



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



Anne van Loon RN PhD
AFCNA Chairperson 2016

As I write this newsletter I have just finished my Christmas cards. I love Christmas. It is busy, but it's also a time where we are reminded that hope was birthed in the world through Jesus. Advent is a great time to look back over the year and pause to give thanks. Even if it's been a tough year, there are always things we can be thankful for. Then we can look forward to a fresh start in a new year.

AFCNA turning 20!

The coming year is especially exciting for AFCNA. It's our 20th anniversary in 2016! In 1996 AFCNA was started to educate and resource nurses in their new role within the faith community, and to provide them with professional development and advocacy in their profession. The need for professional development, support and resourcing was evident from the outset of our first demonstration project. Faith community nurses (FCNs) were working in a new community context that required theological preparation and specific education around primary health care, community health, and care management of people living with chronic conditions.

The faith community is a unique practice context and with it comes added complexity and great opportunities. In the first issue of *WholeHealth* in 2016 we will take a look back and reflect on lessons learned. We will then focus on the future as we prepare with eager expectation for what God will do with faith community nursing in Australia and internationally.

I'm no scholar of the significance of numbers in Scripture, although I am aware that Biblical numbers have meaning. So when I read about the significance of the number 20, I was pleasantly surprised.

- For the Hebrews the number 20 was generally a number of *completion* and *sufficiency*.
- At 20 a man was eligible for military service (Num. 1:3ff.) and a Levite was considered old enough to serve (Lev. 27:3ff).
- In the tabernacle 20 indicated the full and complete set, which denoted serviceability (Exodus 26&27) (Davis 1968).
- In other Scripture passages 20 is associated with *waiting* and *expectancy*.
 - Jacob waited 20 years to get possession of his wives and property (Gen. 31:38-41)
 - Israel waited 20 years to be delivered from Jabin's oppression (Judges 4:3)
 - Israel waited for deliverance for 20 years and then Samson arrived (Judges 15:20)
 - the Ark of the Covenant waited at Kirjath-jearim for 20 years (1 Sam 7:2)
 - Solomon waited for completion of the Temple and his Palace for 20 years (2 Chron. 8:1)
 - Jeremiah prophesied concerning the destruction of Jerusalem for 20 years (Jer. 52:4-13) (Hunt, 2012). *Continued*



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AFCNA is ready to serve, and our nurses, and health and care ministry workers are well prepared for service. We have waited, perhaps not always patiently, but we have waited faithfully, and worked with perseverance to show our nation and our churches just what is possible through the pastoral health and pastoral care of FCNs. Read Anne Ranse's inspiring account of her FCN ministry in this newsletter and you will get a glimpse of the possibilities and advantages of having a faith community nurse in your pastoral care team. So what does God have in store for AFCNA and Australian FCNs in our 20th year? I can't wait to see! Can you?

Anne van Loon RN PhD
Chairperson AFCNA 2016

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Hunt, M, 2012, *The significance of numbers in Scripture*, Agape Bible Study, accessed 12 December, 2015

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Showcasing Faith Community Nursing

Anne Ranse and her team



Anne Ranse is a Registered Nurse and a Deacon in serving as an FCN at Holy Covenant Anglican Church in Jamison in Canberra. The team includes a Registered Nurse coordinator, an Enrolled Nurse, an Administrative Assistant and 20 volunteers to support older people in their community.

We want to showcase their wonderful and inspiring ministry so others can see what is possible in the health care ministry and FCN roles. The outreach and compassionate service opportunities are worthy of your consideration in your region. Why not copy this article and show it to your leadership and pastoral care team to show the difference having a nurse in your team can really make. You have the privilege of hearing Anne speak at the AFCNA Conference in Adelaide on May 2-4, 2016. Don't miss it!

How the team works

The FCN program has been operating for around four years and in that time we have grown into a large service that is recognised in the community as one that offers a great deal to its clients and focuses on nursing people back into life. In the parish we come under the name of Holistic Care Nursing Ministry and under that umbrella we have several ministry activities. We care for the older people in our community who are housebound and isolated and often fall through the gaps within other services. These gaps include friendship and social support, and spiritual care, especially for those who can't leave their home. Our group go on outings to places they would like to visit. We have been blessed with a van that has disability access. Birthdays are celebrated and Christmas hampers arrive on their door step in plenty of time for Christmas.

Let me tell you about one participant. I will call her Jane:

Jane lives alone in a small three bedroom home that is well kept (with the help of a friend who visits). Jane loves her garden but she cannot do much herself any more. She has multiple health issues and consequently she lives on a disability pension. Some of her health issues prevent her from driving and leaving home, unless she is having a really good day.

Jane emigrated to Australia from Europe and has lost touch with her European family. She was referred to our service by a community agency because of her social isolation. I went to visit and assess her needs and found a very lonely woman who was living with depression and anxiety. I learnt that she has a family, but they are not functioning well and offer no support. I discovered Jane is gifted in needlework, knitting and crocheting and to keep herself occupied she makes beautiful clothing for premature babies at the hospital, angel gowns, and small crocheted blankets, and larger rugs for the oncology unit at the local hospital. What beautiful gifts these handcrafts are and what self-determination this woman has, seeking to do things for others and contributing in such an important way to her community and her self-care.

Sadly, Jane had begun to lose her sense of self and her sense of purpose.

After undertaking a comprehensive assessment of Jane's health issues and medication use, I asked her what she most desired in her current situation. Recognising her health decline was unlikely to change, she listed several things that would help her to be as well as possible. These included friendship, home and garden help, to find out about her family history, and to find a job she could do from home that would give her some pocket money because she was on the limited finances of a disability pension.



Jane and her handcrafted 'angel' knits

Our team has been working with Jane for over three years now. We have been able to provide two regular visitors from our pool of volunteers who will visit her at different times to share afternoon tea, to help her around the garden with planting plants (that are provided by another participant from her garden) and any jobs around her home. We placed a notice into our church bulletin requesting donations of wool and material with which we have been able to bless her.

I was able to acquire a laptop computer and printer and we set up an internet account for her so she has access to online jobs and she is able to research her family ancestry. She has a large folder of family history which she proudly shows. Jane is now employed making alterations to school uniforms for a local school uniform shop. At the moment our team is gathering a few keen knitters and sewers together to form a visiting group who will meet at her home to sew, knit and have morning tea together.

Through our membership with the Doctors Co-op Jane now receives good medical help and appropriate and timely referrals at a manageable cost. In recent times she has started asking 'the God questions'. So Jane now receives my bi-weekly blog of Christian reflections which she is really enjoying. A final exciting development is that Jane has reconnected with her family and they are coming to her home for Christmas dinner!

We have many participants like Jane and others who are bed-ridden in residential aged care. Our team is visiting a younger woman living with multiple sclerosis in a nursing home because her MS has progressed (she can only move her head and speak) and she requires high level supportive care. Many of the facility's programs do not suit her and she can no longer leave the facility so we have rostered a team of 11 people who arrive in pairs to play scrabble with her. She requires help moving the tiles, but her mind is sharp and she is often the game winner.



Recently the Local Government Community Housing Tenancy Assistance asked us to help specific people in their housing who had significant issues with hoarding. We already have four people to assist and it's a big issue! But there are far greater issues to deal with than just the de-cluttering, so after an assessment, various jobs are allocated to our volunteers. We complete the de-cluttering process slowly and work one-on-one, because this is easier for the person. Some find it very difficult to part with their goods, so if we come away with even a small box



of possessions it is an achievement. This activity is not just about sorting out their houses, but it's about helping these people reconnect with life through friendship, trust, and accompanying them to doctor's appointments at their request.

Our ministry is opening the door for God to come in, and that invitation is usually instigated by the person. When I go to visit people with my clerical collar on, I am a deacon as well as an RN, and my sleeves are rolled up to serve. What people see is who I am and who I represent. It has not deterred any of our participants and we are developing life-long friendships with them and providing spiritual support. Personally, it is humbling when a person asks out of the blue, 'Will you pray for me?' I usually respond with 'I can do that and more! We have a small chapel at church, with a bowl of sand and candles for prayers; I will make sure I light a candle for you and send the prayers to God on the flame.' I really don't know who receives the most blessings in this ministry!



A few years ago, our Holistic Care Nursing expanded and we formed a Memorandum of Understanding with Palliative Care ACT, Anglicare, and our local Parish to operate a 'Day Hospice'. This was the first and only day hospice in Canberra until recently, when we set up a second one in 2014. The Covenant Care Day Hospice at Jamison (north Canberra) has 14 clients, a qualified Registered Nurse with palliative care experience, an activity coordinator, and 21 volunteers. We operate one day a week, on a Monday, and it's a wonderful 'day with a difference' for our clients. The clients are specifically older people living at home with a life-limiting illness and being cared for by a carer, who is usually their spouse, or adult children. The clients are picked up from home by our volunteers; they are brought to the church centre for the day where activities are provided. They can do some craft, hear a story, chat and share friendship. A three course meal is provided by our local Southern Cross Club. This meal also means that the carer doesn't have to cook a meal at home that day and they can have a genuine respite day because their family member is with us for the whole day. We return the clients to their homes around 4pm. Included in the day is the option of a prayer service in the chapel which many attend.

There is so much more I could tell you about our work; this is just a morsel of the feast we live and experience each week. What we are doing is changing lives, raising people up so they can once again experience life and health, and meet Christ on their journey, which for many is long and hard, but no longer alone. We are so blessed as nurses and as Christians to be able to serve Christ this way. Consider faith community nursing for your church, you will be blessed, others will be blessed and God will be blessed.

Joyce Rupp's book *The Cup of Life* says this:

Compassion has a price. It doesn't come without a cost, the least of which is the pain that pierces our hearts as we accompany one who is suffering.

I have come to see how significant my motivations for compassion are. The more I am aware of my motivations the more I can give the gift of compassion with true freedom of heart without any strings attached. The freer I grow the more genuine my generosity becomes. Like the lines of the old song 'Freely, freely I have received, freely, freely I give.

Anne Ranse RN BTh.
FCN at Holy Covent Anglican Church, Jamison ACT

10 things Faith Community Nurses do

Recently I was asked to describe faith community nursing in 10 dot points. So here is my effort using 10 'ate' words. I could have gone on, but see if they resonate with you. If you had to describe what you do as an FCN in 10 points, what would you say? Send us your thoughts and we will publish them.

1. **Educate** the person, family and community e.g. self-care, condition/disease self-management, disease complication prevention etc.
2. **Create** specific care plans with the person and carer using their own goals.
3. **Activate** a care plan and monitor progress toward goals. Plan should include proactive management plans for crisis situations.
4. **Initiate** planned health and support activities and interventions.
5. **Facilitate** the person's care plan so they achieve their goals, improve social connections and develop self-care.
6. **Navigate** the health and community care system with person for support and advice re community resources that support their recovery and wellbeing.
7. **Locate** appropriate resources in the community, client's support circle and church, for home visits and appropriate after care, psychosocial support and support groups.
8. **Advocate** for clients with services, family and church as necessary. NB the focus should always be on empowering the person to take responsibility and move toward self-care. Advocate through prayer.
9. **(Re)Integrate** clients back into community life through support/community groups, their personal support circle and, where the clients request this, the church. Assertive engagement options may be required when the person is very isolated.
10. **Celebrate** goal attainment and progress toward self-care with affirmation and encouragement.



Anne van Loon RN PhD

What's making news?

Review of government rebate for Natural Therapies

In November 2015 the Department of Health released findings of the review of the *Government Rebate on Private Health Insurance for natural therapies* that commenced in 2013! The review examined the evidence of clinical efficacy, cost effectiveness, safety and quality of natural therapies by reviewing systematic reviews of the evidence. The 17 therapies in scope were: Alexander technique, Homeopathy, Reflexology, Aromatherapy, Iridology, Rolfing, Bowen therapy, Kinesiology, Shiatsu, Buteyko, Massage therapy, Tai chi, Feldenkrais, Naturopathy, Yoga, Herbalism and Naturopathy.

Private Health Insurance customers will no longer be able to get the Australian Government rebate for these natural therapies in their 'Extras' private health insurance policies. This change will be effective from 1 April 2016.

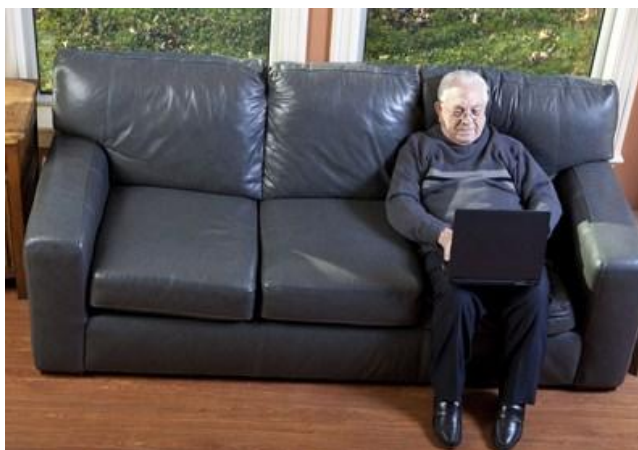
The power of relationships to heal

Hilary Cottam presented a TED talk from her experiences with the UK welfare system and the power of relationship to solve deep social and mental health problems. She says loneliness is a 'bigger killer than a lifetime of smoking'. She claims in the UK that one person in three, aged over 60 years, doesn't speak to, or see another person in a week. A further one in ten doesn't speak to someone in a month!

Cottam says the solution to loneliness is a 'collective relational challenge'. When older people living alone were asked what services they really needed or wanted, two answers were

repeated over and over again: someone to go up a ladder to do a particular job, and someone to be there when they came out of hospital. The need for 'on demand practical support', to have fun, to do interesting things, and to make friends, were also common answers. FCNs in Australia visiting older people living alone comment about the same needs. There is a place for pastoral health and care to be an outreach activity in your community.

Cottam describes how the welfare system is an impersonal, bureaucratic machine drowning in paperwork and data collection. She discusses how connection and belonging enable people to change. She talks about 'relational welfare' where friendships replace the need for expensive therapy services and social networks that help people to find employment and a sense of meaning purpose and hope. It's worth watching her inspiring TED talk. https://www.ted.com/talks/hilary_cottam_social_services_are_broken_how_we_can_fix_them?t-703058



World Day of Peace of Catholic Church

The Roman Catholic Church will celebrate the 49th World Day of Peace on January 1, 2016 and Pope Francis announced the message will be 'Overcome indifference and win peace'.

They said indifference is a fundamental cause of the lack of peace. Linked to individualism, it causes isolation, ignorance, selfishness and lack of interest and commitment. Increasing information and attention to the problems is unlikely to change anything if it is not accompanied by 'solidarity-based openness of conscience'. Pope Francis is calling on families, educators, teachers, media practitioners, intellectuals, media, cultural representatives and artists to respond to this challenge to work at peace.



Peace requires diligent work! It cannot be achieved without effort, personal introspection, conversions of the mind and heart, creativity and positive engagement. We need to build a sense of responsibility and awareness of the serious challenges afflicting our time, such as, fundamentalism, intolerance, massacres, persecutions based on faith and ethnicity, disregard for freedom, the destruction of the rights of entire peoples, the exploitation of human beings submitted to different forms of slavery, corruption and organised crime, war and the plight of refugees and forcibly displaced persons. Such awareness creation and training must seek, at the same time, to fight these evils with a culture of law, education, dialogue and co-operation as the fundamental form of constructive responses.

Peace is possible where the rights of every human being are recognised and respected, heard and known, according to freedom and justice. The Message for 2016 aims to be a starting point for all people of good will to start acting according to what is aspirational and possible when we build together a more conscious, merciful, free and fair world.

Source: Vatican Radio, August 11, 2015, provided by Maureen Daniels, Faith Community Nurse Specialist, International Parish Nurse Resource Center, World Forum eLetter, Dec 2015.

Some facts about Ice

- In Australia the Methamphetamine drug 'Ice' is the second most commonly used illegal drug in use after cannabis.
- It is more common than ecstasy, cocaine and heroin.
- Ice use is a global problem and the drug is coming in from other countries with Australian border intercepts growing almost 60 times between 2010 and 2014.
- Organised crime is involved in importation, domestic manufacture and the distribution of Ice. The Australian Crime Commission estimates 60% of criminal groups assessed as the highest threat to our community on the National Criminal Target List are involved in the Ice market.
- The price per kilogram for Ice in Australia is 80 times higher than the price of a kilogram of ice in China.
- 70% of the total weight of detections shipped to Australia came from China (including Hong Kong) from 2010-14.
- The problem of ice use is increasing in regional and remote communities and Indigenous communities.
- Treatment episodes for methamphetamines are third most common, behind treatments for alcohol and cannabis.



More information

Ice and other drugs: www.health.gov.au/ice and www.australia.gov.au/drugs

Parent/teacher resources: www.positivechoices.org.au

Families & individuals needing help can access online counselling at www.turningpoint.org.au/treatment/online-services

Resources

Mental Health

Children of Parents with a Mental Illness (COPMI) have developed valuable new resources for young people and their families who are living with mental illness.

<http://www.copmi.net.au/find-resources/order-free-materials>

SANE Australia has a new website that is worth looking at: <https://www.sane.org>

Community Matters was developed in partnership between Mental Health Commission of NSW and Suicide Prevention Australia. It is an online resource to support small towns and local communities to develop suicide prevention action plans. <https://communitiesmatter.suicidepreventionaust.org/>



Bushfire Support: South Australia recently experienced the Pinery bushfires and it was a reminder that bushfires are a constant threat across Australia. There are some excellent resources regarding the emotional support of people after bushfires. 'Coping emotionally after bushfires' can be found at <http://northernhealth.net/?wpdmpro=nhn-bushfire-counselling-support-flyer>.

On line Mental Health Support

Psychological therapy is increasingly being delivered to people in rural and remote areas via the internet. Often this is undertaken with a face to face visit at first and the follow-up appointments are via web cam. Additionally, internet based resources can be used from the comfort of home, at a time that is convenient to the person. These services are often free of charge, or low cost and have been found to be positive (Barak et al, 2008). Recommended programs include: *Mindspot*, *This Way Up* and *Mental Health Online*.

- *Mindspot* (<https://mindspot.org.au/>) offers clients online and telephone support. Clients complete an assessment to see if they are appropriate for the service (assess severity of illness and risk). People screened out are referred to more appropriate services. Those screened in are offered access to an 8 week online course that teaches practical skills to help overcome depression and anxiety. Clients are offered a weekly telephone contact with a Mindspot therapist to discuss progress.
- *This Way Up* (<https://thiswayup.org.au/>) has more specific self-help or therapist supported training courses on Obsessive Compulsive Disorder, Generalised Anxiety Disorder, Panic Disorder or Depression. Each course lasts 10-12 weeks. There is a one off fee of \$59 which is less than the cost of accessing a Private Psychologist for one session.
- *Mental Health Online* (<https://www.mentalhealthonline.org.au/>) offers both self-help and therapist assisted courses. The self-help courses are free and therapist courses have a minimal fee. Clients accessing *Mental Health Online* undertake a clinical assessment and the diagnostic information checks suitability for on line support. There are specific focused courses on Panic Disorder, Obsessive Compulsive Disorder and Depression and others.

Church counselling services

Many churches provide counselling services in their pastoral health and care ministry. There is a new interim Code of Ethics for counselling that FCNs may find useful because it covers principles, ethical practice standards and complaints procedures that are useful for all to consider. <http://www.pacfa.org.au/practitioner-resources/ethical-standards/>

Professional development opportunities

Mental Health

Free access to DSM 5 articles

Diagnostic and Statistical Manual of Mental Disorders (DSM 5) research articles: Routledge Journals is offering free access to a new collection of research related to the 5th Edition with articles covering addiction, autism, personality disorders, depression and more. You can download these articles FREE until 31 July 2016 at <http://explore.tandfonline.com/page/beh/dsm5-part-two>.

Learning opportunity creative arts as therapy

Routledge Journals are offering free access to an essential collection of over 65 articles from their arts and creative therapies titles. Go to <http://explore.tandfonline.com/page/beh/art-therapy-2015> and click on each article title to view and download the full text FREE until 30 June 2016.

Ideas for your church to promote mental health

A 'Carnival in the North' for mental health week this year had a variety of agencies that ran an interactive stall focussing on their service provision and linking it to a good 'Mental Health Rule'. Examples included:

Mental Health Rule	Service provided
Practice creativity	Making mandala using coloured rice
Take time to relax	Tasting tea with a blindfold
Stay active	Sumo wrestling in superhero suits
Be mindful	Mindfulness colouring in
Eat a balanced diet	Build your own healthy kebab food station
Limit drug and alcohol use	A Play Station simulation game on driving drunk
Create community connections	Job interview dress ups

Supporting Chronic Condition Self-Management

Chronic Condition Model of Care

FCNs are well placed to work within the new Australian Primary Health Networks to provide efficient and effective chronic condition management services. The Northern Health Network has established a Chronic Condition Model of Care, jointly adopted by the NHN. It is based on the aspects of the health system identified by the World Health Organization http://www.who.int/nmh/events/ncd_action_plan/en/

'Spoon Theory'



Christine Miserandino, lives with lupus and she uses the 'Spoon Theory' to describe how she is restricted by her condition when it comes to normal daily activities. She says she has a certain number of 'spoons' to get through a day that impact on her health and they get taken away with each activity that is done, or missed. The person with a chronic illness is always thinking about how to use the spoons wisely. The constant decision-making regarding one's condition means at times the person is deprived of the many opportunities and freedoms enjoyed by healthy people. Every action and every decision needs consideration. You can find her 'spoon theory' story at <http://www.butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/>. It will be helpful for you to use when you work with people living with chronic illness.

Flu vaccination



A record 90,000 reported flu cases in Australia in 2015 was 25,000 higher than in 2014. Therefore the Department of Health has said stronger protection will be available in 2016 when the National Immunisation Program will cover four flu strains instead of three for 2015. The vaccine will cover Brisbane and Phuket strains which contributed to much of the 2015 toll. This vaccine aligns with World Health Organisation recommendations for the southern hemisphere.

<https://www.health.gov.au/internet/ministers/publishing.nsf/Content/health-mediarel-yr2015-lev133.htm>

Disability support



A young family in my church recently welcomed a new baby into their family. This baby has a chromosomal disability and I went in search for good advice and support for the family. A colleague suggested Sam Paor, a mother of two children with significant disability who works as an advocate and a registered provider of coordination services for the NDIS. For FCNs living in South Australia her website is <http://www.thegrowingspace.com.au/> and it is worth noting for your resource files.

'Aware to care' one day seminar

Lutheran parish nurses will hold a meeting at St Petri church in Nuriootpa, SA on April 16, 2016. Their theme is 'Aware to care'. Presenters include Pastor Adrian Kitson, Dr Louanne Ebert, Felicity Hage, Parish Nurse Gayle Gerhardy, Sue Vogt ('Hand in Hand' centre) and Emma Graetz (ALC Grassroots coordinator). Registration: lynette.wiebusch@lca.org.au.

Certificate IV in Chaplaincy and Pastoral Care

If you would like to become better prepared to care for your community's most vulnerable people then consider studying CHC42315 *Certificate IV in Chaplaincy and Pastoral Care* at Baptist Care in 2016. (This course is auspiced by Tabor Adelaide RTO Code: 4452). It is a recognised qualification that prepares you for pastoral support worker and pastoral care roles with a focus on those who are most disenfranchised within our community.

You can also study this course as an 'audit only' student via the non-accredited *Health & Care Ministry Development Pathway* (see following timetable) without any assignments or placement requirements. Get more information and the full program of events here: <http://www.baptistcaresa.org.au/services/health-wellbeing-ageing/health-care-ministry>

Pastoral Health & Care Ministry Development Pathway [Jan–May 2016]

Training for Pastoral Health & Care Ministry	Date	Time	Cost
'Facilitating Thriving' Introduction to Pastoral Health and Care Ministry (PHCM)	Mon 8 th & Tues 9 th Feb	9.30-4.00	\$80 incl Lunch & workbooks
'Thriving in Ministry' Reflecting on how you can work most effectively in PHCM	Mon 22 nd February	9.30-12.30	\$40 Incl lunch & workshop notes
'Thriving Personally' Self-care in ministry and work		1.00-4.00	
'Thriving Ethically' Biblical Justice as a foundation to PHCM	Tues 15 th March	6.30-8.30	Free
'B Care' Network Gathering An informal gathering of any person involved in faith community nursing, pastoral health & care ministry to share ideas and resources. More information in early 2016	Mon 4 th April	9.30-4.00	Free
'Effective and Interesting Presentations' Skills, programs, styles and how to use them in your PHCM	Tues 5 th April	9.30-12.30	Free
'Facilitating Thriving' How to equip your church re PHCM in a nutshell		1.00-4.00	Free
'Surviving to Thriving' Engaging and working effectively with vulnerable youth	Mon 11 th & Tues 12 th April	9.30-4.00	\$80 Incl Lunch & workbooks
'Hope and a Future' – Residential conference/retreat for PHCM workers Thriving begins with hope... rekindling and igniting hope within yourself and others.	Mon 2 nd to Wed 4 th May	9.30-4.00 & evenings	TBA

'Hope and a future' Conference/Retreat, May 2-4, 2016



To celebrate 20 years the AFCNA Board are partnering with Baptist Care SA to hold a conference and residential retreat for pastoral health and care ministry workers and faith community nurses. We are meeting at Nunyara Conference Centre in Belair,

Monday, May 2 to Wednesday, May 4, 2016 (interstate/overseas guest can arrive Sunday afternoon, May 1).

Our conference theme for our 20th anniversary is 'Hope and a future', based on the verse from Jeremiah 29:11 'For I know the plans I have for you', declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future'. We will consider how Christians can be purveyors of hope in this world. We want to equip participants to show people that in Jesus they have real hope and a real future, both now and for eternity. We have put together an exciting program blend of equipping sessions and retreat activities. The Conference focus will be:

- Day one: 'Igniting hope in others'
- Day two: 'Rekindling hope in the hurting'
- Day 3: 'Fanning hope into flame within yourself.'

We will have a completed flier early in 2016 but the program is printed following so you can see what a great conference we will have.

Enquiries: E: avanloon@baptistcaresa.org.au; afcna@afcna.org.au; vlegge@baptistcaresa.org.au

Phone: 61 8 8273 7100; 61 8 82737104; Mobile 0409 921 337

Registration: online via Eventbrite: <https://www.eventbrite.com.au/edit?eid=19992156077>

AFCNA Conference/Retreat Program 2016

Sunday, 1 st May					
7.30- 8.00 pm Preconference Coffee & Cake Sponsored by AFCNA					
	Monday 2 nd May Igniting Hope in Others		Tuesday 3 rd May Rekindling Hope in the Hurting		Wednesday 4 th May Fanning Hope into Flame Within
Registration	Registration		Registration		Registration
Welcome 9.15 am	Welcome to country Welcome to conference		Welcome Day 2 Devotion		Welcome Day 3 Devotion
Session 1 9.30-10.30 am	Igniting Hope in a Hurting World How can Christians become Purveyors of Hope in a Hurting World?		Rekindling Hope in People who are Hurting		Fanning Hope into Flame when your Flame is Flickering Jenny Pryor
Morning tea 10.30 am	Concurrent sessions				
Session 2 11-11.45 am	Igniting Hope using the 'Share' program Millie Davey	How can we Ignite Hope in our community? Scott Berry	Rekindling Hope & Facilitating Transition after Child Sexual Abuse Two resources that can be used to work with people who have experienced sexual abuse in their childhood. Anne van Loon		Fanning Hope into Flame using Rituals Kerry Davies
Session 3 11.45-12.30	Igniting Hope using the Hope Pack for Mental Health Lindy Gower	Igniting Hope to live 'LifeWell' Liz Burden			Fanning Hope into Flame using Music Niki Vasilakis
Lunch 12.30 pm	Concurrent sessions		Concurrent sessions		
Session 4 1.30-2.30 pm	Igniting Hope in frail older people Angela Urhane	Igniting Hope in children who are struggling Tobin Hanna	Rekindling Hope & forging a future with refugees & asylum seekers Bryan Hughes	Rekindling Hope in people addicted to pornography John Beasy	Protecting the Flame of Hope within Jenny Pryor
Session 5 2.30-3.30 pm	Igniting Hope in the Dying Process Anne Ranse	Igniting Hope for People Living with Disability Deb Potter		Rekindling Hope in Young Men who are Hurting Ben Lohmeyer	Fresh Hope for an abundant future Jenny Pryor
					Conference concludes with worship
Aftn tea 3.30 pm	Concurrent sessions: Igniting Hope Within		Concurrent sessions: Igniting Hope Within		Close
Session 6 4-5 pm	Option 1 Using Art Therapy with older people Michelle Krieg Option 2 Using journaling for self-care Vicky Legge Option 3 Prayer without words for self-care Di Shearer		Option 1 Practising Foot & Hand Massage AFCNA team Option 2 Using the creative arts Jacqui Grace Option 3 Prayer without words for self-care Di Shearer		
5-6pm	Free time		Free time		
Dinner 6 pm	Conference Dinner				
Session 7 7-8.30 pm	In Christ we have Hope & a Future: conveying the message of pastoral health & care in today's culture Launch of Hope Pack		Free time to network and chat		

FCN World News

News from Nigeria

A parish nursing orientation program was held at the Fellowship of Christian Nurses conference in Nigeria and 64 people took part in the program. From that they have decided to reassemble all the parish nurses trained in 2008 to meet and consider the future of faith community nursing in Nigeria. (Thomas Ibe, ibethom@yahoo.com Calabar, Nigeria).

News from USA

The IPNRC are working with Knowledge Ministry team of the Church Health Center in Memphis to develop an on-line platform for FCNs that will enable networking, sharing of resources and communication. They will use a Microsoft platform called Yammer because it facilitates global communication. Features will include groups, webinars, messaging, profiles, document storage and sharing, and more. We can't wait! Thanks must go to Dr Nia Zalamea, Stacy Smith and their team at the Church Health Center for their support of faith community nursing. We know this will help us to learn and grow as a movement of FCN locally and internationally. Stay tuned for progress or attend the next Westberg Symposium in April 2016 for more.

Lutheran Parish Nurses International study tour

The 2016 study tour will go to Brazil, commencing in Sao Paulo, where the Bible Society began and will visit their interactive Bible museum.

The tour includes a day aboard the Bible Society's boat, *Light on the Amazon*, which sails out of Belem on Brazil's north-east coast, visiting remote villages on the Amazon River to distribute Bibles and teach classes to children and adults. The boat takes volunteer doctors, dentists and nurses to provide health education and health checks in the villages it visits. Registration: robert.wiebusch@lca.org.au.

Membership reminder

AFCNA MEMBERSHIP WAS DUE JULY 2015

It's only \$30 for the year but it allows AFCNA to keep you networked with newsletters, conferences, develop resources including our new website which is being upgraded at present. Your fees enable us to provide scholarships to support FCNs, and keep an ecumenical Christian presence in the profession of nursing via CoNNO membership. Please renew your membership and invite others to join us as we seek to develop pastoral health and care ministry of faith community nurses. Your membership is vital.

Australian Faith Community Nurses Association MEMBERSHIP 2015/16

Name Address

..... Postcode Phone (.....).....

Mobile..... Email

- | | |
|---|--|
| 1. I am happy to be included in AFCNA networking via the AFCNA data base | Yes <input type="checkbox"/> No <input type="checkbox"/> (privacy assured) |
| 2. Practising FCN/Health Ministry | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 3. Current AHPRA Registration | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 4. I consent to my details being shared with AFCNA members' prayer network. | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 5. Newsletter: email or Australia Post (please circle preference) | |

Signed: _____

Full membership (\$30.00/year) ☐ **Concession** (\$20.00/year) ☐ **Donation:** AFCNA General Fund ☐

Electronic transfer: Australian Faith Community Nurses Association Incorporated BSB: 704 - 922; Account No. 100012768 Please insert your name as the reference code

Make cheques payable to: Australian Faith Community Nurses Association

Mail to: Treasurer, Australian Faith Community Nurses Association, PO Box 2707, Kent Town, SA 5071



- 'Hope and a Future' Conference/retreat in May 2016: for participants, speakers, planning and a renewal of Christ's hope as we work in step with God's plans for the FCN ministry within this nation and the world.
- Revitalising of the FCN role and ministry in Australia: for inspired, empowered and equipped FCNs across many denominations of the Christian church.
- FCNs in conflict zones such as Ukraine, Pakistan, Jerusalem, Africa as they continuing to minister and educate despite difficulties. Pray for leadership, safety and God's blessing on their endeavours.
- AFCNA Board that our decisions, governance and plans for 2016 will have integrity, innovation and be in step with God's plan for FCNs in Australian and internationally.
- Denominational FCN networks (Lutheran Parish Nurse Network and Catholic parish nurses via APNRC and IPNRC in the USA)
- That like-minded Christian nursing groups will work cooperatively to advance the Christian nursing in Australia and above all the potential of the FCN role in pastoral health and care ministry of the Christian church.
- Australian churches will commence or invigorate their current pastoral health and care ministry and include FCNs in their teams.
- That the Christian church across the world would reflect Jesus' compassion servant heart and live in peace being 'salt' and light' in the darkest places.



Give me 5

We are asking everyone to take up the 'give me 5' challenge.

It's simple—during 2016...

- 5 newsletters** Give away 5 copies of the AFCNA newsletter each time it arrives in your inbox. There is a PDF link to the newsletter on our webpage (www.afcna.org.au). You can also print five copies and prayerfully place them into the hands of 5 people or in 5 places such as your church, café, hairdresser, GP waiting room, workplace, library, hospital, university...
- 5 members** AFCNA is asking everyone to invite five people to become members during 2015. You can place the newsletter and a membership form in the hands of another potential member that God lays on your heart.
- 5 minutes** Then take 5 minutes each week to pray for AFCNA, the 5 newsletters, the 5 potential AFCNA members and watch God mobilise people by his Holy Spirit to become faith in action, love in expression and hope in motion in their community.

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: 28 February 2016

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.

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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