



Verse of the Week:

Glory to God in the highest heaven, and on earth peace to those on whom His favor rests. — Luke 2:14 NIV

FROM THE DIRECTOR at Nurses Christian Fellowship <http://ncf-jcn.org/>

“What’s Your Life Story?”

The coming of Jesus changed everything for Mary and Joseph. When the angel Gabriel told Mary, “You will be with child” (Luke 2:31), it took courage for her to say, “I am the servant of the Lord, may it be done to me according to your word” (v. 38). Everything was at stake for Mary. Pregnancy could ruin her life, and it also had huge implications for Joseph, a righteous man. Yet when God spoke to Joseph in a dream, he woke up and did what the angel of the Lord had commanded him. Jesus’ coming completely changed Mary’s and Joseph’s life story. When Jesus changes our story, do we give him the same response as Mary and Joseph? If Jesus simply asks, “Stop, listen, and take a moment to focus on this patient,” what is our response? When he asks more difficult, even impossible, things such as apply for that job, or serve at the homeless shelter, (or be the National Director of NCF), what is our response? It takes courage to say yes to Jesus. The reality is, Jesus will change your story in small, big, and overwhelming ways. But like Mary and Joseph—like all the life stories we read in the Bible—Jesus makes our story better. Mary and Joseph raised the Son of God! As nurses, our life story changes the lives of others. As you celebrate the coming of Jesus, ask God what he wants to do in your life. I pray you will hear his voice and be empowered by the Holy Spirit to have the courage, like Mary and Joseph, to say yes.”

Foundations Course update:

I received correspondence from Paula Lilja, who has been the instructor of the EFCA Online Foundations course the past 14 years. In Part, she writes: *"I regret to say it's time for me to retire from teaching my FCN Online course...It's been a wonderful ministry for me these last 14 years. I've been blessed beyond measure. I will miss my time working with the students, but know there are others to carry on in my place"*. The previously scheduled course, to start in January, 2017, has been cancelled. Be in prayer for Paula as she transitions this change in her life.

Upcoming Events and Workshops:

- **"Powerful Tools for Caregivers"- Starts January 16, 2017 (flyer attached)**
 - Monday afternoons 1:30pm-3:30-pm; Jan. 16-Feb. 20
 - Trinity E Free Church, 10658 210th St. W. Lakeville, MN 55044
 - offered by Elim Care Faith Community Nursing Co - Facilitated by: Marcia Flom, RN, FCN, Eileen Weber, RN, FCN and Marilyn Banks, RN, FCN

- **2nd Annual North Central District Church Security Summit**
 - **Faith Community Nurses should consider attending this workshop!**
Attached is a template for developing Emergency Procedures for your church.
 - Saturday, **February 18th, from 9 am to 4 pm** at Constance EFC, 16150 Crosstown Blvd, Andover, MN 55304.
 - The North Central District Office and Constance EFC would like to invite you to attend our second Annual **Church Security Summit**. There will be **experts on mental health challenges and solutions, starting volunteer security teams from the ground up, make recommendations on helpful technology and other exciting principles of this very necessary ministry.**

Please check out our website [Elim Care FCN](http://www.elimcare.org): or copy and paste this in your browser: <http://www.elimcare.org/services/faith-community-nursing/> . Click on any number of links that provide you with resources and a calendar of upcoming events.

Upcoming Foundations Courses:

- **Foundations of Faith Community Nursing will be offered by Augustana University of Sioux Falls, SD**
 - Onsite: February 4 - April 27, 28, 2017
 - Online: February 6 - March 27, 2017
 - Both parts required for completion.
 - Contact paula.lubeck@avera.org or (605) 322-8815 for more information.
- **Foundations in Faith Community Nursing Course**
 - FCNN of the Greater Twin Cities offers the International Parish Nurse Resource Center (IPNRC) certified course in a 36 CEU format taught by professional nursing faculty who are both educators and experienced faith community nurses representing an array of faith traditions. The Course is a pre-requisite for RNs who want to enter faith community nursing practice. For more information or questions about the Faith Community Nursing Course, please contact FCNN at 651.204.0904 or contact@fcnntc.org
 - **Spring 2017**
 - Date: April 3rd - 7th, 2017; Monday - Friday**
 - Time: 9am - 5pm (closing convocation at 3pm on Friday)**

Resources

- **National Center For PTSD** www.ptsd.va.gov

The holiday season is often difficult for people with PTSD, but there are healthy ways to cope and manage stress. If you know someone with PTSD, there are things you can do to make sure the holiday season is pleasant and enjoyable for everyone. Talk to your family member about what they need to feel comfortable during the holidays. Keep important resources at hand, such as the **Veterans Crisis Line**, a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year.
- **Gifts for Seniors**

The local organization "Gifts for Seniors"
https://gallery.mailchimp.com/ebd5e9b307973e4268d26c976/files/Gifts_For_S

[eniors Infographic 2.pdf](#)) is trying to reach as many isolated and lonely seniors this holiday as possible. They connect with about 75 human service organizations and some shop for 5 people and others 150. If you work with any seniors who will be alone this holiday season, please consider connecting with this organization. The process is quite simple. FCNs who have identified isolated seniors with whom they work would call the Program Administrator, Mary Horan, using the contact information below to set up a time to visit the operations center and select gifts. They have apparel, household and recreation gifts and often times gift cards are available. The operations center is at the address below. They take appointments Mon-Fri, 9:00 am - 3:00 pm. **Attached** you will find a questionnaire that can be filled out and brought to the appointment. Program Contact:

Mary Horan, Program Administrator
Gifts For Seniors
Operations Center
2300 Kennedy St NE, Suite 40
Minneapolis, MN 55413
612-379-3205 (limited hours)
Remembering those whom others have forgotten

Thought for the Day:



Helping You to Help Others

The **mission of parish nursing** is the intentional integration of the practice of faith with the practice of nursing so that people can achieve wholeness in, with, and through the community of faith in which parish nurses serve. (Developed at the 2000 Westberg Symposium).

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