

Good afternoon,

ENOUGH

Unfortunately more blood has been spilled once again and the anger is intensifying through protests, blog posts, Facebook, Twitter and the media. Please take heart in reading this devotional by Philip Yancey as he so eloquently explains what love and forgiveness by one man changed a nation.

In 1987 an IRA bomb went off in a small town west of Belfast, amid a group of Protestants who had gathered to honor the war dead on Veteran's Day. 11 people died and 63 others were wounded. What made this act of terrorism stand out was the response of one of the wounded, Gordon Wilson, a devout Methodist.

The bomb buried Wilson and his 21 year old daughter under five feet of concrete and brick. "Daddy, I love you very much," were the last words Marie spoke, grasping her father's hand as they waited for the rescuers.

A newspaper later proclaimed, "No one remembers what the politicians had to say at that time. No one who heard Gordon Wilson will ever forget what he confessed....His grace towered over the miserable justifications of the bombers." Speaking from his hospital bed, Wilson said, "I have lost my daughter, but I bear no grudge. Bitter talk is not going to bring Marie Wilson back to life. I shall pray, tonight and every night, that God will forgive them."

His daughter's last words were words of love, and Gordon Wilson determined to live out his life on that plane of love. "The world wept," said one report.

After his release from the hospital, Gordon Wilson led a crusade for Protestant-Catholic reconciliation. Protestant extremists who had planned to avenge the bombing decided, because of the publicity surrounding Wilson, that such behavior would be politically foolish. Wilson wrote a book about his daughter, spoke out against violence, and constantly repeated the refrain, "love is the bottom line". He met with the IRA, personally forgave them for what they had done, and asked them to lay down their arms. "I know that you've lost loved ones, just like me," he told them. "Surely, enough is enough. Enough blood has been spilled".

The Irish Republic ultimately made Wilson a member of its Senate. When he died in 1995, the Irish Republic, Northern Ireland, and all of Great Britain honored this ordinary Christian citizen who had gained fame for his uncommon spirit of grace and forgiveness.

Join me in praying for another Gordon Wilson to come forward who will be received by the media with open arms, reach out to this nation with the message of love and grace, and put into action a way forward to heal this nation and repent before God.

Verse of the Week:

*God has not given us a spirit of fear, but of power and of love and of a sound mind. 2
Timothy 1:7*

Prayer Requests:

- Pray for revival in this nation and for lives to be touched by your faithfulness, love, and grace.
- Pray for each one of us as we gaze into the eyes of those who are suffering and hear their grief and pain, that we see your face and remember that you care for us and love us unconditionally. Help us to care for others and love.
- Pray for safety for all during both political conventions this week and next.
- Pray for our churches that we will reach out to those who are in need with compassion, empathy, and discernment. Teach us to know your ways.
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Praises and Thanksgiving:



Please join me in welcoming Joanne Hall as the new Director of Elim Care Faith Community Nursing Ministry. Joanne is currently serving as a FCN at Trinity E-Free Church in Lakeville. We are so excited to have her and we know God has answered our prayers. A full profile of Joanne will be furnished in our next week's update.

Please check out our website: <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.

Updates/Events:

- **Elim FCN Network Meeting (Meeting agenda attached)**

- 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.

- **Aging with Gusto Conference (Brochure Attached)**

- Tuesday, September 20, 2016 9:00 am to 4:00 pm
- Wilder Community Center for Aging
- 650 Marshall Ave St Paul, MN 55104
- For information, contact: jroles@vital-aging-network.org | 651-690-4111

Resources:

- Under the Affordable Care Act, there is a growing use of community health workers.
 - [Click here](#) to read this interesting article. Is this what FCN's could be doing?

A Faith Community Nurse Story:

Faith Community Nurses wear a lot of different hats: They visit individuals in homes and hospitals, advocate for others during transitions of care, provide health screenings and health education and prepare congregational volunteers to provide help with transportation, visitation, meals etc.

Many in the congregation want to help but don't know what to do and often times what to say to people who are hurting. One of my favorite resources for providing teachings to our volunteers is from the book, Don't Sing Songs to a Heavy Heart, by Kenneth C. Haugck. In the book the author shares his insights into some of the things that hurt him deeply during his wife's battle with cancer and her eventual death. He also discusses those actions that really helped.

He shares in one chapter ways to relate to suffering people that build them up rather than tear them down. Caring for suffering people can be challenging and messy. It's not always easy but it is doable. Our role as a FCN puts us in situations where we need to step into their pain and

suffering and help them heal even though they may never be cured. That means educating the congregation on productive ways to help and to discern methods that can be very harmful.

One of the actions that have been found to be most helpful is to Name The Elephant. The story goes like this from the book.

Imagine that you and several others are spending an evening at a friend's house. At one end of the living room stands a large elephant. All of you can see it, smell it, and even hear it. Yet throughout the entire evening, no one mentions or even acknowledges the presence of the elephant. Perhaps you have encountered a similar situation where a painful event has happened to someone. You and others know about the crisis or loss, and he or she knows you know. But no one dares mention the one thing the hurting person hopes you'll notice and comment on. There is an elephant in the room, and no one is willing to acknowledge that it's there.

Consider the all too common experience of the following people who participated in the research:

- A woman who had experienced a miscarriage said, "People acted as though nothing had happened. They never mentioned it.:"
- A husband and father who lost his job when the plant where he worked shut down said it was hurtful when people "did not even acknowledge my situation."
- A woman whose daughter attempted suicide said, "I felt as if my pain must have been visible, like it was painted on my chest. I was surprised when people seemed totally oblivious and never said a word."

A simple but profound act of caring that you can offer to a suffering person is to name the elephant. Don't ignore it. Don't pretend it's not there. Be sensitive, and name the elephant.

The hurting person might also name his or her own elephant before you do. If this occurs, don't just let the person stand there exposed. Be sure to acknowledge it. Listen. Make it very clear that you are willing to talk about the person's pain.

When hurting people refer to the situations causing their suffering, they strongly desire to have their pain acknowledged. When you pick up on those cues, you will be the kind of person around whom people feel comfortable naming their elephants.

Faith Community Nurses are given many opportunities to listen and to validate. They also are prepared to equip individuals and congregations to help heal the pain for those who have "the elephant in the room".

Health Tip of the Week:

Tips for improving your physical health

- Schedule an exercise routine—start with walking 30 minutes a day 3 times per week
- Stand up to stretch and straighten your posture.
- Drink an extra glass of water
- Go to bed 30 minutes early each night this week.
- Wash your hands regularly
- Get Regular health checkups and screenings.
- Take a 10 minute break.
- While watching TV, do push-ups during the commercials.

Thought for the Day:

The simplicity which is in Christ is rarely found among us. In its stead are programs, methods, organizations and a world of nervous activities which occupy time and attention but can never satisfy the longing of the heart.

A.W.Tozer