

*Good morning and another Happy Monday!*

***How do you know if God is moving you to make a move?*** This is one of the many devotionals I pondered over the last few months as I felt God was leading me to listen very carefully and discern why certain circumstances were happening in my life. One of the first messages that became very clear was this: It's not about me! It's about glorifying God in all things and using every situation to further His kingdom.

From the book, Discerning the Voice of God, by Priscilla Shirer I found a couple of pearls.

- Don't be hesitant or fearful to discover God's will for you.
- The more you immerse yourself in the Word the more closely your thoughts, emotions, and decisions will align with what the spirit is saying to you and the more your flesh will lose its power and strength.

As you know, I have submitted my resignation to Elim Care as Director of Faith Community Nursing Ministry. As difficult as it's been to get to reach this decision I can say that God has provided that perfect peace that is found when you know you are in His will. My health issues were not the deciding factor, but rather a tool that God has used to view my weakness as a vehicle to rely on his strength. He opened my eyes to appreciate each and every day and to have more compassion for those who suffer daily with chronic illness, pain, and fatigue that is often times misunderstood and minimized. He helped me see how the body of Christ can be such an encouragement through a phone call, email, or a card that says, "I care and I'm praying for you". Many times I received just the right verse or encouraging word that I needed. Concerning my work as a Faith Community Nurse, He provided more passion for this unique ministry that touches lives in a very special way through the nurses who have the gifts of compassion, integrity, and a professional skill level combined with the spiritual focus which is our calling.

Over the last several months I've had amazing quiet times with the Lord as He began to lay out a dream and a vision for Elim Care's FCN ministry. It started with our advisory board retreat in January where we, as a group, asked God to lead us in to the next steps. From that day the vision has grown into a plan of action that includes developing a 3-5 year plan, a stronger collaboration with the E Free churches in the North Central District, prayer and care for FCN's through better communication and monthly meetings, and a desire to increase our compliance with the scopes and standards of our practice.

As I considered my own gifts and talents as well as my health issues it became increasingly clear that God was asking me to trust Him and to let it go. I wrestled and bargained and had lots of doubt that this was Him and not me just wimping out or having a pity party that this is becoming too hard. So of course, right on schedule, I read one morning this little gem. "Doing the easy thing will never stretch you, will never force you to draw on His resources and will not cause

God to be glorified. Satan's goal is to keep you in the cocoon.....weak, effortless, and lazy". Don't you just love it? He never fails to come up with the right thing at the right time. I thought I had my answer that I was to stay and just keep pressing on. Well, through more prayer and more listening I realized that the "easy thing" was to stay. The hard thing was to give up a job that I absolutely love and felt very comfortable in. I love all the nurses I get to work with and I love Elim Care as it lives out the mission in and through its' employees, volunteers, and management. Their care and compassion shines brightly and is a reflection of God leading and directing.

Once again from the book, Discerning, I was able to identify with the purpose of challenges in our lives. It says, "The purpose is to put us in a position to see the miraculous work of His power operating in our frailty".

So long story short is that God was preparing me to let it go and enable someone new with the perfect gifts and talents to move into this new role with responsibilities that mesh their talents with the goals of this ministry. I was led to this verse: Unless a kernel of wheat falls to the ground and dies it remains only a single seed. But if it dies it produces many seeds. John 12:24. This was more confirmation that I needed to die of my own desires and thoughts and allow God to raise up a new leader.

I believe God is and has been preparing a person to take this position to the next level. Please pray with me that He is moving in that person's life to accept the call that God is creating as we speak. Through this process God will be glorified and His work of healing and transformation will be seen through many. If God is tugging you to consider making a move are you ready to say, "Here am I Lord, Send me"?

I am so excited to see where God is leading. I'm thankful that my health is improving. I'm also so thankful for each one of you. You truly light up my life as I hear your stories and see your hearts. I thank God for the many opportunities He will provide for me to continue in ministry and Faith Community Nursing and I'm praying that God will help me to stay committed to His Word and be obedient to His call. One day at a time and one person at a time.....in and through His leading.

### **Verse of the Week:**

***Trust in the Lord and do good; Dwell in the land and cultivate faithfulness. Delight yourself in the Lord; And He will give you the desires of your heart. Psalm 37: 3-4***

### **Prayer Requests and Praises/Thanksgiving:**

- Pray for our nurses in all spheres of influence that they may be an encouragement to others who are facing difficult physical and mental challenges or facing a faith crisis as they believe that God has abandoned them.

- Pray for our health care workers that they may feel loved and appreciated.
- Pray for our pastors and staff that they feel the leading of the Holy Spirit with each new encounter they have during this day.
- Pray for our nation that we will turn to God, repent, and allow God to work in and through its people.
- Pray for those people who feel lonely and abandoned: Lord God, \_\_\_ is sick and lonely. It seems that you have forsaken him/her. In fact, it is difficult to maintain hope that you care. But still, somehow, \_\_\_ looks to you for help. Be gracious to him/her, Lord, for this situation can be frightening as well as lonely. Relieve the troubles of his/her heart and bring him/her out of his/her distress. Think about \_\_\_ affliction and answer him/her. From the book, [Psalms for Healing](#), by Gretchen Person.

Please check out our website: [www.elimcare.org/fcn](http://www.elimcare.org/fcn). Click on any number of links that will provide you with resources and a calendar of upcoming events. Our website is having a great new makeover and will be available early June. I will notify you when it's ready.

## Updates/Events

- **Elim FCN Network Meeting**
  - Wednesday, June 22nd
  - 11:00 – 1:30
  - Elim Care Corporate Office
  - Topic: Sharing our Resources
- **Keep Calm and Learn About Lymes' Disease**
  - Monday, June 20<sup>th</sup>
  - 6:30 – 8:30 PM
  - Calvary Free Church, Walker, MN.
  - Cynthia Dainesburg, RN, FCN and author is the presenter
  - Brochure attached
- **Charlson Meadows' Retreats for 2016:** Shared by Lois Ustanko, Sanford Health FCN Coordinator. Programs at Charlson Meadows are designed to restore and renew adults through nature's beauty, rest, and inspiration. To learn more about Charlson Meadows located in **Excelsior MN** go to <http://www.charlsonmeadows.org/> Retreats from March through September are described below:
  - **Nature's Gift: 5 Jewels for Everyday Life**-Gift yourself; spend a day with nature. Enhance your self-assurance, explore healing, boost your creativity, align with purpose and know the Big Picture. Melt stress and anxiety away. [Read More](#)
  - **Above All: Nurture Your Heart**-Come away for a weekend. Nurture your heart with rest, reflection, recreation, & relationships. Invest in your

renewal by taking time to heal, play, and deepen your connection with God. [Read More](#)

- **Intuition: Opening the Gate**-Enhance your intuitive life skills. Know that intuition travels on love and thrives in openness. It expands in the presence of ease, relaxation and fun. Explore application in everyday setting. All are welcome. *Nurses receive: 7.5 CEUs day; 15.2 CEUs weekend* [Read More](#)
- **Day of Prayer**-Mahatma Gandhi stated, "Prayer is not asking. Prayer is the yearning of the soul." Spend a day devoted to prayer. Set free the yearnings of your soul. Nature's beauty invites profound healing and joy. *Nurses receive 7.5 CEUs* [Read More](#)
- **Writer's Retreat**-Do you dream of making progress on a writing project tumbling around in your head? Journal, write your story, or start a novel in your favorite corner of Charlson Meadows, e.g. take a notebook in the woods, spread out on a table, or curl up on a couch. Gift yourself. [Read More](#)
- **Women's Wisdom: Creativity & Ease**-Women's wisdom is relational. The first relationship we have is with our heart. Deep rest, freedom to roam, spontaneous creativity, and relaxation foster an open heart. Join us. [Read More](#)

## Resources:

- **The Westberg Institute for Faith Community Nursing launches online knowledge sharing platform**
  - This platform connects nurses globally on wide array of healthcare topics <http://www.churchhealthcenter.org/theplatform>
  - [The Church Health Center](#) offers a wide variety of resources on a number of topics. Check them out.

The following resources are shared by Lois Ustanko, Sanford Health Director of Faith Community Nursing and Health Ministries in Fargo, ND.

- **CDC Learning Connection**
  - The CDC has developed and gathered resources for all kinds of public health training and education needs. I noticed the topics of asthma, advance care planning, and bullying to name a few. Many of you will find pertinent resources here. [http://www.cdc.gov/learning/index.html?s\\_cid=cdclc-apr16-partnercomm](http://www.cdc.gov/learning/index.html?s_cid=cdclc-apr16-partnercomm)
- **Great Resources for tackling the ever growing problem of drug abuse and overdose.**
  - Visit [www.prevention.nd.gov/stopoverdose](http://www.prevention.nd.gov/stopoverdose) for more information, resources and campaign materials. : As part of the "Stop Overdose" effort, the North Dakota Department of Human Services' Behavioral Health Division, in collaboration with the Reducing Pharmaceutical Narcotics Task Force encourages individuals to safely dispose of their unused medications through participating prescription drug Take Back locations – now including participating pharmacies in North Dakota. By expanding Take Back program locations, communities are active partners in the statewide Stop Overdose

campaign and can help prevent unused medications, especially controlled substances, from being diverted or misused.

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### **A Nurse’s Story:**

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

From the book, Parish Nursing, by Verna Carson and Harold Koenig: Terrill Stumpf’s journey has taken him through many twists and turns including serving as a parish nurse at Old First Presbyterian Church in San Francisco. In his leadership role God has called Terry to serve and educate other Parish nurses and to reach out to women trapped in abusive situations. His journey has taken him into domestic violence prevention. He developed a worship service focusing not only on the effects of domestic violence but also on God’s response to the pain, suffering, brokenness, and frequent death that results from domestic violence. One morning he offered this worship service as the Morning Prayer service at another church. The invitation to worship was extended to the community at large as well as the staff and congregation of the church. Among the participants was a woman who is a member of the church. I could see that the service had a tremendous emotional impact on her although she did not leave the service or seek individual counsel. Later in the day she came to my office and shared that the service had not only opened up wounds that she thought were healed, but also brought necessary healing to those buried wounds. Throughout the service she was flooded with vivid memories of her mother’s abuse at the hands of her father and then later in life, her own abuse at the hands of her first husband. We talked and prayed together and expressed a peace that she had not felt in a very long time. Terri states that he is thankful how God has taken him on a journey that leads to healing, reconciliation, and wholeness---both within the church congregation and beyond.

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

#### **Breakfast Oatmeal Cupcakes to Go:**

5 cups rolled oats

2 ½ cups mashed banana

1 tsp. salt

5 stevia packets or omit and use 5 T pure maple syrup, agave, or honey instead

Optional: 2/3 cup mini chocolate chips

2 2/3 cups water

¼ cup plus 1 T coconut or veg. oil

2 ½ tsp pure vanilla extract

Optional add ins: cinnamon, shredded coconut, chopped walnuts, ground flax or wheat germ, raisins or other dried fruit

Instructions:

Preheat oven to 380 and line 24-25 cupcake tins. IN a large mixing bowl, combine all dry ingredients and stir very well. In a separate bowl, combine and stir all wet ingredients including the banana. Mix wet into dry, then pour into the cupcake liners and bake 20 – 25 minutes.

These oatmeal cakes can be eaten right away or they can be frozen and reheated for an instant breakfast on a busy day.

**A little humor for the day:**

### **MARRIAGE SEMINAR**

At MN Norwegian Lutheran Church in Eden Prairie, Minnesota, they have a weekly husbands' marriage seminar. At the session last week, the Pastor asked Ole Westrum, who was approaching his 50th wedding anniversary, to take a few minutes and share some insight into how he had managed to stay married to the same woman all these years.

"Vell," Ole replied to the assembled husbands, "I've tried to treat her nice, spend da money on her, but best of all, I took her to Sveden for da 20th anniversary!"

The Pastor responded, "Ole, you are an amazing inspiration to all the husbands here! Please tell us what you are planning for your 50th anniversary."

Ole proudly replied, "I'm a-gonna go get her!"

***Have a great week!***