church?” In practical terms he highlighted that we need to prioritise what we can do and we can’t do; we need to get a plan and get going; to watch out for the don’t list which are not helpful and value your community and friends as they are your support in a time of disaster. Paul had differently experienced a once in a life time experience.

Diane, the Regional Coordinator challenged the faith nurses present to think about the sustainability of their practice, from vision, to role, to set up process and actual practice. Lesley illustrated this through her job description for her specific church community matching it with her specific nursing skills. She highlighted that funding for her Faith nursing practice will come from her “church trust” but if we seeking funding outside of the church, the nursing practice will need to meet the requirements of the funder. This was a very informative session and answered some questions I had.

After a very health lunch and much talk, Kathy Caughey spoke to us on the “Art of Listening” and highlighted that the art of listening is a lot more than hearing. It is a spiritual moment where listening is saying “I acknowledge what is going on for you. The art of listening empowers people by validating their story. It’s about being ‘present’ and being still in yourself. It’s not about having the answers or problem solving which was a great sense of relief for me. She challenged my own culture of listening and how do you show people you are truly listening. This was a great session and as listening is huge part of my nursing assessment skills I really needed to learn this art.

Glenys Webster followed up with shared her knowledge and experience on setting good boundaries using the biblical story of the Good Samaritan. She highlighted that we are all on a spiritual journey and God is about intervening in to our lives; that we are not responsible for people’s journey but only responsible for our input at the time. She suggested that there was a power differentiation between a nurse and client so therefore we need to set good boundaries. She highlighted her list of the ten commandments of good boundary keeping, and how areas of care giving become blurred. It was a great exercise to break into small groups and discuss potential scenarios.

All in all I had a great day with my colleagues, sharing our stories and life; walking the streets of Kaiapoi and feeling connected to that community; enjoyed an evening meal together and feeling the unity and friendship of the group.

Thank you to all.

## *Auckland Regional Workshop Report*

The Auckland Regional Workshop was held on 19th November at Selwyn Village.

There were twenty two attendees, including four from the Waikato, and one from Whangarei.

The theme was

**HEALTH – FAITH – CRISIS:** How can a Chaplain guide the Faith Community Nurse's practice?

Isabel Mordecai opened the day with prayer.

Our speaker was Rev. Michelle Shin, Hospital Chaplain at North Shore Hospital.

Michelle gave us an overview of the history of hospital chaplaincy in New Zealand, and the overall structure of the chaplaincy service. She explained their training and their work;

Hospital Chaplains address the spiritual, emotional and pastoral needs of patients particularly where their illness has presented a major threat or trauma (spiritually and emotionally) and which may render patients and/or their whanau/family vulnerable.

They offer spiritual care in the clinical setting. "Spiritual care" is to do with issues of meaning, hope, and transcendence that are often more pronounced during illness, injury, birth and death.

Michelle spent some time on the topics of a person's spiritual history, and spiritual assessment .Her presentation was very informative and she pointed out ways we could help as FCN's in referring people and the information that is helpful in the referral.

After lunch we broke into workshop groups to discuss various scenarios and also issues that Michelle had raised, facilitated by Elizabeth Niven. We used the Spiritual Assessment tool to help us decide on an appropriate course of intervention for the person. This session was very helpful and led to a great deal of discussion.

We then had a general session about what was needed for next year, what topics would be helpful for a workshop, and what type of support we could provide one another.

The day concluded with reflective prayers on the day from Revd. Charles Tyrrell; Patron of NZFCNA.

It was a very enjoyable and informative day, and we are planning to run another regional day next March.

Kris Telfer



*"Glory to God in the highest heaven, and on earth peace to those on whom his favour rests."*

*Luke 2:14 NIV*

## Coming up in 2012

♥ The NZFCNA Conference will be held later in the year, Look out for information and dates. The conference is always a place of great learning and of fellowship with one another.

♥ The Auckland region is planning another workshop in March. More details, dates etc to come.

## A New Year's Prayer

May God make your year a happy one!

Not by shielding you from all sorrows and pain,

But by strengthening you to bear it, as it comes;

Not by making your path easy,

But by making you sturdy to travel any path;

Not by taking hardships from you,

But by taking fear from your heart;

Not by granting you unbroken sunshine,

But by keeping your face bright, even in the shadows;

Not by making your life always pleasant,

But by showing you when people and their causes need you most, and by making you anxious to be there to help.

God's love, peace, hope and joy to you for the year ahead.

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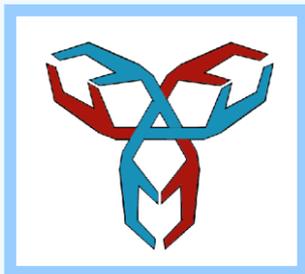
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## *From the Editor*

This will probably reach you after Christmas so I trust you all found time to pause and marvel at the nativity story, the birth of our Saviour. This has been a hectic year for me and I am looking forward to some rest and time to slow down, to be still, and be attentive to God, and what he might be calling me to in the coming year.

“The LORD bless you and keep you;  
 the LORD make his face shine on you  
 and be gracious to you;  
 the LORD turn his face toward you  
 and give you peace.”

# HAPPY NEW YEAR

*Kris Telfer*