

# Christchurch Seminar

## JOURNEYING WITH FAITH NURSING

New Zealand Faith Community Nurses Association's (NZFCNA) annual Seminar was held at Avonhead Baptist Church, Christchurch on October 28<sup>th</sup>. Twenty three nurses attended from Auckland to Gore,

Each nurse was there to join in an educational, physical and inspirational Journey; in Faith Community Nursing.

Lesley led the way with a time of praise and thanksgiving to God, recognising He has given the privilege to serve Him in many, varied ways, through nursing skills and providing spiritual support.

Elaine Tyrrell FCN Board Chairperson traced the development to the present day, of Faith Community Nursing, often known as Parish Nursing. She highlighted the International connections New Zealand Faith Community Nursing Association has with World Nursing Forums and International Parish Nursing in the USA and UK.

Five practising Faith Community Nurses answered prepared questions which highlighted varied applications of practice each had in their work with 'how we did /do it' type stories. Valerie reported on a recent visit as the NZ delegate to the USA International Parish Nurses Conference in Missouri.

The keynote speaker, Dr. Elizabeth Niven, from UNITEC Auckland, introduced the area of ethics in Parish Nursing, and self care for the Nurse, identifying risk factors for burnout with lively interactive scenarios.

*Continued overleaf*

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Generous tea and meal breaks gave opportunity for networking, and were greatly appreciated. Posters and descriptions of FCN programs were available to study.

The Journey literally had us on the move with two sessions of gentle exercises to music being a demonstration of services provided by a member of the Nelson Parish Nursing Team.

Faith Community Nurses in Avonhead, introduced their very effective 'foot clinic' whereby 150 plus elderly people in the neighbourhood receive regular foot care and a chance for a chat in the clinic at the church.

Wyatt Butcher, Mental Health Chaplain, explored what "recovery" and "hope" looked like for the mentally ill. He identified ways to help in the process to attain these goals through supporting clients with mental health issues in community.

Rev. Lionel Brown of the order of St. Luke took us on a contemplative journey as he showed how the ministry of prayer can be instrumental in clients receiving a touch from God.

Late in the afternoon, the AGM for NZFCNA was held and officers elected for 2006/2007 and new initiatives introduced. A new role of Coordinator was created and Diane Webster willingly accepted that role.

After the evening meal the group met to spend a few moments in devotions as we recognised the Lord of the Journey. He set before each Faith Community nurse an 'open door' and each joined in prayer asking the enablement from God, who goes out ahead, encouraging each to 'follow' on the Journey with Him.

*Dorothy Finlay - RGON, FCN*



*Margaret receives a foot massage as the Avonhead FCNs demonstrate their foot clinic.*

## **NZFCNA BOARD for 2006-07**

Elaine Tyrrell – Chairperson  
Diane Webster – Treasurer/Secretary  
Lesly Askin  
Dorothy Finlay  
Joan McManus  
Jane Maries  
Kris Telfer

Diane Webster has also been appointed as the National Coordinator.

At the conclusion of our seminar Dorothy led us in a time of worship, which included these scripture verses and reading.

*"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."*

*Jeremiah 29:11 NIV*

### **"According to mine eternal purposes"**

*"Hold thou fast, for lo I am with thee;  
Stand thou still, for I am thy God.  
Be thou quiet before Me.  
For I have arranged all things for thee  
according to My good will,  
Yea, according to Mine eternal purposes*

*For I have purposes and plans and desires  
which reach far beyond the present view  
Thou seest as it were the immediate situation,  
But My thoughts for thee and My planning for  
thee embraces eternity.  
Yea, thou art in My hand,  
Rest there and leave all else to Me.*

*from "Come Away My Beloved" by*

*Frances J. Roberts*

*"These are the words of him who is holy and true, who holds the key of David. What he opens no one can shut, and what he shuts no one can open. I know your deeds. See, I have placed before you an open door that no one can shut. I know that you have little strength, yet you have kept my word and have not denied my name."*

*Revelation 3: 7-8 NIV*

## *Annual Report of Parish Nursing in New Zealand, Aotearoa 2005-2006: Chairperson Report, NZFCNA*

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This has been a year of consolidation and reflection. Parish nurse ministries have commenced in several areas and denominations following the success of the annual training conference in Waikanae, in September 2005. It often seems that we have to wait God's timing as ministries have not commenced immediately when a particular nurse or parish catches the vision. The lesson has been learnt that the minister, nurse and fellowship need to be in agreement and everything then "falls in to place".

Some parish nurses have retired so there are potential vacancies in some churches and others are about to start on the journey, the latest being at All Saints, Nelson where a Health Care initiative rather than a parish nurse model is being commissioned on Sunday, 29<sup>th</sup> October 2006. Wendy Scott, a nursing tutor from UCOL was working in a rural parish in Palmerston North but having completed training for the ordained ministry, she now cares for her parishioners in Levin in the role of priest rather than parish nurse. We are thrilled that she has remained on the Board of NZFCNA. Doug Browning in Dunedin is exploring the role of parish nurse in the Elderly Care sector under the auspices of the Anglican Church and has acted as our publicity officer. Dorothy Finlay has finally started the role of parish nurse for an Elim church in Tauranga having originally trained with NZFCNA in 2003. She has brought a wealth of knowledge from her missionary background and worked faithfully for the Board since joining NZFCNA.

Our regional coordinators have sought to support our nurses scattered throughout New Zealand and they now have information packages which they can share with new enquirers. However the most valuable form of contact established in the past year has been the development of our web site on [www.faithnursing.co.nz](http://www.faithnursing.co.nz) thanks to the hard work of our Secretary, Diane Webster and the skills of our web master, Mary Bessant. We have used this to promote our annual conference on October 28<sup>th</sup>, held at Avonhead in Christchurch. Elizabeth Niven, tutor at Unitec and NZFCNA Board member, is to be our guest speaker together with the Revd Wyatt Butcher.

In March 2006, the Board met in Wellington for a Strategic planning meeting led by Revd Duncan Macdonald. It was challenging to establish our mission statement and values and set goals with specific objectives to be worked out for the next three years. We were grateful for Duncan's ongoing support and also the financial gift received from a Christian businessman who recognises the value of our work.

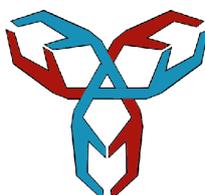
We again acknowledge the financial support which we receive from the Anglican Church through the Inter Diocesan Conference, as it helps us fulfil our need for publicity, the development of resources and the support of nurses with less means to attend educational opportunities.

Our first member of NZFCNA to attend the Westberg Symposium in St Louis, Missouri, is Valerie Sirett, who has been the Parish Nurse at Nelson Cathedral since 2003. She has been funded by the Roy Trust of Nelson and will be able to attend the Global Forum being held with nurses from UK, Australia, Africa, Canada, USA and other parts of the world. Elaine Tyrrell will be meeting with the leaders of the Parish Nurse movement in the UK at the end of the year: Revd Debbie Hodge and Revd Helen Wordsworth.

Our final achievement this year is the production of a New Zealand Faith Community Nurses manual, which will serve as a resource for both beginning and current parish nurses. We acknowledge the generosity of AFCNA, particularly Dr Anne van Loon, who has allowed us to use the Australian manual as a basis for our own. However we have included legislation and information relevant to Aotearoa, New Zealand in our own document with the inclusion of the need for our Parish Nurses to be culturally safe and have an understanding of the Treaty of Waitangi. This manual and our website are to be launched at our Christchurch conference.

We look to another year of challenges:

- the preparation of a training conference to be held in the North Island
- fulfilment of goals of publicising the role and its acceptance as an essential form of ministry by more churches
- improved support for our present and fledgling parish nurses
- a greater profile nationally in the secular as well as church environment



## ***Regional Report for Auckland 2006***

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FCN association met as a group twice this year, to provide support, friendship, and networking for one another.

The area continues to have Margaret as a paid FCN in Northcote at St John's. Margaret has had her hours increased from 24 to 32 hours a week with the continued support of the Selwyn Foundation. Margaret has also spoken to other church groups about her role.

Ane now works voluntarily in her own family church.

St Peters at Pakuranga has a health ministry team with Ruth retired but still very much a member. We enjoyed meeting Geraldine at our last meeting.

Isobel presented the FCN model at the Auckland Anglican Diocesan training programme in October. I presented the model

at the Whangaparaoa Anglican churches vestry meeting for their consideration as well.

Robyn also presented the model at her church where she is working as a FCN in a voluntary role.

With the current changes in nursing practice certificates, portfolios are an area where the most support is required and accountability for practice other than to the church is a question that arises regularly when talking about the role.

The Auckland database sits at 23 following a review asking members to reply if they wished to have their name removed only two did so. This means that attendance at the Auckland gatherings is about a quarter.

It is always a pleasure to be involved with a group which I see working so well in our churches in Auckland. Long may we continue to do so.

*Angela Anderson*

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## ***FCN Regional Report for Wellington/Nelson - 2006***

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I took over the role of Regional Co-ordinator mid year and have been in contact with Faith Community Nurses via e-mail both in Nelson and Wellington. Two new nurses have made inquiries about Faith Community Nursing and I have been in contact with them.

I meet regularly with Valerie Sirett the Nelson Cathedral Parish Nurse and Elaine Tyrrell Parish Nurse Advisor.

In October 2006 I spoke at Nelson Polytechnic to the first Year Nursing Students about Faith Community Nursing.

This was well received and I was also asked some very pertinent questions about Faith Community Nursing.

The church to which I belong, All Saints Anglican Church, in Nelson is developing a Health Outreach Programme which will focus on supporting people with health issues and education. This programme will commence in October when the team including myself will be commissioned on 29/10/06.

I look forward to next year and the challenges it may bring.

*Jane Maries*

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## ***FCN Regional Report for Wanganui's Catholic Community 2006.***

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There are four of us in Wanganui, Ruth Portland and Ann Foley from Holy Family Parish and Pat Stewart and Val Southcombe from St. Mary's. We have been officially practicing since June 2005 and feel we are making a small presence in our Churches, more from 'word of mouth' than advertising

Pat, Ann and I went to the Conference in Waikanae last year, gaining further direction and ideas from Anne van Loon.

All four of us have busy professional work in varying areas. Ruth is Nurse Manager at the Aubere Home of Compassion in Wanganui; Ann is the Ostomy Nurse at Wanganui Base Hospital. Pat works as Plunket Nurse at the Karitane Plunket Family Centre, all working long hours. I am a Practice Nurse, working full time, with a Catholic G.P. who is encouraging with the Ministry of Parish Nursing.

We all take a part of the work in our Parish on a volunteer basis, some managing to serve on a weekend while others have a set time for visiting the ones needing our expertise. Most of us are Ministers of Communion and this is part of our work. People

who are not able to get to Church often have unattended health concerns which are brought to our attention when we bring Communion to their homes.

For me being a Practice Nurse, I feel comfortable speaking with GP colleagues regarding one of their patients. It is taking a while for them to work out where we fit in but it is happening. We have been waiting to develop a better working relationship with our hospital Chaplain....slowly but surely all things are coming together.

Our Priests are greatly supportive, they gather up those needing a visit, report back to us and this works well.

In our Catholic Pastoral area we have a very good established 'Caring Communities' group, with sub groups in all suburbs. Last week we met with the leaders of these groups to liaise and develop a plan. These people are available for us to delegate once we've done our first visit...some people feel unwell mainly because they are lonely, a regular call from a church visitor is a God send.

As yet we have not started any health promotion work; this is on hold until a later date. but certainly an idea we'd like to develop. It is so encouraging to read the enthusiastic progress being made in other church communities.

*Val Southcombe*

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*No man, not even a doctor, ever gives any other definition of what a nurse should be than this -- 'devoted and obedient.' This definition would do just as well for a porter. It might even do for a horse. It would not do for a policeman.*

*Florence Nightingale 1859*

## ***FCN Regional Report for Tauranga & Waikato 2005-2006***

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### **TAURANGA**

In May 2006 Dorothy and Jan, Faith Community Nurses, commenced working at Elim City Church in Tauranga. Jan had already established a care network within the church but in May we opened a clinic in the church and began to systematically make Holistic Healthcare and Advice, support and health education available to all areas of the church and to visitors who came on Monday mornings who were from a Homeless part of the community.

In the past 5 months we have 10% of the congregation who have visited the clinic and many who are supervised in their health needs from the congregation.

The clinic is open between the 2 morning services on Sunday, and for 3 hours on Monday and on call throughout the week. We have access to experts in counseling, massage, obstetric and childcare as well as men who are willing to serve as 'handyman' services for elderly.

The Pastoral staff is very supportive and FCN Clinic is advertised weekly to the church. In coming months we

intend to expand the health education aspect of the work. Dec. 2005 we met at Anne Davidson's home and another nurse joined us who was very interested in FCN. We have been in touch over the months.

### **WAIKATO**

Dorothy has visited Joan Mac Manus several times this year. Joan is from Te Awamutu - Public health Nurse who has been invited to provide a FCN service within her Baptist Church and this is in the developmental phase. The purpose being to network within the church, and to reach out to other churches who may share their facilities. This is a great challenge and opportunity and Joan is enthusiastic and a coordinator of many different activities within her church and it is envisioned that the FCN ministry will have outreach in its brief.

Joan is encouraged by the support received from her Pastors and as a local PHN she is well known in her community.

We praise the Lord for the open doors in Tauranga and Waikato and may there be many more!

*Dorothy Finlay*

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## ***Annual Report – FCN St Mary's Catholic Church, Taradale, Napier.***

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2006 commenced with my conducting a Health Education survey at the two services held at church on a Sunday. I received an overwhelming response, with an obvious need identified for Health Education within the Church community. As a result I set up a health education programme for the year and through the generosity of expertise in their fields have had guest speakers address the topics of Arthritis and Heart disease. I am currently waiting on confirmation from a speaker who will address mental health issues, one topic that was widely requested in the survey. These talks have been well attended, with requests for ongoing health education. With this in mind I have set a goal for 2007 to expand this programme further and to also invite members of neighbouring churches in the area to attend.

As part of the survey conducted, I also asked for volunteer help and received an overwhelming response for which I have been most grateful. From this response I was able to set up a roster for baking to a family over a period of 3 months while the mother was unwell. I do feel frustrated however that I am unable to utilise the offers made by so many generous people due to the

fact that I am only working on a voluntary basis meaning that liaison with those in need is limited.

I continue to receive referrals and find now that as my role in the church is becoming recognised that these referrals are becoming more frequent. I have been actively practising this ministry since January 2005 and in this time have received 18 referrals. I never fail to be overwhelmed by the power of God and His direction and timing when I make home visits. I have no doubt at all the He goes before me.

I continue, with gratitude, to be supported by Parish priest Peter Fahy, the FCN Assn, my prayer partner and also through the prayers and encouragement of the wider church community. I do however have 'Valley' times, more especially as I appear to be moving ever so slowly in my aims and pursuits. In saying this however I have been asked to address the St Mary's Parish Council this coming week, on how in fact this Ministry could be effectively spread in the Hawkes Bay region. I praise and thank God for this and pray with His direction and timing this wonderful ministry will continue to grow not only in this region but also throughout New Zealand. .

*Anne Simonsen*



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### ***Seven Easy Steps To a Healthier You***

Stop for a moment. How healthy are you really? Do you have the odd migraine, a bit of high blood pressure, a few extra kilos, a 5-a-day smoking habit and an almost unused gym membership card?

<<http://xtramsn.co.nz/lifestyles/0,,12535-6483408,00.html>>

This is from an e mail newsletter from the NZNO Library, if you are an NZNO member you can subscribe to this. For more information see their website.

<http://www.nzno.org.nz/Site/Professional/Library/default.aspx>

## EDUCATION

### Vineyard Ministry Training College

#### Certificate in Pastoral Care (Introductory)

- 40 credits
- NZQA approved
- Start at the beginning of any month except January
- Can be completed part time over 1 year
- OR
- Full time as a block course
- Fees \$440.00

Ministry Practicum – 20 credits (If you are a FCN I am sure your day to day work could be used for this.)

2 other 10 credit papers which may include

Compassion  
Healing Prayer  
Old Testament Overview  
New Testament Overview

For more information see the website

<http://www.vineyard.co.nz/training.html>



*For to us a child is born,  
to us a son is given,  
and the government shall  
be on his shoulders.  
And he will be called  
Wonderful Counselor,  
Mighty God,  
Everlasting Father.  
Prince of Peace.*

*Isaiah 9:6 NIV*

## **IPNRC eNotes** - *from the International Parish Nurses Resource Centre*

### **THE GREATEST MINISTRY NO ONE HAS HEARD OF**

I have a colleague (Rev. Susan Naylor, RN a parish nurse and deacon at Emmanuel Episcopal Church in Webster Groves), who calls parish nursing, "The Greatest Ministry No One Ever Heard Of." I think she's right. The papers are filled with people "discovering" the need for a connection between spirituality and health -- in end-of-life care, but also in less dramatic cases -- even in the simple 8-12 minute time a patient has (on average) in a doctor's visit. People want -- LONG -- to be whole, and to be treated as such, even when they are hurting (or dying).

Spread the word, friends!! Tell people about this great ministry you have as parish nurses that no one has heard of. God is calling you, for God wants -- LONGS-- for all people to be whole, and to be treated as such, even when they are hurting (or dying).

This article was reprinted from the IPNRC Blog at [www.parishnursing.typepad.com](http://www.parishnursing.typepad.com)

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### ***From the Editor***

*Hi everyone, I attended the seminar in Christchurch and really enjoyed it. It is great to meet new people, and to put faces to the names in the newsletters. If you were unable to attend this year, put it on your priority list for next year. It is a time for learning, sharing and for spiritual refreshment.*

*This is the last newsletter for this year, so I wish you all a Wonderful Christmas. May God bless you all richly,*

*Kris Telfer*