



ELIM FAITH COMMUNITY NURSE CONNECTION

June 2017

Joanne Hall, Director of Elim Care Faith Community Nursing

"Helping you to help others"

7485 Office Ridge Circle, Eden Prairie, MN 55344-3690

952-259-4461, Joanne.Hall@elimcare.org

"5 Surprising Things Jesus' Followers Did After Easter"

After 2,000 years, we've heard the Easter story so many times we often think we know everything about it. But there are some aspects that are not as well known, particularly the actions that the followers of Jesus took in the days and weeks after the resurrection.

Here are five specific things the disciples did that may surprise us:

1. The disciples were skeptical.

The Gospel records are clear: many of Jesus' closest followers were openly skeptical of the early reports of the resurrection. When the women who first saw Jesus alive reported what they had seen, the other followers dismissed it as "an idle tale" and "did not believe them" (Luke 24:11). The Gospel of John adds that one of Jesus' closest followers, named Thomas, refused to believe that God had raised Jesus to life. He insisted that he would have to put his finger in the nail holes in Jesus' hands before he would believe such a thing. Some of the disciples had doubts even *when they saw Jesus with their own eyes*. On a mountain in Galilee, Jesus appeared to eleven of His disciples and they worshiped Him there, but, Matthew reports, "some doubted" (Matthew 28:17). **What does that mean for us today?** It means that: *Christians should acknowledge the skepticism they encounter about the Christian testimony.* "Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have," we are told in 1 Peter 3: 15. "But do this with gentleness and

respect.”

What else did Jesus’ followers do following Easter?

2. They broke bread in Jesus’ memory.

It appears that the Last Supper rite that Jesus bequeathed to His followers was put into practice very early, perhaps within *days* of the Crucifixion. A story related briefly in Mark and at length in Luke concerns two followers who had an encounter with the risen Jesus near the village of Emmaus, about seven miles from Jerusalem. The disciples did not recognize the risen Jesus but invited Him to eat with them. At the table, Jesus took bread, blessed and broke it, and, Luke says, the disciples’ eyes were opened. They reported the incident to the entire community, saying that Jesus was made known to them in the breaking of the bread (Luke 24: 12-35).

What does that mean for us? Christian denominations differ on how they interpret what the Last Supper means, but it’s clear from the New Testament that Jesus’ earliest followers followed Jesus’ command to “do this in memory of Me.” According to Acts, after Easter the disciples in Jerusalem “broke bread in their homes and ate together with glad and sincere hearts” (Acts 2:45). But Jesus’ followers didn’t break bread only. They did something else as well...

3. They searched the Scriptures.

With a few exceptions, the earliest followers of Jesus were devout Jews, steeped in the traditions and laws of their ancestors. It was natural, then, for them to search their ancient holy books (or holy scrolls) to find explanations for the extraordinary events that had happened in their midst. Modern skeptics make much of the parallels between the Gospels and Old Testament texts, examples of what scholars call *midrash*, the Jewish technique of stitching Biblical passages together to expand on a given point or interpret an event. They claim that this shows New Testament incidents were just made up. But this is to misunderstand what *midrash* is. A modern equivalent might be a journalist who says a current U.S. president “cannot tell a lie,” deliberately referencing a very old saying about George Washington but *also*, at the same time, making a comment on a real situation in the present day. It’s clear from the New Testament that Jesus’ followers did search the Jewish scriptures, often using the Greek translation known as the Septuagint. Acts describes how the apostles, particularly Peter, explained in great detail the meaning of passages in the Hebrew Bible and how they explained Jesus’ life and mission. The apostle Philip did the same with the Ethiopian eunuch. Later, Paul and Barnabas also explained the Jewish scriptures in synagogues throughout Cyprus and what is now central Turkey. The meaning for Christians today is that we, too, should be like the residents of Berea who received the Gospel message with great eagerness but “searched the scriptures every day to see if what Paul said was true” (Acts 17: 11).

4. They took care of the sick.

A major component of Jesus' mission on earth appears to have been free healing. Twenty-five of the thirty-seven miracles attributed to Jesus in the New Testament, or fully 65 percent, are miracles of healing. One of the first things the gospel of Mark says about Jesus is that He was a healer: *[Jesus] healed many who were sick with various diseases, and cast out many demons.* — Mark 1:34. What is less well known is that Jesus commanded His followers to do the same. According to Matthew's account, Jesus called His twelve apostles and instructed them to heal "every disease and every affliction" (Matthew 10:1). In Luke, Jesus sends out seventy-two of His disciples as emissaries of the kingdom, instructing them specifically to *heal the sick who are there and tell them, 'The kingdom of God has come near to you.'* — Luke 10:9, NIV

The very first miracle recorded in the Acts of the Apostles after Easter is the healing of a lame beggar by Peter who was seated on the steps leading up to the Beautiful Gate, probably the spectacular bronze doors donated to the Temple a few years earlier by the Alexandrian craftsman Nicanor. "I have no silver and gold, but what I do have I give to you," Peter told the man. "In the name of Jesus Christ of Nazareth, rise up and walk!" Throughout the rest of Acts, Peter and the other disciples are engaged in a healing ministry, for example through the healing of Aeneas and the resuscitation of Tabitha (Acts 9:32-40).

Ever since, Christians have been involved in medical mission work – building hospitals, establishing medical organizations such as the Red Cross. The original hospital for the sick in Paris, France, the Hôtel-Dieu, first opened in AD 651 and still operates today in the very same location. We should remember that medical missions have been an essential part of the Christian witness from the very beginning.

5. They invited others into their fellowship.

In the 20th century, some New Testament scholars claimed that Jesus never intended to launch a movement or form a fellowship. But that is precisely what the earliest Christian records say. The Gospels and the rest of the New Testament are emphatic that Jesus instructed His followers to "make disciples of all nations" (Matthew 28:19). From the very beginning, it appears, this was Jesus' intention for His followers. Jesus' first challenge to the Galilean fisherman Simon bar Jonah, for example, was for him to follow Jesus and He would make him "a fisher of men." Indeed, that was one of Jesus' metaphors to explain what the kingdom of God is like, a fishing net. "The kingdom of Heaven is like a net that was thrown into the sea and gathered fish of every kind," He told a crowd one day on the lakeshore.

Within weeks of Easter, then, Jesus' followers were inviting everyone who would listen into their fellowship. According to Acts, after Simon Peter's sermon to the crowds gathered at Pentecost, "about three thousand" people joined the community in a single day. This is

surprising because in the ancient world religious groups were often exclusive.

The sociologist Rodney Stark points out that the phenomenal growth of the Christian movement can be explained, at least partially, by the welcoming attitude of Jesus' followers towards groups scorned by other religious movements, such as women, slaves, Samaritans and foreigners. Stark estimates that the Jesus movement grew at the rate of about 40 percent per decade, from an initial 1,000 followers to roughly 217,000 followers at the end of the second century, to almost 34 million in AD 350, to 2 billion today.

Not surprisingly, the rapid growth of the Jesus movement was also due in large part to the other steps the disciples of Jesus took after Easter – their willingness to patiently answer the skepticism of their critics, break bread with strangers, search the scriptures and take care of the sick.

These, more than anything, proclaimed to the world what Jesus and His followers were all about. It is something worth pondering in our secular world...

As followers of Jesus, how are we doing following what He said we should do? We have a great privilege set before us — doing as His first followers did!

Original post by Robert Hutchinson for Devotionals Daily. Hutchinson is the author of numerous books. His most recent is [The Dawn of Christianity: How God Used Simple Fishermen, Soldiers, and Prostitutes to Transform the World](#) (Nelson Books, 2017). He blogs at [RobertHutchinson.com](#)

Faith Community Nurses Share:

- **Elim Network gathering**

At our **May 24 Elim Network gathering**, Ginny McMillan, FCN at New Hope EFC, shared her involvement in ministry with the homeless Native American population in the metro area as well as the Redbud Reservation in South Dakota. She shared how she and her doctor husband, Ken, got involved after their own missionary evacuation from Congo.

- **At the Super Summit on May 12**, Dr. Joel Jueckstock presented the topic of *Spiritual Formation and Self Care*. He provided an experience of self-care practices that support care-giver resiliency. A recent Mayo Clinic article provides complimenting thoughts on *“Resilience: Build skills to endure hardship. Resilience means being able to adapt to*

life's misfortunes and setbacks. Test your resilience level and get tips to build your own resilience.” **Read the attached article by Mayo Clinic Staff –“Resilience”**

- **Healthy Eating**

Couscous salad

Serves 8

Ingredients

- 1 cup whole-wheat couscous
- 1 cup zucchini, cut into 1/4-inch pieces
- 1 medium red bell pepper, cut into 1/4-inch pieces
- 1/2 cup finely chopped red onion
- 3/4 teaspoon ground cumin
- 1/2 teaspoon ground black pepper
- 1/2 cup reduced-fat Italian dressing
- Chopped fresh parsley or basil for garnish (optional)

Directions

Cook couscous according to preparation instructions on the package.

When couscous is cooked, fluff with fork. Mix in zucchini, bell pepper, onion, cumin and black pepper. Pour Italian dressing over the mixture and toss to combine. Cover and refrigerate for 8 hours, then garnish before serving.

- **Annette Jesh, BSN, RN, PHN, Faith Community Nurse** of the Parish Health Ministries Program from CentraCare St. Cloud Hospital and the FCNs in Benton County are working on Youth Substance Abuse and Suicide Prevention. She shares the following: Youth Suicide comes up very often at our FCN meetings. A lot has been in the news about **Thirteen Reasons Why** a Netflix Series on it...



Fact Sheet-13
Reasons Why.pdf



13 Reasons Why
Resources.pdf

Share with those in your churches who may be called upon to work in these areas. The Benton County group shared this: Suicide rates are growing and suicide is known to be linked to substance abuse. One in three people who end their lives by suicide have drugs or alcohol in their system at time of death.

- **Wellness in the Best Gift a Nurse Can Give**

During National Nurses Week, the American Nurses Association introduced the *Healthy Nurse Healthy Nation Grand Challenge* to emphasize health improvement in five key areas -- physical activity, rest, nutrition, quality of life and safety. "When nurses are healthy themselves, they are more credible role models, educators, and advocates for their patients," says Jaime Murphy Dawson, the ANA's director of program operations and nursing practice and innovation.

Mark your calendars now!

- **June 12:** Trinity Evangelical Free Church, 10658 210th St W., Lakeville MN, The Special Journeys ministry is offering a second training session for volunteers by AUSM - the Autism Association of Minnesota. This training is for those who either have a desire or interest to work with special needs children, already do, or are just in need of 2 CEU's. This will focus on special needs children and how to communicate best with them, phrases to use, and ways to help them move from an angry mode to a happy mode. You will better understand the way a special needs child acts, reacts, and needs to be redirected. Training will be held in Community Room A & B from 6-8 PM at Trinity Evangelical Free Church 10658 210th St W., Lakeville MN 55044. Please call Naomi Kurth with any questions 651-707-6675.
- **June 28** Elim Care FCN Network Monthly Gathering- a time of fellowship! See the **attached invitation.**
- **June 21, 9am-1pm** Twin Cities FCN Symposium: Parkinson's Disease
 - Trinity Evangelical Free Church, 10658 210th St W, Lakeville, MN 55044,
 - Presentation by Rose Wichmann, PT, Manager of Struthers Parkinson's Center.
- **August 11 Twin Cities Golf Classic**
 - Golfers of all ages and abilities are invited to join in the fun of the *2017 Twin Cities Golf Classic!* **The tournament is hosted by Elim Care, Camp Shamineau, and the NCD.**
 - **When:** Friday, **August 11.** Check in begins at **7:00 a.m.** and play begins with a shotgun start at 8:00 a.m.
 - **Where:** [The Links](#) at Northfork in Ramsey, MN.

- **Cost:** The registration fee is \$100 and includes a light breakfast, 18 holes of golf, cart, prizes, contests, and lunch. Registration and further details will be coming.
 - **Proceeds will go to Elim Care senior ministries at Elim Shores in Eden Prairie, Redeemer Health Care and Rehab in Minneapolis, New Harmony Care Center in St. Paul, Cornerstone Assisted Living in Plymouth, the youth ministries of Camp Shamineau, and the overall missions of the NCD.**
 - *Don't forget!* **If your church has three paid golfers, your pastor golfs for free!** To take advantage of the "pastors play for free when you pay for 3" offer, please contact us at 952-259-4500.
- **August 27-29, 2017, Sabbath Rest Retreat,** Timber Bay Retreat Center
 - **September 11-12, 2017 Encore Fall Retreat,** , Camp Shamineau
 - **October 3-4, 2017 Fall Teaching Conference,** (NOTE: Tues-Wed) Camp Shamineau. Speaker: Doug Huffman, Talbot School of Theology
 - **2018 District Conference, April 9-10,** Constance EFC, Andover, MN

Faith Community Nurse RESOURCES

- ✚ **Free Webinar: A Backup Plan for Solo Seniors: Health Care Decision Making for People Aging Alone** with Linda J. Camp, MPS, Owner, Turning Point Consulting will be held at 12 noon on **Monday, June 12th**. Description: Talking about the last life chapters isn't easy for anyone, but it is especially difficult for "solos;" older adults who lack the traditional family support structure. When crafting wills, trusts, Powers of Attorney and Advance Care Directives, members of this group struggle with who to designate as a surrogate. Solos "with capacity," are a largely invisible but growing group. Come hear about and discuss the foundational work on this issue that is underway. Details and registration information is available on the MN Gerontological Society website at <http://www.mngero.org/next-free-webinar-june-12-at-noon/>
- ✚ **Vision Loss and the Senior Population:** The prevalence of eye diseases in an aging population is a major public health concern identified by the U.S. Dept. of Health and Human Services. As our population ages, the effects of age-related vision loss will be difficult to ignore: including loss of independence, increasing incident of isolation and

depression, and other negative health outcomes. The Minnesota Gerontological Society offered a free Webinar on this topic on May 10th. They recommend this resource site <http://www.visionaware.org/info/for-seniors/1>. Although the Vision Loss resources identified within their handout reflects the Minneapolis metro area, the content related to recognizing vision loss and resources that can be used to adapt to this loss are applicable to all FCN practice.



Handouts-Vision-Loss-3-per-page.pdf

Minnesota Help.info

This is the state's comprehensive website for services, resources and lots of information! Check it out! <https://www.minnesotahelp.info/>

 **Care Options Network** is the most widely used and respected information resource for senior care professionals in the Greater Twin Cities Area of Minnesota. <http://www.careoptionsnetwork.org/>

Care Options Network is comprised of over 1,000 members of the senior health care and senior service industry. The Network staff collects and impartially formats vital care-specific data about senior care providers and services. The Network then distributes this information to the senior care industry, thereby helping find appropriate care, housing, products and services for over a quarter of a million seniors and their families each year.

Global Health Ministries

Mary Martin, FCN Coordinator at Oxlip Evangelical Free Church shares the following information: Global Health Ministries, located in Fridley, accepts donations of medical supplies They are an organization through the Lutheran church but they donate to several different groups. Their website is: <https://www.ghm.org/donate-supplies>

 There are over 400,000 people in the United States and 2.3 million people worldwide living with multiple sclerosis...stay up-to-date about multiple sclerosis with this new resource site featuring free clinical content from respected, evidence-based journals and textbooks. LiveWiseMS.org emerged out of a partnership between Wolters Kluwer and the [International Organization of MS Nurses \(IOMSN\)](http://International Organization of MS Nurses (IOMSN)). This unique site features summaries of articles and information with links to the full-text, original

content from trusted clinical materials. While geared towards the MS patient, this site also serves as a great resource for those nurses and health care practitioners who may see patients with MS.

 **Fight senior hunger with free resources:** A new page on the National Coalition on Aging website is dedicated exclusively to helping older adults maintain healthy nutrition.

Helping you to help others,

Joanne