

## Happy Wednesday (Hump Day)!

Once again the airwaves are filled with more and more tragedy. Terrorism has hit yet another part of the world and we can only imagine the number of people, families, communities, and churches that have been affected by the deep pain and suffering that is to unfold over the next several days, weeks, and months. I also received an email last night from a fellow Bible study member who was at a birthday party for her daughter's 8 year old classmate and witnessed the drowning of one of the children. She performed CPR until the Emergency Response Team arrived. They later were informed that the little boy died at the hospital.

There are days when it just seems hard to have a positive attitude and look up rather than be dragged down into the depths of despair. But as we pray and ask God to help we can learn a lot from John who had every reason to believe the world was falling apart. He wrote the book of Revelation and looked beyond the dark clouds of impending threat to the hope of God through Jesus Christ.

***From the book, Don't sing songs to a heavy heart, Kenneth C Haugk shares this: Instead of fixating on his rapidly deteriorating world, John chose to focus on the hopes of Jesus' resurrection and new life. The resurrection of Jesus and the coming of the Holy Spirit signaled the beginning of the church, but even more to the point, it signaled the beginning of God's new creation---his grand restoration project. While God is actively re-creating, there are still tears and death, mourning and sadness, pain and suffering. He offers the sure hope that one day there will be no more pain and suffering. That's not an idea to be flung blindly at those who are hurting. It's a message that each Christian can claim, ponder, pray over, cherish, and live by. As those who are suffering face their darkest hours, you can be the means through which God begins to wipe away their tears. The community of believers --the church--is called to be Christ's Easter body in a Good Friday world. Through the church, the risen Christ is already alive and at work in our pain-filled, suffering world.***

Where does our strength come from during these troubled times? I have found comfort during many of these dark times from the scriptures. "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me". Psalm 23:4

### Verse of the Week:

**He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away. He who was seated on the throne said, "I am making everything new". (Revelation 21: 4-5a)**

## Prayer Requests and Praises/Thanksgiving:

- Please pray for our nurses, staff, doctors, administration, and patients who are working through the after effects of the nursing strike. Pray for healing, peace, respect for one another, and an urgent focus from all sides to be on the patients they serve.
- Please pray for Heather and her daughter who witnessed the drowning of a young boy, age 9, named Daniel Peso. Heather asks us to pray this prayer: Please pray for Megan as she discovered him and for me who did CPR until paramedics came. Please also pray for all children and adults that were at this party because we are all traumatized.
- Please join this person in prayer who has MS and rheumatoid arthritis. She wrote this prayer to be shared with others with chronic illness: *Dear Father, Help me not skim over familiar verses like 2 Corinthians 12:9-10. Remind me each day that the less strength I have, the more yours will carry me through. In my physical weakness, You give me strength needed for the tasks ahead. In my emotional weakness, You restore hope and fill me with Your peace. When others see me, I don't want them just to see my illness. I want them to see less of me and more of You. In Jesus' name, Amen.*
- Pray for Turkey, their country, their leaders, and their people who are gripped with fear and suffering trauma and loss. Pray for those who are responsible that may have the blinders of darkness removed from their eyes and see the love of Jesus through His people and His church.
- Continue to pray for all FCN's and our pastors. I received a card that had this beautiful prayer and I would like to share it with all of you as we pray for one another.
  - I'm praying you'll take comfort in knowing that God is **your Fortress**, surrounding you with His care..... **your Deliverer**, giving you victory over life's troubles.... **Your Shield**, always loving and protecting you. **He is a Stronghold that will never fail.**
- Pray for Elim Care as they continue the process of hiring the next Elim Care FCN Coordinator and pray for the person He is preparing to be raised up as a leader for this wonderful ministry.

## 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
- Elam 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.

- **Honoring Choices Annual Convention**

- Thursday, July 21, 8 – 4:30 PM
- Ramada Plaza Conference Center, MPLs., MN
- [Register here:](#)

- **Foundations of Faith Community Nursing On Line Course**

- This Foundations of FCN Preparation course is based on the new curriculum developed through the IPNRC Church Center.
- This course is taught by Paula Lilja, RN, PN, DNSc, and serves as the FCN Coordinator for EFCA. Questions contact her: [paula.lilja2@verizon.net](mailto:paula.lilja2@verizon.net) or 281.532.3060
- Dates are August 24 – November 15, 2016.
- Brochure is attached. Scholarships are available through ReachGlobal Missionaries for \$100.00.

### Resources:

- **Support Our Military:** Information for additional programs and materials related to equipping congregations to support service members and their families If you would like to recommend a resource for this list, please send an email to: to [wrmal@wheatridge.org](mailto:wrmal@wheatridge.org). For a list of resources available to help your church get started or enhance a program please go to: <https://www.wheatridge.org/resources/refuge-and-restore-military-ministry/recommended-resources/> or [click here:](#)
- **Plan a congregational health fair:** [Click here](#) or go to <https://www.wheatridge.org/healthfair>
- **Get Healthy Living Flyers** to download for your church: Go to: <http://www.churchhealthcenter.org/flyersforhealthministry> or [click here:](#)

### A Nurse's Story:

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

This story is written by Annette Langdon, adjunct faculty for the Parish Nurse Ministry Program at Concordia College, Moorhead, MN. It is an excerpt and tells the heart wrenching story of Janet Benz and her family as they lived through the suicidal death of their son, Christopher.

From this tragedy Janet has shared her story with thousands and Christopher's family established the Christopher Benz Foundation to provide education and awareness for the prevention of teenage suicide. Find more information at: <http://christopherbenzfoundation.org>

### **A Story of Crisis: Highlighting Presence and Prayer:**

January 11, 2007

The call came to the church. "Janet's son was in the emergency room. He tried to kill himself".

"Which one? She has three boys."

"The youngest, Christopher".

Janet had been a member of my health ministry team and was a close friend. Grabbing a prayer shawl on the way out, I accompanied one of our pastors to the emergency room.

We found Janet alongside Christopher's bed in the emergency room. She was stroking his head—the part that wasn't covered with blood or bandages—and wondering out loud, "What were you thinking, Sweetie?" She hugged us and said her other boys were on their way and asked if we might be with her when she told them. Christopher's dad was also there, along with the hospital chaplain.

We stood by, watching praying, and understanding that the situation did not look good.

When the boys arrived, we joined them in a small room off the waiting area. While we met there, the staff moved Christopher up to ICU. After telling the boys, we shared some prayers and gave Janet the prayer shawl. She clutched it to her heart.

Moving up to ICU, we watched as Janet and her boys reunited with Christopher. Janet took the prayer shawl and placed it over Christopher. We joined hands around Christopher's bed, touching him and each other, and said more prayers.

It struck me that in her mother wisdom; Janet was tucking her baby into God's care, into God's love.

The prayer shawl remained on Christopher. The staff understood its importance and did not remove it even when they needed to cool Christopher's' body temperature.

More prayer shawls were brought for each family member. We spent more time just being there, listening, hugging, praying, and weeping.

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

**Are you running on empty? From the book, *Devotions for a Healthier You*, by Katie Farrell.**

***He gives strength to the weary and increases the power of the weak. Isaiah 40:29***

When we are running – and running fast- often the first thing to go is our time with the Lord. We think, if only I had more time. I would spend time with the Lord. The problem is, if we don't run to Him first and put Him first, other aspects of our lives will falter. We must spend time with the One who will recharge us, give us strength, guide our steps, keep us from growing weary, and help us rely on His strength, not our own.

***The Lord is our Source of energy and strength.***

This week's update is quite heavy and it addresses the reality of suffering that goes on all around us, our families, our communities, our churches, and our world. I pray that you will look to the Lord even when you don't have the energy. I will close with Elizabeth Elliot's' quote:

***Sometimes, life is so hard you can only do the next thing. Whatever that is, just do the next thing. God will meet you there.***

*Marcia*

***Helping You to Help Others***

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