



Whole Health

*Newsletter of the
Australian Faith Community Nurses Association Inc*

Volume 16 No 1

March 2011

God's enormous power

Welcome to the first edition of *WholeHealth* for 2011. I believe 2011 is a year of faith, and as we hold onto his promises many new and wonderful blessings will open to us.

I would like to encourage you to continue to pray for those recently affected by floods, cyclones and bushfires. It is hard to comprehend the trauma and pain so many have experienced. Please continue to support them with your prayers, love and, where possible, one-to-one assistance.

When I consider the torrential rains, the force of the flood waters and the power exerted by cyclone Yasi, I am reminded of the enormity of our God and his power. He has the capacity to create and destroy, to build up and to tear down, but he chooses to wait patiently for the world to turn back to him.

Our God cannot be contained or subdued; no one is greater than the Lord, and yet he has chosen us as his own. This astonishing fact continues to amaze me time and time again, and I am overwhelmed by the love of God. This same God is our loving heavenly Father who has given us his Son, so that through his grace we can all be children of the King. How blessed are we?

I recently had the opportunity to share with the members of Cheltenham Baptist church — a small church in the western suburbs of Adelaide. As I prepared the message it seemed important to encourage them to understand the meaning of being a servant just as Jesus served his Father. Standing before this loving congregation of believers who had been a part of my life from an early

age, I realised they truly were God's servants. They didn't need reminding, but encouragement to continue. Each week they reach out to their local community, opening the doors of the church — and their hearts — to all who come in. They are not a community carrying a burden of servitude but people transformed because they are serving the King of Kings. Praise God! We, like Cheltenham Baptist, serve a risen Saviour. We live and serve the King of Kings, and through Jesus we come before the Father, forgiven and made new.

AFCNA has been built on the ethos of serving as Christ serves the church. It is about serving others through a ministry of health and healing; to bring those we meet before the Father through the ministry of the Holy Spirit. In 1996 Anne van Loon responded to the call God had placed on her heart and life and initiated moves to establish what is now known as the Australian Faith Community Nurses Association.

Fifteen years later, she has decided it is time to step down from an active role with the AFCNA board. Would you all join me in thanking Anne for her visionary work, her love, friendship, faithfulness and her support of AFCNA. We trust the Lord will continue to bless her and the health ministry of Blackwood Hills Baptist church and wherever he leads her in the future.

As Mother Teresa reminded us, 'We are pencils in the hand of God'. Let him create something wonderful with your life as you serve him! God bless!

— **Heather Banham, AFCNA Chairperson**



The Bible — Central to Faith Community Nursing

This year, Bible Societies around the world are initiating celebrations to mark the 400th anniversary of the King James Version of the Bible — also known as the Authorised Version. For generations the 'AV' was the English Bible. In many ways it set a standard for the English language.

In my generation, the AV was the version read in church, and used in Sunday school and Confirmation class. We learnt many of its verses by heart.

Nowadays there is a plethora of new, common language versions of the English Bible available. Prominent among them are the Good News Bible (Today's English Version), the more liturgical sounding New International Version.

There are also 'updates' of older versions — the New Revised Standard Version, and even the New King James Version!

Strange as it may sound, in its day the AV was a popular, common-language Bible. This is the focus of celebrations in many parts of the world.

A key unit in Australian Lutheran College's Graduate Diploma course for Faith Community Nurses is *Biblical foundations*. It gives students a good grounding in the history and content of the books of the Bible.

This is important, as biblical truth is at the heart of the role of a Faith Community Nurse. It is what informs FCNs in their ministry to clients. Biblical teaching provides the framework for understanding issues such suffering, pain, loss, guilt, anxiety, broken relationships ... and forgiveness.

The Lutheran church has an official Rite of Installation or Induction for a Parish Nurse. It takes place in a regular Sunday church service, and is a public affirmation of the role and ministry of the Parish Nurse within the congregation.

After the words of installation, there is a place in this rite for 'symbols of office to be presented to the Parish Nurse. Usually these symbols are a stethoscope ... **and** a Bible. They are a visual reminder that a Parish Nurse ministers to people's physical, emotional, mental **and** spiritual needs.

— Robert J Wiebusch

Australian Faith Community Nurses Association Inc

PO Box 2707
Kent Town, SA 5071
www.afcna.org.au

Webmaster
Tim Owen
webmaster@afcna.org.au

WholeHealth Editor
Rev Robert Wiebusch
56 Donaldson Dr, Paradise, SA 5075
Tel: 08 8336 3936
robert.wiebusch@lca.org.au

Closing date for next issue: 16 June



This issue

God's enormous power	1
The Bible — Central to Faith Community Nursing	2
According to my eternal purpose	3
Membership	3
Violent games make violent kids	4
No neat world	4
Working in the community	5
At home and abroad	5
Conferences, courses, prayer, resources	6

Disclaimer

In no event will AFCNA be liable to anyone for any decision made, action taken by anyone in reliance on information in this newsletter.



According to my eternal purposes



Hold fast, for lo I am with you;
stand still, for I am your God.
Be quiet before me,
for I have arranged all things for you according to my good will,
yes, according to my eternal purposes.
For I have purposes and plans and desires which reach far beyond the present view.
You see things as if they were the immediate situation,
but my thoughts for you and my planning for you embrace eternity.
Yes, you are in my hand.
Rest there and leave everything else to me.

— Submitted by Anne van Loon

AFCNA MEMBERSHIP 2010–11

Name: Address:

..... Postcode:

Phone: (.....)..... Email:

Employer: Denomination:

1. I give permission to have my name entered on the AFCNA data base Yes ☐ No ☐

2. I hold current nursing registration. Yes ☐ No ☐

3. I am practising as a Parish/Faith Community Nurse. Yes ☐ No ☐

Type of membership: Full (\$30.00/year) ☐ Concession (\$20.00/year) ☐

I enclose:

AFCNA Membership: \$..... Donation, AFCNA General Fund: \$.....

Donation, AFCNA Gift Fund: \$..... **Total** \$.....

Make cheques payable to: Australian Faith Community Nurses Association

Mail to:

Australian Faith Community Nurses Association, PO Box 2707, Kent Town, SA 5071



Violent games make violent kids

Research by the American Psychological Association has proved conclusively that exposure to violent computer games affects youth behaviour. The research analysed 130 studies worldwide. Its report was published last year.

The meta-analysis by psychology professor Dr Craig Anderson of Iowa State University was published in *Psychological Bulletin*, a journal of the American Psychological Association. Dr Anderson is also director of Iowa State University's Centre for the Study of Violence.

Dr Anderson and his colleagues found that playing violent video/computer games makes kids more aggressive and less caring, regardless of their age, sex or culture. They found that exposure of youth (of junior primary school age to college undergraduates) to violent video games is a causal risk factor for increased aggressive thoughts and behaviour, and decreased empathy and pro-social behaviour.

'We can now say with utmost confidence that regardless of research method — that is,

experimental, co-relational, or longitudinal — and regardless of the cultures tested in this study [East and West], you get the same effects', Dr Anderson said.

'The effects are that exposure to violent video games increases the likelihood of aggressive behaviour in both short-term and long-term contexts. Such exposure also increases aggressive thinking and aggressive affect, and decreases pro-social behaviour', he said.

In 1995, attorneys-general throughout Australia banned R-rated computer or video games because of evidence indicating their dangers — now conclusively confirmed by US research.

R-rated games have a greater impact on the player than R-rated films, because the games force the player to identify with the aggressor and to practise each step of violent acts over and over again.

Further information is available from Mrs Roslyn Phillips, the national research officer for *FamilyVoice Australia*: rhp@fava.org.au

No neat world

Our search for God and our service to others will never be conducted in a neat world. Life will never submit to our good intentions, will never fall in line, will never stand still long enough to do our bidding.



Life will never cease to be a messy affair, and our spiritual journey will never be reduced to a tidying-up operation. God and the others don't wait to enter our life until

we have put it all in order. Our journey ... is about finding God and serving others in the midst of the mess.

The messiest place of all will be our own soul, our own life, which, despite our best efforts, will insist on remaining human. And it is into this mess, this confusion, that God and others will invite themselves.

— John Kirvan, in *Silent Hope*



Working in the community

I've recently started work as a nurse in my local community. People come to see me either having been referred by a doctor at the clinic or because they have a concern that they wish to discuss with me. People see me for health counselling and advice. They might need assistance adjusting to their new medication or they are unsure about the treatment options that are available to them.

Much of my work is about finding appropriate referral agents for people and appropriate resources to assist them. Sometimes I act as an advocate — a 'go-between' between them and medical professionals, aiming to promote better understanding on both sides.

My role enables me to engage an holistic approach, appreciating the benefit of medical treatments but always considering the bigger picture and the other determinants of health that may be relevant to the situation.

As a result I may not only enquire about the person's physical and mental wellbeing, but also about their social circumstance and their spiritual health. The aim is always to achieve the best possible health outcomes for the person who has come into my office. It sounds a lot like the work of a Faith Community Nurse doesn't it?

Actually, I am employed as a Mental Health Nurse at a local GP practice, and people do not recognise me as a FCN as such. I work out of a consulting room with all the necessary equipment provided. Thus I haven't needed any capital outlay. I have the

support of office staff and other allied health professionals in the clinic.

My role is primarily to draft and review mental health plans for the doctors, but it also enables me to regularly see people who are at risk of serious mental illness, and provide a service that is free of charge to them. If necessary I can visit people in their homes and take them out for a coffee if that will be helpful to them. As an added bonus I get paid to work in this role!

Seriously though, I have been able to gain this employment because I have undertaken credentialling as a mental health nurse. I recognise that many FCNs or potential FCNs do not have mental health training and registration that would allow them to do this. However, a recent memo from CoNNO indicates that credentialling for all nurses will soon be a possibility, and this may lead to opportunities that have been afforded mental health nurses to work in primary care.

Faith Community Nursing at heart is an opportunity for Christian nurses and health workers to provide truly holistic health care in a variety of ways. Traditionally we started off working in churches and parishes alongside priests and pastors to provide ministry to the sick and disadvantaged within our local denominations. But in the 21st century we need not be limited by this model. There are many other ways we can do Faith Community Nursing. It is up to us to get together and explore the possibilities.

— **Susanna Warner**



At home and abroad

The International Parish Nurse Resource Centre is moving across campus this month to: 483 East Lockwood Avenue, Suite 102, Saint Louis, Missouri 63119, USA. Telephone numbers, e-mail addresses, and website will remain the same.

Lynette Wiebusch has been re-elected as a board member for Lutheran Parish Nurses International — a network of Parish Nurses in various countries around the world. LPNI is planning a study tour to Adelaide in September. Its first study tour, last year, was to Bethlehem.



Clinical Pastoral Education

at
Australian Lutheran College
North Adelaide
2nd semester: 26 July-22 November
Tuesdays, 1:30–4:30pm
For further info: robert.kempe@lca.org.au



the Australian College
of Mental Health Nurses Inc.

4th Primary Mental Health Care Conference

Rydges Capital Hill Canberra
Friday 27 and Saturday 28 May 2011
For further information: enquiries@acmhn.org
or ☎ 1300 667 079
Theme: *Mental Health Nurses in Primary Care: Exhibiting, Owning and Evaluating our Practice*

NZFCNA Conference 2011



12-13 August
Knox Church
Christchurch, NZ

Theme: *Earthquakes of our lives*

For more information:
www.faithnursing.co.nz

Books worth reading



Surprised by Grief

Janine Fair, Inter-Varsity Press, UK

Grief and Pain in the Plan of God

Walter Kaiser Jr, Christian Focus

Prayer Corner

Lord you want me to scatter seed,
to speak words of life and hope
and love and wisdom,
to lift up those crushed down,
to ease away hardness,
to open people to life.
Teach me how to find these words.
Speak through me to give life to others.

— Father Paddy Cahill

Please pray for

- * People who have suffered bereavement, injury and/or loss caused by flood, cyclone, earthquake or bushfire in recent weeks.
- * Congregations that are considering the possibility of appointing a Parish/Faith Community Nurse.
- * Doctors and nurses who face difficult ethical decisions in the course of their work.

Week of Prayer for Christian Unity 5–12 June

Resources are available from the National Council of Churches in Australia at
www.oikoumene.org

I Say ...

‘Do not lose courage in considering your own imperfections, but instantly start remedying them — every day begin a task anew.’

— Francis de Sales



In a word

‘Being cheerful keeps you healthy.’

Proverbs 17:22