Reflection on World Day of the Sick
A Note from the Coordinator for Parish Health Ministries

Since 1992, the Catholic Church has celebrated World Day of the Sick on Feb. 11 — the day on which the church commemorates the feast of Our Lady of Lourdes — under the sponsorship of the Pontifical Council for Health Pastoral Care. World Day of the Sick has three consistent themes. First, it reminds the faithful to pray intensely and sincerely for those who are sick. Second, the celebration invites Christians to reflect on and respond to human suffering. And third, this day recognizes and honors all persons who work in health care and serve as caregivers.

- From Pope Benedict XVI’s Message

Great News!
The Parish Nurse/Faith Community Nurse Preparation Course will be offered in collaboration with the Good Shepherd Community in Sauk Rapids, Concordia College - Moorhead, and the Central MN Parish Nurse Ministry Committee on Monday, June 4 through Friday, June 8, 2012 at Good Shepherd.

Read more inside...

Faith community nursing is the specialized practice of professional nursing that focuses on the intentional care of the spirit as part of the process of promoting wholistic health and preventing or minimizing illness in a faith community.

“Faith Community Nursing: Scope & Standards of Practice,” ANA, 2005
Parish Nurse Preparation Course

Faith Community/Parish Nurse Preparation Course Now Available in Sauk Rapids, MN June 4-8, 2012

Concordia College, Good Shepherd Community, and the Central Minnesota Parish Nurse Ministry Committee have developed a new partnership of dedication to Faith Community/Parish Nursing and for the first time, will be offering a Faith Community/Parish Nurse preparation course on Good Shepherd’s Sauk Rapids campus from June 4th to June 8th, 2012.

Those interested may visit: www.cord.edu/Offices/parishnurse1.php or email parishnurse@cord.edu for information, program requirements, and registration.

The course fee of $575.00 includes some meals and all course materials. Partial scholarships may be available but churches are encouraged to sponsor nurses and assist with program fees. For scholarship information, contact Annette Jesh of the Central Minnesota Parish Nurse Ministry Committee at ahjesh@charter.net or (320) 253-6424.

This course meets the requirements of the Minnesota Board of Nursing related to professional nursing components for 37 contact hours.

Sample Course Topics

- The Role of the Parish Nurse: Integrating Issues of Faith and Health
- Holistic Health and Wellness Concepts for the Parish Nurse
- The Parish Nurse as Health Advocate
- The Parish Nurse Working With People Across the Life Span

Download Registration Brochure 2011-2012

http://www.cord.edu/Offices/parishnurse/assets/914283%20Parish%20Nurse%20brochure%202012%20%20sites.pdf

Workshop Opportunity

Wednesdays, February 1-- April 18, 2012
10 --11:15 a.m.
NOTE: This program is held in Rosamond A. Directions available at the Gathering Place.
Led by Georganne Burr, OSB

Registration Fee: $150/person $275/couple

This is a 12-week, dynamic workshop for men and women 50 years of age and up. The workshop will challenge common attitudes about aging and, using the best tools possible, will address what it takes to live with balance and integrity. It will focus on the psychological, emotional and spiritual aspects of growing better with age. Come and enrich the quality of your life and add meaning to your days. Mark your calendar for this life-enhancing workshop that will add zest, enrich your life with meaning and purpose, and provide an hour each week to explore the richness of Christian spirituality.

To register for this series, click here.
March
Minnesota FoodShare Month
Parish Nurse Planning Information

March is Minnesota FoodShare Month, a time when the donations you make to our local food shelves pack an even more powerful punch than usual in the fight against hunger. It’s a great time to give!

Catholic Charities of St. Cloud website includes a **Drive Tool Kit**: with basic information, how cash donations buy more food, creative ideas, Posters, Flyers, Video’s, Sample emails or letters, Newsletter articles, and Bulletin and Pastor Announcements.

[www.ccstcloud.org/FoodDrive/index.html](http://www.ccstcloud.org/FoodDrive/index.html)

[mnfoodshare.qmcc.org/](http://mnfoodshare.qmcc.org/) Minnesota FoodShare for more ideas for your church food drive.

Emergency Services: Food, Clothing, Financial
157 Roosevelt Rd, Ste 100
St. Cloud, MN 56301
Ph: 320.229.4560
Ph: 1.800.830.8254, ext. 4560

Check with your local food shelf for needs in your area.

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All parish nurses are invited to submit information for the e-newsletter.

If you have a project, educational program, reflection, or religious event you wish to share with others, please submit to me at: ahjesh@charter.net.

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By Ellen Ellickson, Parish Nurse

I pray for members and friends who are in need of healing prayers. I keep office hours on Fridays generally from 10 am until 12 noon. During this time phone calls and visits are made to members. Members are invited to stop by for health counseling such as blood pressure checks or medication reviews. I give prayer shawls to people who are in need of extra prayer and spiritual support such as those facing surgery or suffering from an acute illness.

A special focus for prayer is for people who have recently received a new diagnosis of a serious illness. I offer prayer and support for our clergy team and administrative support team. I give a onesie to new babies at their baptism that says: I am a Peaceful baby! I write frequent health care articles for the monthly newsletter. I visit members in their homes or hospital or long term care settings. I welcome new members as they join the church and look for ways to connect them with a group or ministry that they would enjoy. I am always available to offer prayer and encouragement for members and friends and to visit those who are sick or in need of a visit. My hours are included in the church calendar and the weekly bulletin.

On a personal note – we live on a hobby farm and rescue animals. I have 20 rescued cats and we foster English Springer spaniels who are awaiting adoption and are in need of a home. We have 4 rescued English Springer Spaniels. The picture is of me and Spark – he was our first rescued Springer. We also have 5 grandchildren who enjoy “Farm Camp” whenever they can.

*(Ellen Ellickson is the President of the Central MN Parish Nurse Ministry Committee and a Parish Nurse/Faith Community Nurse at Peace Lutheran Church in Cold Spring, MN.)*

The Central MN Parish Nurse Ministry Committee meets the second Wednesday of each month (except July, August, and December) at the St. Cloud Hospital Conference Center, 9 a.m.-10:30 a.m. All parish nurses are welcome. Speakers about resources every other month and networking monthly are on the agenda.

*If you are willing to share your parish nurse ministry story, please contact Annette Jesh.*
Prayer for Planning

Blessed are You, O lord, eternal wisdom, who enlightens our minds and supports our endeavors by your blessing.

Blessed be God forever.

O God, in your providence You are glad to bless our human labor, the work of our hands, and of our minds. Grant that we who plan and deliberate on behalf of Faith Community Nurses and Health Ministries may, through Your guidance and support, come to right decisions and carry them out for the good of our faith community.

May You be blessed forever. Amen

Paula E. Hoch, RN, FCN Coordinator, Mercy Medical Center, Canton, OH

*Prayer from the book Prayers for the Soul: Comfort for Parish Nurses & the People They Serve by the International Parish Nurse Resource Center

Prayers for the Soul: Comfort for Parish Nurses & the People They Serve
Released February 2011! $7.50 (includes shipping)

Looking for a prayer that is suitable for either yourself or a client? This pocketbook is a compilation of prayers and words of inspiration from Parish Nurses around the globe and notable persons of faith from the past. Selections in this booklet have been divided into categories that address Guidance & Wisdom, Praise & Blessings, Strength, Care & Support, and Hope & Healing. It is the perfect source of encouragement for parish nurses and their work or strength for individuals and families dealing with challenges. If you are looking for a gift for yourself, other individuals, or members of your staff, this booklet carries a strong message of comfort, support, and inspiration. To order the book, contact the International Parish Nurse Resource Center at 901.261.8850.
ASHE WEDNESDAY RETREAT

Coming Event at the Spirituality Center, Saint Benedict's Monastery, St. Joseph, MN

Wednesday, February 22  9 a.m. - 3 p.m.
Led by Margaret Michaud, OSB
Fee: $40 (Includes lunch)

Lent begins today. This day of retreat will focus on the meaning of Lent in the life of a Christian. Exploring the relevant biblical texts will be a major component of the day’s reflections. There will be opportunity for private prayer and meditation as well as presentations to the group. Please bring a Bible.

To register, visit http://sbm.osb.org/index.php/events/events_detail?id=198&p=1

Reflection on World Day of the Sick (cont.)

I have great empathy for caregivers, having been one to family members. My brother cares for his wife with Alzheimer's and he says always, "no one can care for her with the love I do, no one knows her like I do". Even if one is a loving, dedicated and capable caregiver, many things have to be done. Navigating the health care system, keeping family in the loop, watching for changes that need intervention, finances and on and on. How does the caregiver get what they need to keep going? Parish Nursing is a real asset to caregivers when we can offer support and resources to them. We are especially helpful when we add spiritual care with our other skills. My church gives prayer blankets to those who are ill. Maybe the caregivers would appreciate a prayer blanket also. Our note with the blanket says: "Prayer Blankets are sewn with love and prayers for those who receive the blanket. This Prayer Blanket is a symbol of our faith sharing community "covering with prayer the individual who receives it.”

The soft fleece Prayer Blanket brings comfort and peace. When one sees and touches these blankets, they know they are not alone—that they are covered in prayer and there are those who do care about them. Each person in our church community may be a blessing in some way to another. How do we as parish nurses make opportunities for our parishioners to be Christ to one another? Our Faith Community Nurse Scope and Standard 5A urges us to "Synthesize data and information to prescribe necessary system and community support measures, including environmental modifications, spiritual support, and faith-based interventions. How can we help our faith community members in giving care to each other, encouraging them to pray intensely and to reflect on and respond to human suffering and respond with support for those who care for our suffering?