

## **Good afternoon,**

Over the past few months, I have been asking God how He would/could use me. Perhaps you have found yourself in that same place at some time. The following devotional based on Mark Batterson's book, "*All In*" really spoke to me!

"Anytime God is about to do something amazing in our lives, He calls us to consecrate ourselves to Him. That pattern was established right before the Israelites crossed the Jordan River and conquered the Promised Land.

'Consecrate yourselves, for tomorrow the Lord will do amazing things among you.'

Here's our fundamental problem: we try to do God's job for Him. We want to do amazing things for God. And that seems noble, but we've got it backward. God wants to do amazing things for us. That's His job, not ours. Our job is consecration. That's it. And if we do our job, God will most certainly do His. The word consecrate means to set yourself apart. By definition, consecration demands full devotion. It's dethroning yourself and enthroning Jesus Christ. It's the complete divestiture of all self-interest. It's giving God veto power. It's surrendering all of you to all of Him. It's a simple recognition that every second of time, every ounce of energy, and every penny of money is a gift from God and for God. Consecration is an ever-deepening love for Jesus, a childlike trust in the heavenly Father, and a blind obedience to the Holy Spirit. Consecration is going all in and all out for the All in All. If you don't consecrate yourself to Christ, you'll get bored. If you do, you won't. And that is where the battle is won or lost. If you don't go all in, you'll never enter the Promised Land. But if you go all out, God will part the Jordan River so you can cross through on dry ground".

You can read Mark Batterson's full devotional at:

<http://www.faithgateway.com/holy-dare-all-in/#.V5ZfmvkrLcs>

Joanne

## **Verse of the Week:**

I can do all things through Christ who strengthens me.

Philippians 4:13

## **Prayer Requests:**

- Pray for safety for all during the political convention this week.
- Pray for our churches that we will see and respond to those who are in need with compassion, empathy, and discernment.

- Pray for our monthly Prayer and Share Meeting tomorrow that God's touch on our ministries would be evident and we would be encouragers for one another.
- A prayer for our nurses: Oh God, who called me to this holy ministry, keep me faithful to my vocation. Help me to make of my nursing, a prayer of commitment and caring. Let me recognize every sickroom as a tabernacle where You dwell. Direct my work that it will become a prayer of reverence and respect for the sacredness of human life. Bless me, always, with a grateful heart, that I may be ever mindful of the precious gift of serving You in the ill and the infirm. Amen.

### **Praises and Thanksgiving:**

- I am so thankful to God for providing Elim Care with strong Christian leadership that is immersed in prayer for wisdom and discernment in many, if not most, decisions that they face on a daily basis. Answered prayer is evident in the choice they made for the new Director of Faith Community Nursing. Joanne and I have been able to spend some quality days together praying and seeking God's wisdom on a number of issues and visions. Please pray for her as she takes on this new role. Pray for our time together next week as her days of orientation end. She will be gone August 5 – 19<sup>th</sup> and step into her role on August 22<sup>nd</sup>. We praise God for His provision and for blessing her with a profession and experiences that have prepared her for this next chapter of her life.

Marcia



On July 21, Joanne Hall assumed the role of Director of Elim Care Faith Community Nursing Ministry. Joanne has a diverse background as a nurse, including clinical experience in both acute care and older adult services. She has had leadership roles in administrative areas of insurance and Medicare services, such as medical review and Medicare provider enrollment. Most recently, Joanne has served as a Faith Community Nurse at Trinity EFC in Lakeville.

She and her husband, Steve, are the parents of three adult children, two sons and a daughter. They are grandparents of two grandsons and anticipate the arrival of a third grandson the end

of October. Joanne enjoys traveling, quilting, crossword puzzles, historical novels and the outdoors by walking and biking.

- Praises for a very successful Together 2016 event in Washington DC where tens of thousands of Christians gathered to pray for our nation. Check out [this link](#) and be very encouraged as you read about and see pictures describing in detail what God is doing in our nation or copy and paste this in your browser:  
<http://www.theblaze.com/stories/2016/07/17/prominent-christian-musician-america-has-kicked-the-healer-out-and-its-time-to-invite-him-back-in/>

## Updates/Events/ Resources:

Please check out our website [Elim Care FCN](#): 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.

- **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](mailto:jroles@vital-aging-network.org) | 651-690-4111

## Training opportunity:

**What:** Free training to become a Community Partner with Minnesota State Services for the Blind (SSB).

Note: this is the same workshop offered at the Faith Community Nurse Network of the Greater Twin Cities symposium on January 20, 2016. So, if you missed it, here your chance to learn about this resource.

**When: Tuesday, August 2, 2016 from 12:30 pm-3:30 pm. RSVP by Monday, August 1st to [Julie.philbrook@hcmcd.org](mailto:Julie.philbrook@hcmcd.org). 612-873-8500**

**Where:**

Christ the King Lutheran Church  
1900 7th St NW  
New Brighton, MN

**Why?**

The Aging Eyes initiative is a community partnership to expand the reach of low-vision services for Minnesota seniors experiencing the beginning of vision loss. By becoming a Community Partner, you and your organization are supporting seniors with low vision needs who might not have been reached without your services. . Currently, the needs of Minnesota's low vision seniors outweigh what our agency alone can implement. This training will provide you with the education and early intervention tools to help the seniors you are currently providing other services for. Vision loss and blindness can be frightening and is often misunderstood and most health care professionals do not feel equipped to meet this specialized need.

By taking the class, SSB will provide:

- Knowledge about typical diagnoses and their impact on vision
- A simple assessment tool to identify early vision loss
- Technical support and problem solving
- Free low-vision aids and devices for seniors
- Resources for more extensive vision loss support

**A Faith Community Nurse Story:**

**Enjoy this story shared by Lois Ustanko, FCN Director at Sanford Health, Fargo, ND:**

**It May Be Over But I Am NOT a Quitter**

Three friends, three different circumstances but all asking the same question...should I quit?

Tracy\* has given her heart and soul to a job for many years but things are changing. The company has merged and is moving in a different direction. She rarely gets to do what she loves to do anymore and finds that she has trouble getting up in the morning; she's lost her passion for the work. But retirement is on the horizon, the time can be measured as easily in months now as in years. Since she's a single woman her entire future depends on her and finding a new job would likely require her to move from her small MN community. She's not anchored to the community as it isn't her hometown but it does

cost money to move and it takes a lot of time and energy to meet new friends, locate a new faith community and so forth. She wonders whether she can hide her unhappiness and bear it for the next 18 months, it seems so close and yet so far.

Nancy\* has spent the last ten years helping her husband build up his business. She's had her own job, too, but most of her waking hours have been spent supporting his endeavors, creating the type of life he's wanted, and managing the family in a way that fits with his vision. When she finally found her voice and began to express what she wanted, things got rocky. Now he's given her a "my way or the highway" ultimatum...if she wants the house, vacations, and other things he can give her she needs to do things his way. She admits she's not happy but is scared of what her life will become if she decides she can't continue to live according to his order.

Cindy\* is in a fight for her life. She fought long and hard for the first two years after her cancer diagnosis. Some days she was so sick and weak she couldn't get out of the recliner. Her bones ached and she had absolutely no energy. When Easter arrived she celebrated her own "new life", she was in remission. As months turned into years she was hopeful that this challenge was behind her but all of a sudden things went awry and the cancer was back with a vengeance. No matter what treatment is tried it's been unresponsive. Since the day of her initial diagnosis until the recurrence, she's had the joy of seeing her first two grandchildren born. She's snuggled with them, counted their toes and feels like she's seen a slice of heaven. She confesses that she feels like she owes it to them and to her children to keep on fighting and yet she's fading away. She asks, "Do I keep on going? It seems so futile. Maybe I should just go home and hold those babies for as long as I have."

Each one of these ladies in some fashion have expressed that they've tried everything including reaching out and drawing back, talking with others and sitting in silence. They've cried, pleaded, yelled and whispered. And they've prayed. Each one has come to the conclusion that the only thing they have left to do is place this all in God's hands and in doing so they experienced great relief. They are coming to terms with their ending and with their beginnings as well because when something ends something new does begin.

So there is no easy answer and I personally will not attempt to give them one. The only thing I know is that the physical and emotional work they are doing can create space for something new and for many people this is something better. I will ask, "Are you doing what you are doing out of fear or out of love?" It's never easy to let go of the past, but when the pain of holding on is far greater than the pain of letting go, it's time to make a change. I've encouraged them to journal to discover what is important to them at this point in their lives. Each should take one step at a time; these types of life challenges are rarely resolved in a day, it's a process. Obviously I've encouraged them to pray for God's wisdom and direction in their lives and offered to pray for them as well. It's important for them to remember that God's leading might come in affirmations from people who are in their lives. I'm not in a position to tell them whether their decision to quit is the right one; I trust that they eventually will gain the perspective and energy they need to make the decision that is best for themselves...in the meantime I'll be there to support them.

My observation is the pressure of maintaining a façade for our family members gives way to guilt and anxiety at a time when we could be experiencing happiness and calm. We shouldn't fear or apologize for expressing our own needs; unfortunately many feel they need to protect others and have lost the ability to make their own needs known.

The best I can do is support them through their tragedy. I can sit quietly with them until a time when they may want to talk. I can listen, clarify, and reflect with them. Throughout this process I will silently pray for them and for their families.

Dear Lord, help my friends leave behind any bitterness, anger, sorrow, and pain. Fill them instead with your peace and the knowledge that you are with them. Be with them in their endings and beginnings. Be with the, in this scary place between what was—the memories, the dreams, and the hopes—and what is to come. Remind the, that the place ahead is the one You prepared for them. Amen.

Update: In the weeks since I originally wrote my reflection Tracy\* still has a desire to be re-ignited in a new position but likes the financial security of her current position so she's at a standstill. Nancy\* is in counseling; she's wrestling with the question of whether she can be in this relationship for the long haul if he does not love her unconditionally and if he is unwilling to change anything about the way he interacts with her. Sadly, Cindy\*died over a week ago while I was away. She wanted to stop treatments but did not want to have her family members think that she died because she'd given up so she spent the last days of her life in the hospital still having medical interventions letting her family believe she was a courageous fighter when all she wanted to do was go home to her familiar environment and to hold her grand babies there one more time. I can't help but wonder how her ending would have improved if she'd had a nurse who understands palliative care advocating for her at the bedside; a nurse with the courage to bring the family together for a conference or a Faith Community Nurse who continued to visit her even during a hospital stay.

*Peace I leave with you; my peace I give you. I do not give to you as the world gives.*

*Do not let your hearts be troubled and do not be afraid. John 14:27*

I pray that each of our Faith Community Nurses have the strength to work through their own personal endings and the courage to support congregants during difficult life moments.

Lois

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

### **EAT YOUR FRUITS AND VEGGIES !!**

*Fruits and vegetables contain essential vitamins, minerals and fiber needed for a healthy diet.*

*Enjoy these easy ways to add them to your meals*

## BREAKFAST

- Try a smoothie with low-fat milk, yogurt and fruit.
- Stuff an omelet with vegetables and add your favorite low-fat cheese.
- Top waffles or pancakes with your favorite fruits.

## LUNCH

- Try crunchy vegetables instead of chips with low-fat salad dressing for dipping.
- Have a cup of vegetable soup as a meal or with a sandwich.
- Make a veggie wrap with roasted vegetables and low-fat cheese rolled inside a whole-wheat tortilla.

## DINNER

- Use vegetables as a pizza topping. Try broccoli, spinach, peppers or mushrooms.
- Add vegetables to your family's dishes. Don't let them be something pushed to the corner of the plate.
- Make fruit your dessert. Slice a banana lengthwise and top with frozen yogurt or mix berries in with whipped cream.

## **Thought for the Day:**

God always gives His best to those who leave the choice with him. Jim Elliot