



I can't wait to tell you about...



Anne van Loon
Chairperson AFCNA

walking in Memphis

Memphis was walking together as one community in support of a happier, healthier city, learning about proactive and preventive personal care and simultaneously raising funds for the Church Health Centre's (CHC) Faith Community Nursing (FCN) ministry. And we were a part of it. FCNs and participants at 'The Westberg Symposium' were bussed downtown to join in the 'Walking as One' community event which raised \$31,426. The CHC now functions as FCN's international headquarters, supporting an estimated 15,000 FCNs worldwide. A generous anonymous donor gave \$20 for each walker from the symposium.

In the car park of the CHC's impressive wellness centre were seven stations where walkers were invited to consider an important aspect of their life. At each station they received a stamped card and a relevant resource and when their card was complete they were given a Walking as One T shirt. The seven stations forming the circle represented the seven aspects of the CHC's Model for Healthy Living:

1. **Faith Life:** building a relationship with God, your neighbours and yourself
2. **Movement:** discovering ways to enjoy physical activity
3. **Medical:** partnering with your healthcare provider to manage your medical care
4. **Work:** appreciating your skills, talents and gifts
5. **Emotional:** managing stress and understanding your feelings to better care for yourself
6. **Nutrition:** making smart food choices and developing healthy eating habits
7. **Family & Friends:** giving *and* receiving support through relationships

continued overleaf



Two of the seven stations at the Walking as One event



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CHC believe that God created people with a body, soul and spirit, and that they have a responsibility to be good stewards of their health, which includes helping others to do the same. Healthy living means that all aspects of one's life are in balance, contributing to an abundant life—a life filled with more joy, more love and more connection to God. I particularly like the simplicity of the Model for Healthy Living which visually illustrates how all seven dimensions meet to influence one's life toward health. It's a very useful and simple way to discuss lifestyle and health care issues and the person's self-management.



10 FUN fund raisers



Fund raising for mission and ministry is a challenge, but here are a few novel ideas that emphasise health, while raising much needed funds for your FCN ministry:

1. *Master Classes:* Offer tickets to come and get tips from amazing craftsman, builders, bakers, sport people etc. You could hold a master class on DIY renovation, e.g. home plumbing, leadlight windows, pottery, gardening etc.
2. *The Frozen Gourmet:* Get lots of people to donate/bring a frozen healthy main meal to feed four people and sell them for \$10-\$20. Sell them after church on Sunday and families can purchase a meal and money raised goes to your FCN ministry/mission.
3. *Budget conscious weight loss:* A cook book of healthy recipes that are under \$10 and promote weight loss.
4. *Upcycled Treasure:* Get people to bring an unwanted/used article and see how someone else can upcycle it over a month into something saleable. Then have the sale! It can be done with clothes and have a fashion parade with the upcycled clothes.
5. *Calling all crafties:* Get creative people to exhibit their work and donate one item where the proceeds go to FCN. You can invite some local artisans to participate as well.
6. *Travelling Chef:* If you have amazing cooks from other cultures, book them in for a master class on the cuisine of their country, e.g. curry night. Participants can sample food and take home recipes.
7. *To market, to market:* Get someone from another culture to walk you through your local market/culture specific grocery store and explain what things are used for and then buy ingredients for a meal you can prepare after.
8. *Backyard Blitz or Domestic Goddess:* Sell hours of volunteered labour to raise funds, e.g. raking leaves, cleaning gutters, mowing lawns, dusting, vacuuming, washing/ironing etc.
9. *Community garden for a cause:* Get people to grow produce in a community patch and use an honour system to collect money. You may want to collect excess seasonal produce, vegetables, flowers from home gardens, or local growers and offer it for sale in your church café or op shop.
10. *Fitness and Fun:* Invite a local dance/fitness teacher who will charge a reduced rate to teach dance steps or fitness classes. This is particularly good for children and teens, e.g. Hip Hop.

2500 people die by suicide in Australia each year



Suicide has a ripple effect throughout the community and requires the response of the whole community to rekindle hope in the bereaved family and friends. In May 1985 Rev Dr Mark Worthing spoke at Baptist Care's health & care ministry conference and shared intimately of his suffering, and that of his family, after the death of his son Cedric through suicide. Mark recounted through poetry, his anguish, grief, anger, regret and even hope in the journey after this tragedy. The emotions were raw and uncensored, and we were privileged to hear the authentic voice of deep grief.

Mark spoke about how people could support a bereaved family:

- Just be there.
- Be willing to listen and talk about the one who died as well as the manner of death if the grieving one wishes.
- Remember that the toughest and darkest times are the days, weeks and months after the funeral.
- Be mindful of significant anniversaries and dates such as the loved one's birthday, Christmas, anniversary of death, etc. These days and the lead up to them can be very difficult and a timely visit, card or call may mean more than you can imagine.

- Don't expect them to 'get on with life' before they are ready or in ways that are not possible or appropriate.
- Offer to go to the gravesite, place of death or other place of remembrance with them. Give them some private space and time while there.
- Challenge the bad, hurtful theology of suicide that they may be hearing from others.
- Don't pretend their loved one never existed, as if mentioning their name will remind them of their loss. They are well aware of their loss every minute of the day but have likely been conditioned not to mention the person as it makes others feel uncomfortable.
- Don't try to find some explanation about how it was unavoidable or really all for the best.
- Don't casually dismiss their sense of guilt with 'there's nothing you could have done', or 'no one could have done more than you'. Hear them out.
- Never say time heals all wounds. It doesn't.
- Help them to experience happy moments and moments of grace as they are able and ready to receive these.

If you want to improve your skills and learn how to effectively support people through bereavement after suicide, Baptist Care is hosting a FREE two day workshop on suicide bereavement support '**Living Hope**' (Salvation Army Hope for Life program). (Details in *Courses and Resources* section.)

Hope is available



God's Word is life to my body and health
to my flesh, Prov 4, 20-22

Hopelessness is a key reason for people to take their own life. We often feel as if we have nothing to help people to move through their hopelessness.

However, Lindy Gower and a small team from 'Share' (a mental health support group in the Adelaide Hills) have developed a resource born out of Lindy's own struggle through depression and hopelessness. Lindy recognised God's truth spoken in James 1:2, *'Receive and welcome the Word which implanted and rooted [in your hearts] contains the power to save your souls'*. After she worked through this truth for herself, using daily scriptures, Lindy created a resource to help someone move out of depression.

The 21 day plan uses a buddy to provide encouragement and accountability to help the person move through a program of healthy eating, movement, sleep, affirmation, encouragement and God's Word. The Hope Packs, with instructions, are available for \$30 from Lindy via email lindygower@bigpond.com

My grief is . . .

*a wound that will not heal
a nightmare that I cannot wake from
a hungry wolf pursuing me until I drop.*

Yet . . .

*I continue to treat the wound
to risk sleep
to flee the wolf*

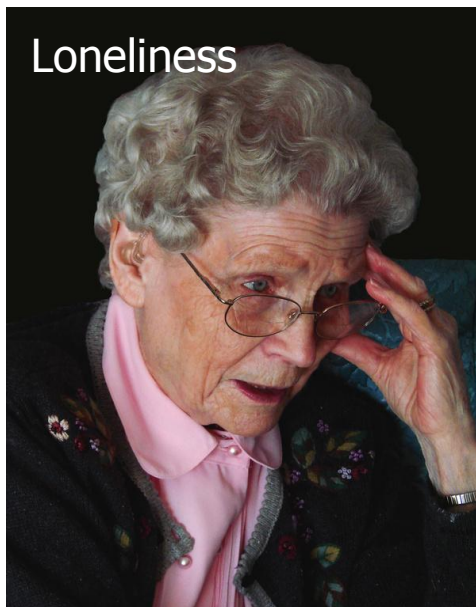
Because . . .

*I know grief now all too well . . .
well enough to know grief
does not negate hope
does not define me*

is not the final word.

Mark Worthing 2013 ©

Loneliness



Loneliness affects people in various ways and at different stages of their lives. These various situations were explored by some 40 participants in the Pastoral Care Nursing seminar held at St John's Lutheran church in Unley on 17th May.

Pastor Wing Tso and his wife Sau described their experience of moving from Hong Kong to Australia and the cultural and other adjustments they needed to make. One particular challenge was to find suitable employment when overseas qualifications were not recognised. They encouraged participants to include people who come from overseas in their church and social activities.

Other speakers addressed the loneliness of ageing; of living through a partner's declining health from chronic disease; and external tertiary students who have no experience of campus life. Rev Robert Wiebusch challenged those present with the message that Christians are to be God's 'one-

Still Me

Imagine a faith community where every person living with a serious chronic condition is able to be buddied with an informed friend who can provide effective support. This friend has been equipped by undertaking a one day course on how to become an 'informed friend'.

Baptist Care received funding from a *Productive Ageing through Community Education* grant from the Commonwealth Government and developed the *Still Me* program, which is a research-based program delivered in two parts:

- Day 1 teaches participants how to 'Become an informed friend' who is able to provide targeted encouragement and effective support.
- Day 2 focuses on *Facilitator Training* to prepare peer educators, using a 'train-the-trainer' approach to prepare more 'informed friends' within their local community, thus ensuring sustainability and continuity of the *Still Me* program.

FCNs are ideally placed to be the facilitators and coordinators of both parts of *Still Me*. This program is based on research evidence developed with people living with chronic illness and includes topics they found relevant to effective self-management and improved quality of life. These include: living with change, challenging feelings, shifting identity, understanding transition, physical pain/fatigue, maintaining relationships, obtaining support, negotiating disease self-management plans and mastering self-care. The program uses interactive group activities, discussion, scenarios, role plays, brainstorming and individual reflection exercises to teach the material.

The free resource contains a complete set of power point slides, a comprehensive workbook, promotional material, evaluation forms and specific teaching resources to help participants facilitate ongoing training. You can download the full set of materials from <http://www.baptistcaresa.org.au/services/health-wellbeing-ageing/health-care-ministry/still-me-program>. There are some conditions for use and these include that the program cannot be reproduced for sale. The conditions are on the website.

The material can be adapted for different cultural groups. We encourage FCNs to use the material to meet their local needs while respecting normal intellectual property conventions. If you need more information or assistance please contact the authors (below). We hope you find the resource valuable. It is our prayer that many churches across the globe will prepare 'informed friends' to meet the needs of people living with chronic conditions within their local faith community.



Dr Anne van Loon is the Senior Project Manager: Health & Care Ministry at Baptist Care, and Vicky Legge is an Educator with Baptist Care in South Australia. Both authors are Board members of the Australian Faith Community Nurses Association. If you want to know more about the *Still Me* program, please contact them at: 130 Rose Tce, Wayville, SA 5034.

Ph: 8273 7104

Email: avanloon@baptistcaresa.org.au; vlegge@baptistcaresa.org.au



'This life, therefore, is not godliness, but the process of becoming godly, not health, but getting well, not being but becoming, not rest but exercise. We are not now what we shall be, but we are on the way.'

Martin Luther

Courses and resources

Living Hope

... a two day training course in suicide bereavement support

Venue: Baptist Care House, 130 Rose Terrace, Wayville SA

Date: Tues Aug 4th & Wed Aug 5th 9-5 pm

Register online: www.eventbrite.com.au and type in 'Living Hope'

Cost: FREE (refreshments and all course materials are provided)

Note: Places are limited to 25 people;
Bring your own lunch; Parking in show grounds \$8

Information: Anne avanloon@baptistcaresa.org.au 0409 921 337



The two day Living Hope Suicide Bereavement Training Program will give everyday people skills and confidence to provide support to people bereaved by suicide—to help them 'get through'. This comprehensive program covers aspects of suicide bereavement including:

- practical matters to be attended to following the death of a loved one
- understanding emotions
- the grieving process
- the influence and impact of culture on grieving
- aspects of spirituality

Participants will learn:

- the impact on family, friends and the community of the loss of a loved one by suicide
- aspects of grieving
- the five big feelings
- the importance of rituals
- trauma and resilience
- qualities of a helpful carer
- practical concerns such as funeral arrangements, coroner's inquest, etc

Coaching for Life

2014 Annual AFCNA Conference

This conference focuses on building your FCN skills around coaching and introduces some useful models and tools for you to explore.

Coaching: what is it and how can it help?

Coaching for Health: using the 'Model for Healthy Living'

Coaching Children: using 'Kimochis'

Coaching for Wellbeing: using 'Mindfulness'

Coaching for Transformation: using God's word

Date Fri 12th Sept, 9.30 am–4.30 pm

Venue Rostrevor Baptist Church
288 Montacute Rd, Rostrevor

Cost \$50 (includes lunch)

Enquiries Email avanloon@baptistcaresa.org.au
Phone Anne 0409 921 337



Register online www.eventbrite.com.au
and type 'Coaching for Life'

... Courses and resources

Health Notes

Wheat Ridge Ministries produces *Health Notes*—a monthly resource prepared by parish nurse Marla Lichtsinn. This resource can be used for bulletin tips or for personal health education. They are located at <http://www.wheatridge.org/healthnotes>



Training Aboriginal Christian leaders

Magazine for Training Aboriginal Christian Leaders (TACL) May 2014 is an initiative of the Anglican, Catholic, Church of Christ, Lutheran and Uniting Churches in South Australia. For a copy please contact Helen sacc@picknowl.com.au or phone 8215 0300.

Faithful Friends Nursing Home Ministry Inc.

This site has many useful resource reviews and free resources to encourage your church members to care for people living in residential aged care. There is a free downloadable manual which FCNs can use to train the congregation in aged care ministry for those in nursing homes.

<http://www.faithfulfriends.org/resources.html>



Lutheran Pastoral Nursing Course via Distance Education

The Introduction to Pastoral Care Nursing course is a guided reading course, with responses and interaction by email, post, or telephone. It comprises 16 modules that must be completed in a 6-12 month time frame. The cost of \$85 includes a copy of Granger Westberg's book, a manual and other resources.

For information contact: lynette.wiebusch@lca.org.au



LifeWell Conference 2014

Thurs Aug 28th – Sat Aug 30th

Theme: Hope

Venue: Edwardstown Baptist Church, Rothesay Ave (Cnr Dorene St), St Marys

Speakers:

- **Dr Robi Sonderegger**—renowned clinical psychologist speaking hope and life into family issues, relationship struggles, anxiety, depression and many other areas of life
- **Sarah Deutscher**—Director of Über ministries training churches about youth culture and contemporary mission
- **Patricia Weerakoon**—a medical doctor, sexologist and academic at the University of Sydney speaking on our highly sexualised world and good sexual discipleship
- **Prof Patrick Parkinson**—Professor of Law at University of Sydney speaking on family law and child protection

Cost: Before 31st July: \$109; After 31st July: \$129

Register/ Info: Ph (08) 8261 1844 or Email info@enfieldbaptist.com.au



... Courses and resources

New Zealand Faith Community Nurses Association

2014 Annual NZFCNA Conference 11–13th September 2014

Theme: Sustainability of Practice

Venue: Wellington Cathedral of St Paul—Loaves and Fishes Hall
45 Molesworth Street (cnr Hill Street), Thorndon, Wellington

Program: Thursday 11th September, 1.00 pm–8.30 pm, 'Sustaining ourselves in Christ', Dinner and Worship

Friday 12th September, 8.30 am to 7.30 pm

- The ministry of FCN from many perspectives
- Sustainable biblical principles and guidelines
- Sustainable biblical principles—what it looks like on the ground
- Sustainability principles within Treaty of Waitangi
- Importance of Supervision

Saturday 13 September, 8.30 am to 4.30 pm

- Documentation
- Sustaining our Vision
- Annual General Meeting of NZFCNA
- A sustainable FCN model
- Importance of a Prayer Network

Cost: \$175 before 1st August 2014

Register/Info: admin.faithnursing@xtra.co.nz



Nurses Christian Fellowship NSW workshops

Sat 23rd Aug, 10 am–12 pm 'Healing and wholeness in a broken world'
\$20 (lunch followed by NCF AGM)

Sat 20th Sept, 2.30 pm–5.30 pm 'Spiritual care in nursing practice'
(followed by dinner)

Register/Info: Ph 0412 862 776 Email ncfansw@gmail.com



'Everyone can be great because anyone can serve. You don't have to have a college degree to serve... you only need a heart full of grace. A soul generated by love...'

Dr Martin Luther King Jr

International FCN News

Parish Nurse Ministry Pakistan

Shahzad Gill has passed on the thanks of the Pakistan Nurse Ministry for the gift collected at our AFCNA conference in September 2013. Half of the money was given to provide ongoing support to an orphanage the Pakistan parish nurses and the Kansas Parish Nurse Ministry in USA support. The remainder will go toward conducting another foundation course by the Parish Nurse Ministry in Pakistan.



Anne van Loon & Millie Davey, FCNs from Australia, meet Shahzad Gill

Faith Community Nursing in Ukraine

Pam Dandre is the FCN Coordinator with the 'Association for Nurses and Volunteers-Welfare in Ukraine'. Pam has requested prayer and financial support for their work in Ukraine. Millie Davey and Anne van Loon met Father Nikolai who is leading the Logos Centre where the FCN association is based. Pam writes:

'There are continuing terrorist attacks on women and children in the Eastern block of Ukraine.'

'The government is unable to assist displaced people who have fled for their lives to the capitol.'

'The Logos Centre is supporting families who are fleeing their for safety and the centre is providing physical, emotional and spiritual safety to those families.'

'FCNs and volunteers are ministering to them throughout this crisis.'

The centre conducted a FCN course in June. FCNs in Ukraine are seeking funding for their ministry, which is in its third year. If you can help them through a one-off donation or a \$25/month commitment then send your cheque to:

Reach Global
901 78th St Minneapolis
MN 55420 Memoline: Blago
Acct #5907



Father Nikolai shares with Millie Davey about the situation in Ukraine

YOUR AFCNA MEMBERSHIP IS DUE NOW

Membership fees for the 2014–15 financial year are due 1st July 2014. We urge you to continue to support AFCNA as it seeks to position this role for the future both by membership, prayer, gifts and volunteering.

MEMBERSHIP RENEWAL FORM 2014–2015

Name: _____ Date: _____

Address: _____

Email Address: _____

Ph: () _____ Mobile: _____

Occupation: _____ Specialty: _____

Denomination: _____ Church: _____

Practising FCN/Health Ministry: Yes / No Current AHPRA Registration: Yes / No

I am happy to be included in AFCNA networking via the AFCNA database: Yes / No

Newsletter: Email *or* Australia Post (please circle preference)

I consent to my details being shared with AFCNA members prayer network: Yes / No

Signed: _____

Membership: \$25 Full \$20 Concession Donation: AFCNA General Fund \$ _____

Cheques to: Australian Faith Community Nurses Association Inc., *Attention* Treasurer, PO Box 2707, Kent Town SA 5071

Electronic transfer AFCNA: BSB 704-874; Account No. 100009636; insert your name as the reference code.

OUR AIMS

- Provide education, resources and networking for nurses working in faith communities
- Provide resources, education and consultancy to faith communities to enable viable health & care ministry
- Liaise with government and other organisations to further the FCN ministry
- Enable FCNs to meet their professional practice requirements

CONTACT US

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PO Box 2707
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Email: afcna@afcna.org.au

Webpage: www.afcna.org.au

Facebook: [Australian and New Zealand Faith Community Nurses Associations](#)

Please submit your photos and stories for *WholeHealth* to afcna@afcna.org.au or send to chairperson annevanloon@internode.on.net.

Ph 08 8278 8274. Deadline for next issue: 15 September 2014.

Your snippets and stories are essential for the content of the newsletter to be both informative and share the joys and opportunities of the FCN role.

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