



Verse of the Week:

So teach us to number our days, that we may present to You a heart of wisdom. — Psalm 90:12

Mike Ashcroft shares the following about his book, "My One Word": *"We're so busy with the surface-level things of life that we forget to number our days and tend to our hearts. We become so preoccupied with getting our lives to a manageable point or a better future that we miss both the moment right now and the reality of a coming eternity. Yet God calls us to use our days to develop a heart of wisdom. Our lives are fast-paced and demanding. Our attention is divided. The normal, natural pace of our lives will not likely lead us toward spiritual formation. We have so many things to focus on that spiritual formation tends to fall to the wayside, along with our good intentions to rotate our mattress... What distracts you from focusing on the change or the spiritual formation you desire? I decided to drop my list of ways to get the most out of my life. I realized I needed to find a new way to approach personal change. I decided to meditate on just one word. I wrote this word FLOW in response to something Jesus said. He said, 'Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water' (John 7:38 ESV). In looking through the lens of a single chosen word, I found a new approach to personal change and spiritual formation — one that is doable, memorable, effective, and sticky. Your single word will force clarity and concentrate your efforts. And as you focus on your word over an extended period of time, you position yourself for God to form your character at a deep, sustainable level."*

What will be your one word for 2017?

Faith Community Nurses Share

Mary Gardeen, FCN at Trinity EFC in Lakeville and formerly First Covenant, Mpls, is returning to Quito, Ecuador with her husband, Gary, this week. They are returning to the mission hospital complex where they served previously, leaving there in 2000. They would request your prayers as they transition back after 16 years away!

To reach Links for information and registration for the Foundations Courses below 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/>.

Upcoming Foundations Courses:

Building a Strong Ministry: It's never too early to encourage other RNs from your community or congregation to attend the Faith Community Nurse Foundations course. Those who have attended the course likely will become interested in participating in your ministry in some capacity. This also provides you with the opportunity to begin strategic succession planning.

- **Foundations of Faith Community Nursing through Augustana University of Sioux Falls, SD -Online**

Offered online Monday, Feb. 6, through Monday, March 27, followed by two days Arthur L. Davis on-site April 27 – 28, 2017. There is an opening on-site date of Saturday, Feb. 4. Both parts are Publishing Agency required for completion. [Registration deadline is Monday, Jan. 16, 2017](#). Application has been made for continuing education contact hours. For more information, email Paula Lubeck, Director of the Parish Nursing Center at Paula.Lubeck@Avera.org

- **Foundations in Faith Community Nursing Course offered by FCNN of the Greater Twin Cities (attached)**

- Date: April 3rd - 7th, 2017; Monday – Friday
- Time: 9am - 5pm (closing convocation at 3pm on Friday)

Upcoming Events and Workshops:

- **Arden Woods Psychological Services-Friday Forum for Pastors and Christian Leaders**

- January 13, 2017 8:30 - 10:00 a.m.
- Location: Salem Covenant Church, 2655 5th St. NW (1/2 mile south of 694 on Silver Lake Rd.), New Brighton, MN 55112 Phone: 651-633-6915
- Cost: Free
- **“Understanding and Facing Depression”**- Tom Hainlen, Psy.D., LP, will be exploring the difficulties and realities of depression.
- Please indicate your plan to attend this session by contacting us through the Friday Forums page at ARDENWOODSPSYCH.COM

- **Stepping On Leader training opportunity-(see attached flyer)**
 - **What am I being called to do?**
 - Become a *Stepping On* Leader (application attached)
 - Spread the word that *Stepping On* has proven to reduce falls 30-50%
 - Lead *Stepping On* workshops within your faith community and/or broader community

There are currently few educational opportunities to empower older adults to take steps that decrease the risk of falling. By providing Stepping On workshops in your faith community, you may actually SAVE A LIFE and you will PREVENT FALLS.

- **Faith Community Nurse Network Twin Cities Symposium**
 - Wednesday, January 18, 2016, 9:00am-1:00pm
 - **“Falls Prevention”**, presentation by Jean Wyman, PhD, RN, APRN, GNP-BC, FAAN, FGSA, Professor at the University of Minnesota School of Nursing.
 - Dr. Jean Wyman will present to us about how we can identify risk factors for falls and useful strategies for helping older adults reduce their risk of falling.
 - Location: Centennial United Methodist Church, 1524 County Rd C2 W, Roseville, MN 55113

- **ELIM CARE FAITH COMMUNITY NURSING PRAYER AND CARE MINISTRY**

Wednesday, January, 25, 2017

11:00 AM – 1:30 PM

Elim Care Corporate Office – 7485 Office Ridge Circle, Eden Prairie, MN. 55344

11:00 – 11:45 Lunch & sharing: Main Dish provided

If you are able, please bring something to share for lunch such as bread/ chips, dessert, fruit, veggies. If unable to bring something please come anyway!

11:45—12:30 Care, prayer, and thanksgiving

12:30 – Discussion Topic: How to Plan a “Service of Remembrance” Beth Moorhead is a pastoral counselor who has been on staff at Wayzata Free Church for 15 years. One of her responsibilities is to lead the grief support program. Each fall the church sponsors an Evening of Remembrance, a special dinner and service, for those who have experienced the death of a loved one during the previous year or so. Beth and Dee Sandberg, the head of Caring Ministries at Wayzata Free, will share the process they go through to plan and carry out that special event each year.

1:25 Closing Comments and Prayer

No registration... No cost... Just come as you're able

RSVP to Joanne Hall at joanne.hall@elimcare.org or 952.259.4500 if you plan to attend!

- **2nd Annual North Central District Church Security Summit (flyer attached)**
 - **Faith Community Nurses should consider attending this workshop!**
 - Saturday, **February 18th, from 9 am to 4 pm** at Constance EFC, 16150 Crosstown Blvd, Andover, MN 55304.

Resources

The Westberg Institute for Faith Community Nursing now supports an online knowledge sharing platform called “Yammer”. This Platform connects nurses globally on wide array of healthcare topics. There are specific groups, where questions, responses and resources are posted, and you may join any that are of interest to you. One group is Midwest FCNs with 48 current members. **If you are interested in joining this group on Yammer, please send me an email (joanne.hall@elimcare.org) and I will send you an invitation to join. No obligations and you control the number of emails you receive!**

GriefShare: Support for those Grieving

A new session will begin January 11th – March 29th at St. Matthew Lutheran Church, 4101 Washington Street NE, Columbia Heights, MN 55421 763-788-9427

Find a support group in your area at: <http://www.griefshare.org/>

Program Planning Helps:

Cervical Cancer Awareness Month: www.nccc-online.org

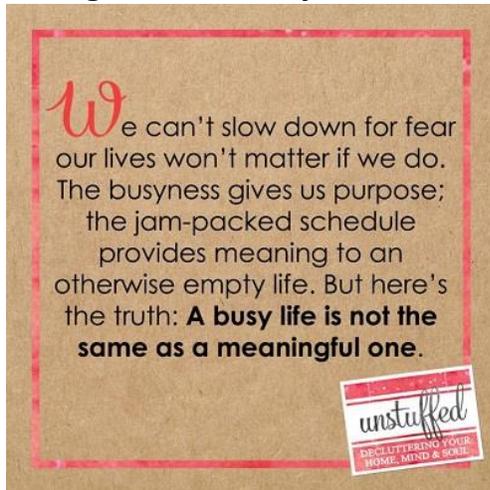
Thyroid Awareness Month: www.thyroidawareness.com

National Birth Defects Prevention Month: www.marchofdimes.com OR nbdpn@nbdpn.org

National Blood Donor Month: www.aabb.org

NATIONAL GLAUCOMA AWARENESS MONTH: WWW.GLAUCOMA.ORG

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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