

A NOTE FROM THE BOARD

The sustainability theme of our last conference has been something that the Board has been keeping in mind as we work our way through the business.

We are now well into 2015 and the Board has had their first meeting of the year. We are planning the next conference which will be in Christchurch in September. It is planned to be held on one day but a very full day, so plan to be in the city from Friday evening ready to start early on Saturday and finish late that day. If there is sufficient interest we will organise an informal networking day on the Sunday.

We are also working on transferring our Board working to Office 365, so getting a step ahead in the technology stakes. As we are all working remotely with very few face to face meetings this is a necessary step for us to be sustainable as a Board.

Unfortunately Diane Webster has had to resign from the Board, we are extremely appreciative of all that she has contributed over so many years, many thanks Diane. For the time being Diane has also stood down as National Outreach Co-ordinator and Board members are endeavouring to keep in touch with the FCNs in practice around the country. Please contact Shirley or any board member whose details you have if you would appreciate a call. FCNs you continue to do an amazing job, thank you all so much.

May God continue to sustain and strengthen you in this valuable ministry.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us. *Ephesians 3:20*

Helen Vaughan
Deputy Chairperson

FCNs are in a great position to promote initiatives like this.

START A CONVERSATION THAT COUNTS

16 April is Conversations That Count Day, to raise awareness about advance care planning so that people start thinking, talking and planning for their future and end of life care.

It might not be easy to start a conversation about the end of your life, but it is important. You can live out the end of your life just the way you would want.

This starts with talking about what you want with your partner, a mate, with the girls over lunch, at the kitchen table or with the whanau around the barbie.

What people are saying about Advance Care Planning:

"what a relief to finally talk about what I was afraid of, my daughter and I now have a plan to make sure I am not alone"

For more information go to:
<http://conversationsthatcount.org.nz/>

An article by

ROS VERCOE RN

Scholarship recipient to attend NZFCNA Conference 2014 in Wellington

I consider it a real privilege to have attended the Faith Community Nursing conference and sincerely thank the board for the scholarship which enabled me to be part of this amazing experience.

My purposes for wanting to attend conference were to discover more about the role of a Faith Community Nurse, how FCNs function in different areas, network with those already in FCN roles and to determine if the concept I have for a position fits under this model. Those purposes were fulfilled and more.

I really appreciated the retreat before we approached the main part of the conference. This allowed time for me to be able to leave behind what I had left at home, to focus on what was in store for me at the conference. The different activities that Heather used to direct our time in such a beautiful setting was powerful and meaningful.

Having not started in the FCN role yet, I felt that the conference title and information delivered, has provided me with a solid foundation on which to ensure my practice will be sustainable. Simon's analogies and practical processes have given me strategies that I will definitely put in place in my life/faith journey as well as my nursing practice.

The flowchart of the structure of FCN gave me understanding of the roles and functions within the New Zealand Faith Community Nursing

Association. It assisted me to understand how the bigger picture relates to nurses working within their faith community and the support that surrounds this.

I found the documentation/confidentiality session useful discussion for me to explore what is appropriate in the FCN role. I can see the difficulties that arise between being part of the faith community and friendship versus the role of nurse having privileged information of someone in that community and the tension this creates. Although my role will be predominantly with the wider community rather than my faith community, there will be times when I will be called on for my advice and input into the lives of those in my Church. It would also be one of the aims that some of those I assist will become part of our faith community.

The FCN stories that were presented as well as those shared informally were a great challenge and inspiration. They were all different in their issues and outcomes but all had the similarity of God using His people and their gifts to benefit those in need.

Attending the conference has heightened my enthusiasm to pursue the dream of using my nursing skills in a community setting under the auspices, support and blessing of my Church. I am excited about being able to use the 'unique and privileged position' of being 'bilingual in faith and health'. We are still waiting on funding but we know that it will all come into being in God's timing. In the meantime, I will continue to be inspired by the stories and people from conference and prepare as much as I can using the rich resource base of NZFCNA.

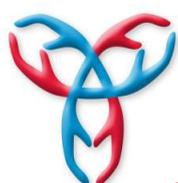
from *In Touch* January 2015

A WORD ON PRAYER

Prayer is not a convenient device for imposing our will on God, or for bending his will to ours, but the prescribed way of subordinating our will to his. It is by prayer that we seek God's will, embrace it, and align ourselves with it.

Every true prayer is a variation on the theme 'Your will be done'. Our Master taught us to say this in the pattern of prayer that he gave us and added the supreme example of it in Gethsemane.

- John Stott, in *The Letters of John*



"Faith Community Nurses aim to encourage, promote and provide effective health ministries within their churches and wider community"

FROM OUR MEMBERS

Article by Janet Hogan published in

WAR CRY

Salvationists Janet Hogan (Sydenham) and Ros Vercoe (Nelson Tasman Bays) had the privilege of attending the recent New Zealand Faith Community Nurses Association conference in Wellington.

Major Heather Rodwell, The Salvation Army's Spiritual Growth Leader opened the weekend by way of a Spiritual Retreat. New skills re stopping and resting in God were learnt. This laid the foundation for the action packed conference which followed. The theme was "Sustainability of Practice". Those present were reminded that to keep on keeping on, this means maintaining one's relationship with God. The nurses had the opportunity to up skill their nursing knowledge as it relates to working with faith congregations and their wider community. They also had plenty of

opportunities to experience the presence of God in Wellington's wonderful St Pauls Cathedral.

Although Faith Community Nursing (Parish Nursing) is not common in The Salvation Army in New Zealand it is in some overseas countries. It is about the Nurse working with those referred to her with the "eyes, ears and caring heart" of a Christian. For they see spiritual health as being an important part of one's overall wellness.

Janet has been elected to the National Board of this group of dedicated Christian Nurses. She sees Faith Community Nursing as a branch of Chaplaincy.



An article by

MEGAN HUNT RN

Scholarship recipient to attend NZFCNA Conference 2014 in Wellington

I was blessed to be able to attend the Community Faith Nursing Conference in Wellington.

I found the three days refreshing, inspiring and informative. I thoroughly enjoyed the fellowship with other Christian Nurses from all over New Zealand. Everybody was so welcoming and encouraging. I admire the work you do in the Parishes as Registered Nurses, often in a voluntary capacity. It is truly admirable.

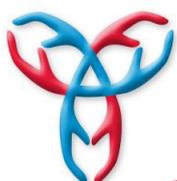
I appreciated the retreat day on Thursday as this enabled me to



have some quality time with God and reconnect with Him at a deeper level. I have found Simon's "Hula Hoop exercise" beneficial and will continue to use it. If you don't know what the "Hula Hoop exercise" is, I recommend you ask somebody who attended.

I returned to work with a renewed passion and enthusiasm for nursing. The conference highlighted again what is privilege it is to care for people and that we are 'God's hands and feet'.

When it is the right time for me to become a Faith Community Nurse I'm sure it will happen. It was stressed that it is imperative to have a strong foundation before starting. There are endless opportunities for Faith Community Nurses. I am excited about what the future holds for me and what God has planned.



"Faith Community Nurses aim to encourage, promote and provide effective health ministries within their churches and wider community"

NEWS FROM NELSON REGIONAL NZFCNA MEETING IN FEB

There were nine members present, they shared about their local initiatives including

- a 'Living Alone' programme,
- involvement in supporting the driving assessment of a client,
- a trip out for older people including a walk beside the river,
- supporting an older person post-fall in making decisions about relocation of her home etc.
- a store of equipment eg commode
- help after older person fell.
- the start up of a foot clinic called the 'Foot and Soul' clinic following a visit to Noreen Wright FCN in Christchurch. The Churchill Trust donated \$1000 to set up the foot clinic and the local Lions assisted with hire of hall costs.

General discussion afterwards suggested writing up about our initiatives for local newspapers and for LOGIC. Also noted it would be helpful to share these projects to encourage other FCN's.

Availability and Self-Care session

The question was asked "**Who does your role when you are on leave if you are the sole FCN?**"

Discussion included: Giving Healthline number is an option for medical concerns. Use of pastoral care team. We should be indispensable! We are not an emergency service so those we work with need to know that there are times when we are unavailable. What about vulnerable people with reduced links with church? Experience tells us that we need to remind clients of that – if an emergency then need to ring 111 even in rural setting. Use of mobile community team for mental health issues. Important to know our resources. There is an issue of boundaries and identifying who has the duty of care. Jacqui said they call it 'passing the risk'. Good idea to inform those needy clients of holiday dates. Give a card with list of handy contact telephone numbers (perhaps with magnet) for whilst you are away. There is a need to lobby the hospital so discharges are not made without care in place for that particular day.

Thank you to

Baptist Churches of New Zealand

baptist

MAGAZINE

2014 NZFCNA Conference article published spreading information to Baptist parishioners on the work of Faith Community Nurses.

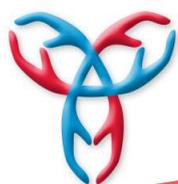
I am a
Christian. 
You can ridicule me.
You can torture me.
You can kill me.
But you cannot
change my mind.

CREATING WELCOMING CHURCHES

- a disability resource for faith communities was launched recently in a poignant service of blessing at Auckland's Holy Trinity Cathedral.

The Rev Vicki Terrell, who chairs the Disability, Spirituality and Faith Network which produced the resource, says the aim has been to create "...a practical guide on how to make church environments more accessible to *all* people – including people living with disability."

For more information go to:
[New Zealand Disability Support Network](#)



"Faith Community Nurses aim to encourage, promote and provide effective health ministries within their churches and wider community"

2015 NZFCNA Annual Conference

"I HAVE COME THAT THEY MAY HAVE LIFE,
AND THAT THEY MAY HAVE IT MORE ABUNDANTLY."

JOHN 10:10

Living in the fullness of life.

Save the Date: Saturday 12 September 2015

Venue: St Christopher's Anglican Church, Warren Hall,
244 Avonhead Road, Avonhead, CHRISTCHURCH

Book Now: Book your holidays now to take advantage of any cheap travel deals that come up.

Travel on Friday for an all-day conference Saturday then home on Sunday.
We could arrange an informal network day on Sunday if interest is shown.

CONFERENCE 2015

For NZNO members check out the NZNO Website for grants that Registered Nurses could apply to for funding for Travel to Conferences

A new resource available from the Christian Medical Fellowship in the UK

THE HUMAN JOURNEY

If you are part of a church, a healthcare professional, or a student and want to think biblically about health, The Human Journey is for you.

We all have questions and concerns about our health. *Should I have an abortion? Am I eating too much? Why am I so depressed? Why can't we have children? Who will care for me when I'm dying?* "The Human Journey is designed to help you think biblically about these and other matters of health and wellbeing."

<http://humanjourney.org.uk/about-the-course/>

A free resource for churches

THE MENTAL HEALTH ACCESS PACK

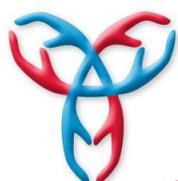
One in four people experience a mental health problem at some point in their lifetime.

This is as true for those in the church as anyone else. It can be hard to know how best to support those with mental health issues.

Livability and Mind and Soul have teamed up to provide this free resource to:

- equip you with knowledge and advice, from medical, psychological and theological perspectives
- help you support those in your community who are struggling with mental health issues
- help you to discuss issues and share ideas surrounding mental health and the church

<http://www.mentalhealthaccesspack.org/>



"Faith Community Nurses aim to encourage, promote and provide effective health ministries within their churches and wider community"

PARISH NURSING

Stories of Service and Care by Verna Carson and Harold G. Koenig

This excerpt is from Vickie Morley's story on page 73 of this book.

Vickie is recounting how many in her church became involved in caring for a suicidal young woman.

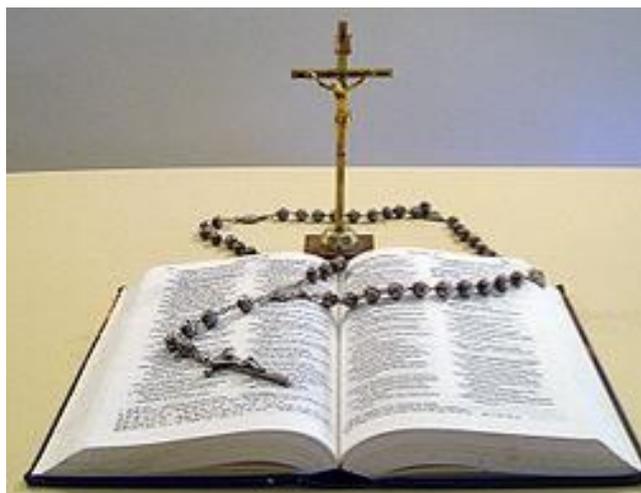
“For me, I saw the body of Christ come alive and support this young woman back to health. I saw true collaboration with professionals from our local mental health community. I saw God doing for me, our church, and this family what we could not do for ourselves. This experience changed the way I practice faith community nursing. Now I know that I do not have what it takes to be a faith community nurse; but thank goodness, God does. I am too weak, but He is strong. I am without answers to many questions, but He is the God of knowledge, wisdom and power.

I learned that as faith community nurses, God has not called us to do what we are able to do. He calls us to what we are unable to do *without His help*. He calls us to see the invisible, and to do the impossible. If we are able to do it, then we often become prideful and self-sufficient, and we do not lean on Him. There is no “security” in what we are doing....only in Who God is. Only when trusting in the nature, goodness and provision of God will we be able to sustain a practice of faith community nursing over the long haul, which is truly healing for us and for those whose lives we are privileged to touch. However, we will only do these things if we are secure in the nature of God, not ourselves.”

While talking to one of our nurses she told me of an occasion where she was right outside her comfort zone but she had asked for prayer before entering this zone and whilst in it she was aware of words coming out of her mouth that she knew were of God, and that God was in control of this scary situation.

This story and the excerpt above, brought home to me once again what a special ministry this is.

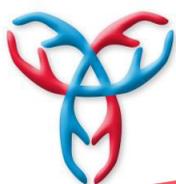
Helen Vaughan



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