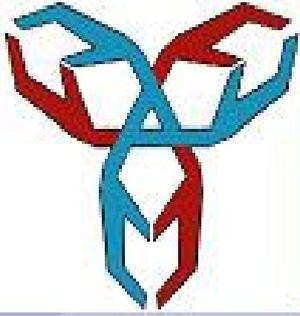


# Are you coming?



## New Zealand Faith Community Nurses Association

### **A ONE DAY SEMINAR FOR FAITH COMMUNITY NURSES**

Come and Hear the Journey, Share in the Journey,  
Help Build the Journey and be Empowered for the Journey as  
Christian nurses on the Frontier!

- ❖ This is an opportunity to explore the role of faith and healing in our current NZ society from a range of speakers and workshops.
- ❖ This workshop is for present and prospective Faith Community Nurses (Parish Nurses) to enhance their practice and ministry, giving opportunity for Nursing Council of NZ registration requirements.
- ❖ It will explore new skills and learning through panel discussion, practical workshops, and teaching sessions.

Network, share experiences, and fellowship with other nurses and ministers from throughout New Zealand,

**Keynote speakers:** *Dr Elizabeth Niven; Rev Wyatt Butcher*

**WHERE:** Avonhead Baptist Church, Christchurch

**WHEN:** ***28<sup>TH</sup> OCTOBER 2006***

*Further details and registration forms available on website:*  
[www.faithnursing.co.nz](http://www.faithnursing.co.nz)

**CONTACT:** Secretary  
Email : [cgwebster@xtra.co.nz](mailto:cgwebster@xtra.co.nz)

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#### In this issue:

- *One Day Seminar*
- *Reflections from FCN's*
- *IPNRC e notes*

**Reflections from Elizabeth Hopper**, one of the original parish nurses in New Zealand. Elizabeth began in 2001 at St Peter's Cathedral in Hamilton. She retired at the end of last year.



Parish Nurses are going to be more and more needed as the New Zealand health systems go further into decline. It will mean that there is a person in a church community who parishioners can have confidence in for support, advice, help and education. Sadly due to the very busy lives of most nurses it is not an easy position to fill.

We baptize the babies in church and bury the dead, but it is vital that the church nourishes its people in healthy times and when they are sick.

Parish Nurses are now doing the work that was done over many centuries by nuns and the women of the church.

In their role Parish Nurses can check on their people from the birth of a new baby, to the terminally ill, and dying. Not having a room in the centre I visited all my clients in their homes and this made it easier to see what their needs actually were. Many of my frail and elderly clients had given endless years of service to the Cathedral, which was their second home, and suddenly they can no longer visit it. Visiting these people I could see not only what their needs were and how to access them, but also check on the carer who in many cases needs a great deal of support and some well earned time out.

Prayer adds a special dimension to our work. The spiritual side of the person needs as much or more nourishment than the physical or mental side.

As Parish Nurses we can use prayer and, whenever possible, touch, to acknowledge a person's sickness, pain and loss. As a Licensed Lay Officiant I was also able to take home communion on a visit when needed

It was a real honour and a privilege to do this work and be made welcome to many homes. Sadly there was no-one to take my place when I retired at the end of last year and moved away.

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**From Anne Simonson**, FCN at St Mary's Catholic Church in Taradale, Napier.

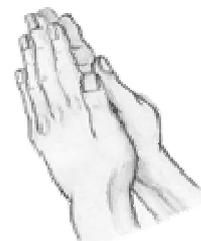
Earlier in the year I conducted a Health Education Survey at church and received 104 replies! As a result I have endeavoured to put together an education programme for the rest of the year. Back in May I held an evening addressing the subject of 'Arthritis'. An Orthopaedic surgeon (a parishioner) and a woman from the Arthritis Foundation spoke. It was a great success and I received very positive feedback with requests for more!

The next session will be on the 'Heart'. It will be held on a Saturday late morning with a light lunch served, and then repeated again the following Thursday evening. I have been so blessed to have the support of a woman who is in the throes of completing her competencies for Health Practitioner status in the area of Cardiac health.

I have found her to be very encouraging and realise that she has the 'Vision' for FCN. She has kindly offered to conduct the sessions on the Heart. Next up will be Men's health!!

In saying all this, the glory and praise must go to our God. I realised this more especially when 52 people attended the first education session. I knew this was not of my doing! Our faithful God deserves the praises He is due. I have never forgotten Elaine's words to me when I was considering developing this Ministry in the Parish. She said that if it is of God then the Ministry would develop - and so it has - I just marvel at it really. I realise that it is far greater than little old me!!

**Please pray** - for the upcoming seminar.  
- for all the FCN's currently practicing in New Zealand.  
- for those considering FCN.



*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*

## ***From IPNRC e notes***

### **Worship and Older Women**

A recent study conducted by R. Frank Gillum, M.D., at the Centers for Disease Control and Prevention, found that women over 60 who frequently attend religious services are more physically active than other women their age. This study, which analyzed data on 11,820 people, was published in the *Annals of Behavioural Medicine. Spirituality and Health*, reporting on the study, quoted Dr. Gillum as suggesting that health promotion programs offered by faith communities might play a role. The article said that “previous research suggests another benefit of attending services: it gives people an extra social boost, bringing them into contact with others – which appears to help them live longer and healthier lives.”

From “Religious Services Keep Women More Active,”  
*Spirituality and Health*, September/October 2006.

IPNRC now also has a blog site; go to [www.parishnursing.typepad.com](http://www.parishnursing.typepad.com) to read notes of interest about parish nursing on a daily basis....launched September 7, 2006

For more international information visit the International Parish Resource Center at [www.parishnurses.org](http://www.parishnurses.org).



*In the morning, O LORD, you hear my voice; in the morning I lay my requests  
before you and wait in expectation.*

*Psalm 5:3 NIV*

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

*Hi Everyone,*

*I thought I would send out a brief newsletter for this month, but I received some great contributions so it is more substantial than I anticipated. Please send in any items and photos you would like included in the newsletter. I was thinking that next year maybe each newsletter could have a “Day in the life of an FCN” type article if any one is keen. It would give others an idea of what you do, and the breadth of the ministry.*

*I am off shortly on a short term missions trip to Fiji, but I will be back (with my suntan!) in time for the Seminar in Christchurch. See you all then.*

*May God bless you,*

***Kris Telfer***

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in life you will have been all of these.

George Washington Carver