

Dear fellow FCN's,

After returning from a wonderful vacation, it's been hard to get back into reality and watch the news. Once again, our nation and world has been hit with several tragic incidents that deeply affect us and causes us to search deep into our souls as we try to make sense of senseless acts. I sat and stared at the TV as the memorial service yesterday for the fallen Dallas police officers captured a small measure of the pain this community is feeling. It was somewhat comforting to listen to those who tried to say words or offer hugs in order to help ease their pain. I have been particularly struck by Dallas Police Chief David Brown. His words are eloquent and his heart is full of compassion. You can tell he is a man who understands pain and suffering. Please take time to read this stunning article about him and his mentally ill son who several years ago shot a police man. <http://www.people.com/article/dallas-police-chief-david-brown-history-son-killed> It breaks your heart and of course, this morning, in my quiet time I came across this devotional from Chuck Swindoll. It is titled, From Hurt to Usefulness. I will just share a few nuggets from the devotional, but one stood out as I was thinking about Chief Brown.

It reads, "For the godly hero to be useful as an instrument of significance in the Lord's hand, he must be humbled and forced to trust. He must, in other words, be "cut down to size". Or as A. W. Tozer loved to say, "It's doubtful that God can bless a man greatly until He has hurt him deeply". As I read over these words I experienced a lot of emotions. A bit of anger cropped up within me as I don't like to think of our God "hurting us deeply" or "cutting us down to size". I found myself asking once again Why? Why does this poor man have to endure so much? But as I reflected on Officer Brown, the Dallas police force and that community and then looked at my own life experiences and the times I have been cut down to size and humbled in order to bring me back to the cross, my anger began to subside. I could sense the Holy Spirit leading me to verses that have offered comfort when I needed them. I could see the good that comes out of so much pain and suffering and I was led to one of my favorite verses: Romans 8:28 which says, And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

It's tough to see good when we are going through such horrific pain. I wouldn't want someone to share that verse with me if I had just buried my son or daughter. But as I took time to reflect and pray I found myself pressing into God more deeply than ever as I know He weeps right along with us. This is not the world he wanted when He placed Adam and Eve in that beautiful garden. Satan is having a hay day and too often it seems that he is winning. But I know God is sovereign and He has a plan. He values EVERY human life and His desire is to spend life in eternity with all of us. He leads us to Jesus and we have the choice to humble ourselves and come to the cross for divine healing or to become angry and bitter and turn away from the one who truly loves us.

Who knows what good will come out of this? But I do know one thing for sure. Officer Brown has been raised up to show us how to grieve, how to lead, and how to experience that perfect peace that passes all understanding even when we don't know why. May God bless Officer Brown as he moves from brokenness to usefulness.

### Verse of the Week:

Therefore, as God's chosen people, holy and beloved, clothe yourselves with compassion, kindness, humility, gentleness, and patience; Bear with each other and forgive one another, if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love which binds them all together in perfect unity. Colossians 3: 12-14.

### Prayer Requests and Praises/Thanksgiving:

- Pray for our country, our leaders, and each other as we strive to put aside anger, wrath, malice, and revenge. Replace it with the love that can only come from God and knowing Him.
- Pray for all of those who have lost fathers, mothers, brothers, sisters, sons and daughters, husbands, and friends this past week.
- Pray for the 2016 Together Festival in DC this Saturday: <https://reset2016.com/> There are hopes of having over a million Christians show up to pray and worship together.
- Join Franklin Graham and others on line to pray for our country the next two Mondays: [Click here.](#)
- Pray for Elim Care as they are in the final stages of hiring the new FCN Coordinator. I anticipate introducing you to the one God has raised up for such a time as this very, very soon.

### Please check out our new and improved website:

[www.elimcare.org/services/faith-community-nursing/](http://www.elimcare.org/services/faith-community-nursing/) There are still some things that are being added including our spring event handouts and updates from April but that will be completed over the next several days. Click on any number of links that will provide you with resources and a calendar of upcoming events. I am in process of adding and updating the entire website.

### Updates/Events

- **Elim FCN Network Meeting**
  - Wednesday, July 27, 2016
  - 11:00 – 1:30
  - Elim Care Corporate Office
  - Topic: Spirituality/Spiritual Care from the new Foundations curriculum. 1 CEU will be offered.

If you have not attended one of our meetings please try to join us. You will find it to be very inspiring, encouraging, and filled with stories and prayers from your fellow peers. Minutes from our last meeting are attached and I thank Mary VanDerWerf for providing them.

### Resources:

- **Cub Foods Offers Immunization Clinics at your church. Please see the email below I received from her.**

My name is Ashley Ekerholm and I am the pharmacy manager at Cub Pharmacy in uptown Minneapolis. We often work with employers but have also done clinics at senior centers, churches, colleges, and fitness centers. The Cub Pharmacies Adult Immunization Program has specially trained and certified immunizing pharmacists that have administered immunizations for more than 10 years. Last year our immunizing pharmacists administered over 115,000 flu shots.

Cub Pharmacies provide the following for on-site flu clinics: a Cub Pharmacies immunization pharmacist; flu and other agreed upon vaccines; and all necessary supplies used for flu shot administration. Cub Pharmacies can provide billing options such as: direct company billing, billing through your insurance provider, and cash. Individuals over age 65 are eligible for a flu shot at no cost to them through Medicare. In addition, Cub Pharmacies will provide management oversight of these responsibilities.

A list of Frequently Asked Questions is attached. These may answer some questions you have about the Cub Pharmacies Adult Immunization Program, but please do not hesitate to contact me regarding any other questions or concerns you might have. If this is something you would be interested in setting up for any of the churches you work with, or if there is someone else I should reach out to let me know. Thank you!

Ashley Ekerholm

Pharmacist, Cub Pharmacies

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- **Click on the link below -- Very interesting info re: hypertension and the risk of dementia. <https://mindyourrisks.nih.gov/>**

#### **A Nurse's Story:**

**Please consider submitting a story to be printed in one of our weekly updates.**

Faith Community Nurses serve in hundreds of different ways. Working with the disabled and chronically ill has been often times brought to the forefront as we listen to their struggles and lack of understanding from others. This short story by Phillip Yancey in his book, **Where is God when it hurts?** can be uplifting and an encouragement as we once again see God working in those who suffer deeply and yet he prompts others to become useful in easing their pain.

Enjoy this abbreviated version:

*At times, despite our best efforts to honor others' pain, we encounter suffering that seems utterly devoid of meaning. I am thinking specifically of a man with Alzheimer's disease; the daughter tries to tend to his needs, but every day her heart is broken by the sad shell of what used to be her father. Or I think of a severely disabled child with an IQ in the 30-*

*40 range. The child may live a long life lying motionless in a crib, unable to talk, unable to comprehend, soaking up hours of expensive professional care.*

*What is the point of their lives? Do their lives have any meaning? Asked Dr. Jurgen Trogisch, a pediatrician who works among the severely mentally handicapped.*

*For many years Dr. Trogisch could not answer the question of meaning. Then he ran an introductory course to train new helpers, and at the end of the one-year training period, he asked the young helpers to fill out a survey. Among the questions was this one, "What changes have taken place in your life since you became totally involved with disabled people?"*

*Here is a sampling of their answers:*

- **For the first time in my life I feel I am doing something really significant.**
  - **I feel I can now do things I wouldn't have thought myself capable of before.**
  - **During my time here I have won the affection of Saide. Having had the opportunity to involve myself with a disabled person, I no longer think of her as disabled at all.**
  - **I am more responsive now to human suffering and it arouses in me the desire to help.**
  - **It's made me question what is really important in life.**
  - **I've become more tolerant. My own little problems don't seem so important any longer, and I've learned to accept myself with all my inadequacies.**
- Above all, I've learned to appreciate the little pleasures of life.**

*As Dr. Trogisch read over these and other responses, he realized with a start the answer to his question. The meaning of the suffering of those children was being worked out in the lives of others, his helpers, who were learning lessons that no sophisticated education system could teach.*

***Now, it's your turn.** Do you see the value you bring to a congregation when you educate them on the needs for the disabled, or when you start a support group for the chronically ill, or when you give value to each special human being disregarding any deficiencies they have. Take the time to recognize where God has placed you and why and then praise Him for His sovereignty. He always knows best.*

### **Health Tip of the Week:**

Honor your needs. As you respect the needs of others, stay in touch with your own needs. Some people find they need time to themselves after a loss. Don't be afraid to leave a crowd to find a quiet space to cry or reflect. Do something special just for you. Continue to be gentle with yourself.