



Whole Health

*Newsletter of the
Australian Faith Community Nurses Association Inc*

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August 2013

Conferences etc

I have just returned from a wonderful holiday in the UK, enjoying the immense history and beauty of that part of the world. It culminated in my participation in the inspiring 5th International Conference on Spirituality and Ageing, held in Edinburgh. My report from that conference is included in this newsletter. It was exciting to see the inventive way people are ministering with and to older people, particularly those with cognitive decline from dementia.

I noted in the Lutheran Parish Nurse newsletter that four Australians travelled to USA to attend Concordia Parish Nurse Conference of the Lutheran Church-Missouri Synod. I had the blessing of attending one of these conferences in 1996 and learnt much from parish nursing colleagues and other Christians who shared their knowledge and gifts. I'm sure these parish nurses brought back new ideas that will enhance their practice too.

Earlier this year AFCNA supported Helen Vaughan to attend the UK parish nursing conference. Her report in this newsletter will enable us all to share in her learning. Sharing knowledge and ideas is an important aspect of our professional development, enabling us to communicate good ideas and promote effective ministries, growing our knowledge so we can practise effectively, professionally and lovingly.

I am always encouraged to see the many innovative responses individual Christians and churches (small and large) of all denominations employ to meet the varied needs of the most disenfranchised members of their communities. Living out the biblical imperative to 'Love the Lord [our] God ... and [our] neighbour as [ourselves]' is what we must all be about.

To help us do that, AFCNA invites you and others within your church to a conference titled *Perspectives on Mental Health and Recovery* on 26 and 27 September. AFCNA has also scheduled the **AGM** for Friday 27 September from 5.00–7.00pm at the Enfield Baptist church, SA. This

will enable interstate members to participate and enjoy the networking opportunities of the conference. We hope you will join us for both important events.

AFCNA is delighted to be co-hosting this conference with the 'B Care' network of Baptist Care (SA) enabling us to grow and develop our networks across the Christian churches. The conference program is aimed at developing FCNs regarding mental health promotion and effective support and care provision for people living with mental illness and/or addiction, and their carers.

The 2007 *National Survey of Mental Health and Wellbeing* conducted by the Australian Bureau of Statistics found an estimated 3.2 million Australians (20 per cent of the population aged 16-85) had a mental disorder in the 12 months prior to that survey ¹. How these people are supported during their illness can really facilitate their recovery. Men are more than twice as likely as women to report substance misuse, with young men reporting the highest rate of substance use disorders (16 per cent of 16-24 years age bracket) ².

In 2010 men accounted for over 75 per cent of suicides in Australia ³. Couple this with the fact that an estimated 72 per cent of men do not seek help for mental illness and we can assume a lot more needs to be done to promote mental health and wellbeing, especially for men.



FCNs and the church's ministry of care

Former Pope John Paul II once declared:

The church has to try to meet people in a special way on the path of their suffering ... The awareness that the service to the sick and suffering is an 'integral part of the mission of the church' makes it urgent to incorporate into the evangelising process the promotion of health, the commitment to alleviate suffering, and care of the infirm, in obedience to Christ's command, whose action is closely connected to the task of evangelising and healing the sick.

(Italian Bishops Conference, 2006)

Essentially, the church is a community of people who have been 'healed' by the Lord in order to become a 'healing community'. The ministry of care and 'healing' was established and commissioned alongside the preaching and teaching ministry by the Great Physician himself.

In the biblical sense, healing is holistic. It has to do with the totality of our being — body and spirit. Jesus made this clear during his ministry here on earth. In that classic incident where some men lowered their paralysed friend through the roof of a crowded house, Jesus first said to the 'patient': 'Your sins are forgiven you'! Then, to demonstrate his authority to pronounce forgiveness, he followed up by healing the man of his paralysis.

Forgiveness, salvation, health and healing all belong together. They are at the heart of the church's mission.

Many Christian denominations make chaplains available in hospitals to provide emotional and spiritual support for patients, families and staff. Such chaplains often serve in an ecumenical setting, but in many cases there is a 'structure' within their denomination to supervise and support them.

Parish/Faith Community Nurses are also part of the church's holistic healing and care ministry. However it seems to me that very few denominations have any kind of national, diocesan, or State structure to support FCNs, and promote this ministry within their ranks. There is still little official recognition (or understanding?) of the role of an FCN within many denominations. I suspect that this is a significant reason why the FCN ministry is not more widely established in Australia.

In promoting the FCN ministry, AFCNA would do well to encourage churches to establish structures to support such a ministry, by incorporating it into the church's evangelising process.

— Robert J Wiebusch

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Closing date for next issue: 10 July



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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.





Conferences etc

The need for quality, loving care is immense, yet church people often say they feel ill-equipped to effectively support a person living with mental health needs and their carers/family. The conference aims to address this gap by equipping people for helpful pastoral care ministry that promotes health and wellbeing, and transforms lives.

Many in our churches struggle with mental illness, and many more living in our community with mental illness receive minimal support. How can the church, with a gospel message of hope, love, inner peace, and abundant life, offer effective ministries that promote health, provide healing and encourage transformative living?

We are delighted to have the much sought-after speaker, Ian 'Watto' Watson (founder of the Men's Shed movement, *Shed Happens*), speaking on encouraging men in the 'battles' of life. Watto has written a book titled *Every Bloke's a Champion ... Even You!* People registering for the conference before end of August will receive a complimentary copy!

We also have a wonderful program of Christian professionals who have experience in working with people living with mental health and/or addiction needs, providing their perspective on recovery. As keynote speaker we have Philip Galley, a registered nurse and current clinical quality improvement leader of the Southern Adelaide Fleurieu and Kangaroo Island Medicare Local. Philip will challenge us regarding the myths surrounding mental illness, and encourage us to build bridges to meet the needs of this population. We will also hear from consultant psychiatrist, Dr Ken Fielke, on the topic of resilience and the way God uses the 'wounded healer' to bring healing. He is the former clinical director of Country Health SA MHS, and now practises psychiatry in rural and remote areas, including indigenous communities.

Dr Duncan McKellar is a senior psychiatric registrar who focuses on the mental health of older people. He will help us understand depression and other common mental health

issues and their management within the community. Two AFCNA board members — Susanna Warner and Millie Davey — will talk about their specific nursing roles and the ways they and other Christians are supporting people living with mental health difficulties. Two chaplains — the Revs Mark Boyce and Carl Aiken — will provide insights from their various fields on spirituality and mental health, and the question of suffering and crisis.

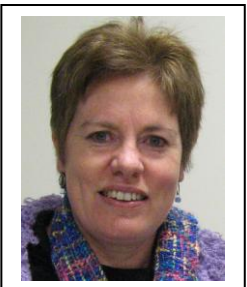
On the afternoon of day 2 we will look at the area of addiction. Vita Berghout is a comorbidity specialist with *SA Health*. She will help us understand what happens to the body in addiction and how it is managed medically. This will be followed by four women who work in various church settings (Judy Howie, Suz Foley, Heather Trainor and Jenni McKee). They will talk about the programs they are employing to help people to recover from addiction and/or serious mental health issues.

The program is included in this newsletter. It is also available on the websites of either AFCNA (www.afcna.org.au) or BaptistCare SA (www.baptistcaresa.org.au). The price has been kept at cost recovery, so it is a most affordable conference that will encourage you in your FCN ministry. I encourage you to register, and to share the details with as many people as possible, so our churches can be better equipped in this important area of need.

'My child, if you receive my words and treasure up my commandments with you, making your ear attentive to wisdom and inclining your heart to understanding; yes, if you call out for insight and raise your voice for understanding, if you seek it like silver and search for it as for hidden treasures, then you will understand the fear of the Lord and find the knowledge of God.' (Proverbs 2:1-22).

Come and gain new understanding, and grow your knowledge and your faith as you share with us in September!

Anne van Loon, RN PhD
Chairperson AFCNA



¹ www.aihw.gov.au/mental-health-faqs/#m02

² www.aihw.gov.au/mental-health

³ www.blackdoginstitute.org.au/docs/Factsandfiguresaboutmentalhealthandmooddisorders.pdf



Integrating the church with health services

On 24 and 25 April I attended an inaugural conference in Birmingham, United Kingdom, that was two years in the planning by the Anglican Health Network and others. It was for all denominations and was attended by health professionals, those involved in various health-care ministries, clergy and chaplains. Among them were seven Faith Community Nurses from the UK, Canada, New Zealand and Australia.

It seems that, in several countries, there is a movement to bring churches and health professionals together. As well as providing speakers, this conference was intended to gather ideas from those present to share with a wider audience, so groups can learn from each other rather than each starting from the beginning.



Conference hall, with FCNs from Canada and NZ

The Rev Dr Helen Wordsworth, the national co-ordinator of Parish Nursing UK, presented one of the keynote themes: *The healing ministries of the church amongst individuals and communities*. She recently conducted research, asking the question: 'What do churches do now?' Helen surveyed 77 churches in a control group of mixed demography — urban, rural, suburban. The questionnaire had 64 questions, and included space for people to make their own response about their contribution to mental, physical and community health.

Activities included:

- *Mental health* — emotional support, counselling, bereavement care and active listening.
- *Community health* — networking, food and clothing provision, benefits and financial advice, end-of-life care, employment counselling, risk assessment, referral to other bodies, health education and care-giver support.
- *Spiritual Care interventions* — prayer ministry and support and pastoral care

When their impact was evaluated, the total number of interventions in churches with a

Parish Nurse (PN) was above 60 per cent; in those without a PN it was about 40 per cent. The range of interventions was also higher in the group with a PN, including those relating to mental health, community health and spiritual health.



Dr Helen Wordsworth at Parish Nursing UK display

This research shows what we have known in our hearts: the presence of an FCN increases the effectiveness of the church's work. It is great that there is now research to back this up.

Helen Vaughan, Canberra



Australians tour USA

Four Australians were among 16 participants in a mid-year, week-long study tour to the United States organised by Lutheran Parish Nurses International. The tour began at the end of May with a Parish Nurse conference at Concordia University in Mequon, near Milwaukee, that drew more than 70 Parish Nurses from across the USA. Theme of the conference was *Transforming lives for health, healing and eternity*.

Following the conference, tourists travelled to the headquarters of the Lutheran Church-Missouri Synod (LC-MS) in St Louis, meeting with Parish Nurses and visiting sites of historic and Lutheran significance along the way. One of the Parish Nurses they met was a staff member at Concordia Seminary. Her clients are both students and faculty members and their families.



Spiritual care for older people (and those living with dementia)

I was privileged to attend the 5th *International Conference on Ageing and Spirituality* which had a specific focus on creativity, resilience and spiritual care for older persons. I want to share a few of the salient points in three areas and invite you to reflect on how this knowledge can impact your personal and professional life.

Dementia

The clear take-home message was: God has not finished when cognition is gone. There is more! There is no denying that a diagnosis of dementia is feared by most older people, but this conference highlighted from the practice of many gifted people that, although people with dementia cannot learn facts they can still learn 'how to ...'.

This was illustrated by Irene Oldfather from the *Health and Social Care Alliance Scotland* (a government NHS initiative aimed at working with communities, including churches, to develop *Team Scotland*). She illustrated this with the example of the Scottish choir, *Forget me Notes*, made up entirely of people with dementia. This choir is being invited to perform all over the UK because it is such a high standard! Many are learning to sing for the first time; others have even begun to learn how to play instruments! Sensational!

Dementia is often a bigger struggle for the carer of the person with dementia. Time needs to be provided to hear the lament of the person with dementia and a place given to voice that lament. This can be done through Health and Care Ministry (HCM) visitors, the use of journalling, poetry and other creative arts. We were reminded that 'when you have met one person with dementia you have still only met one person with dementia!'

Each person's journey is unique, and for some it can be life-enhancing as one carer said, 'Dementia gave me the gift of living in the moment. I had to "let go and let God" as life had moved beyond my control; but in that place I was continually reminded of God's unconditional love'. Isn't that what healing is — finding our wholeness in Jesus in the midst of our disease, or **disease**? However, for other people the reality of dementia was

different. One carer described dementia as 'like having one foot in the grave and the other on a banana skin' — a good description of dementia's inevitable life course and its unpredictable trajectory.

Speakers highlighted the importance of preparing pastoral visitors and FCNs for the task of visiting older people, specifically those with dementia. It highlighted the importance of cultivating within our churches an attitude that reflects 'kingdom' values that enable people to be seen as valuable and loved. Rabbi Jonathan Wittenberg of the New North London Synagogue, urged us to reflect on the need for acceptance in all people, saying: 'Accept me as I am so that I have the opportunity to become the person God intended me to become'.

Professor Elizabeth MacKinlay from the Charles Sturt University in Australia reminded us that when we are working with a person with dementia and their carers it is important to 'remember for the person', that is, to recall the person with dementia through your memory of them, and to then feed back those memories. This reminded me of a saying I have heard: 'A friend knows the song in my heart and sings it back to me when I can no longer sing it for myself'. Visiting a person with dementia becomes more manageable when your pastoral visitors understand this. You can suggest that they talk with the person about significant life events, people who have influenced them, early life memories.

Elizabeth has done lots of research (books available at hwww.centreforageing.org.au) into reminiscence therapy, where people are invited to take an inventory of their lives and given the opportunity to share it. This can be done in letter writing, diaries, journals, scrap books, photo-books ('Every picture tells a



Spiritual care for older people

story'), a box of memorabilia that can be used to start conversations with the person ('Exhibition in a box'), electronic books (eg www.forgetmenotbook.com), were some suggestions demonstrated.

Andrew Norris, a chaplain from Methodist Homes for the Aged in Scotland, suggested visitors can:

1. *Ask about the past:* the person's beliefs, motivations, interests, achievements, and their tragedies (you may need the carer's help initially in advanced dementia).
2. *Ask about the present:* their relationships with others, family friends, community, God, and creation.
3. *Ask about the future:* hopes, fears, dreams, visions, ambitions, final tasks

Music

The philosopher Kant called music 'the quickening art', and many speakers demonstrated the power of music in bringing people with dementia into life. Neuroscience confirms 15–20 centres in the brain that process music, and most are closely aligned to emotional centres that process ecstasy and love. So it stands to reason that you can evoke embodied memories using music, and that this can take people back to an experience, and to a place.

I was moved to tears by a video illustration from John Killick and Claire Craig (authors of *Creativity and Communication in Persons with Dementia*) who filmed people with dementia to ascertain their responses to music using Leonard Cohen's beautiful ballad, 'Dance me to the end of love'. It was most moving to watch their lifeless, limp and disengaged bodies become animated, like marionettes coming back to life, as the hypnotic music awoke in them happier times. Their heads raised, their arms began to move and some people even got out of their chairs and began to dance! It was beautiful to see!

This raised the topic of embodied memory, and how the past could become the present by provoking body memory. This embodiment

occurred through years of ritual and habitual practice. We have all heard how ritual can calm people with dementia, eg reciting the Lord's Prayer, singing a hymn, reading a Psalm, or using some other favourite religious ritual/habit. These are good suggestions to give your pastoral visitors and encourage them to utilise this in their visits.

Identity

Caring for older people involves sustaining and promoting personhood and facilitating the dignity of identity. Patricia Higgins from the University of Greenwich said this can be achieved by enhancing the person's autonomy, encouraging the person's positive self-image, enabling them to be surrounded with positive relationships, continuing to maintain or create new and meaningful roles, recognising their personal history, and ensuring they have the respect of others.

Her research with older people identified that Christian faith gives older people three key benefits. First, it provides a strong sense of identity and belonging, and a firm sense of purpose. 'Hearing God's call and doing his work was one's life purpose.'

Secondly, life is focused on a daily walk with God. who had become a close friend/companion. This walk is guided by the 'Good Shepherd', and a large part of the daily walk is focused on communicating with God in prayer and through Bible reading.

Thirdly, faith provides consolation. It is a part of life then and now, and religious practices and traditions bring people peace and hope in the immediate future and eternal life after death.

Religion supports personhood by providing an identity where we are part of God's family. We are his children and part of his great story ie, 'my story ... in our story ... in His-story'. In our church family we can find a place to belong. This is fundamental to what FCNs practise in their health and care ministry and we need to actively seek ways to sustain religious faith right to the end of a person's life.



Spiritual care for older people

Community attitude

As Christians, we know we are made in God's image. This means that older people are entitled to dignity and respect their entire life regardless of their health status.

Discussion occurred around the devaluing of older people as a cultural issue facing many countries. I would say this is true for Australia. How we relate to the aged is socially constructed. In our society it seems to depend on capacity, roles, mental agility, being able-bodied, and this is further validated by roles and salaries within paid employment.

There is a great need to attend to our collective societal attitude, because entrenching ideas and attitudes is a social process. As church members we can nurture a positive attitude to older people, allowing them to maintain purposeful activity and enabling their voice to be heard in decision making. When humans lose their sense of meaning and purpose they lose their desire to live, and this needs to be focused on in our health and care ministry.

In the words of Viktor Frankl, 'more people today have the means to live, but no meaning to live for'. Nowhere is this truer than among those who are aged. Enabling ministry opportunities for people of all ages is important, and it requires time to match tasks to the person's capacity and interest, allowing them to engage in meaningful activity across the lifespan.

Rabbi Wittenberg suggested our attitude to older people could be enhanced by framing a person's value using biblical principles of love, charity, justice, wisdom, knowledge, grace, mercy. If these values pervaded our church and organisational processes we would not devalue as many people when their roles are over, or their capacity diminishes.

People need to be seen and then they feel they belong. A community has many eyes to which people respond, to make sure they are 'seen'. Professor John Swinton, of the University of Aberdeen, challenged us to make our faith communities places that move people from being tolerated to being included, and then from being included to belonging.

He said 'To belong one needs to be missed'.

'To belong one needs to be missed'

This statement really got me thinking about the importance of making sure we notice when our church members are absent and follow up on them so they know that they are missed. This is more easily done in a smaller community and becomes a greater challenge for larger churches. If you have ideas on how this can be done successfully then perhaps you can write these up and share them with us through *WholeHealth*!

In summary, if we are to improve our future care of older people then we need to disturb, if not disrupt, our attitude toward older people and actively seek new ways to meet their needs and facilitate their participation.

— **Anne van Loon** RN, PhD

Resources for working with older people

Faith in Older People faithinolderpeople.org.uk (numerous relevant resources available)

Institute for Research and Innovation in Social Services (great paper on spirituality and ageing) www.iriss.org.uk/resources/spirituality-and-ageing-implications-care-and-support-older-people

Christian Council on Ageing (excellent series of booklets for churches relating to needs of older people) www.ccoa.org.uk

Churches Together in Britain and Ireland www.ctbi.org.uk

'Ascent' older people's movement of Catholic church www.ascentmovement.org.uk

Centre for Ageing and Pastoral Studies (Australia) (good resources for working with older people) www.centreforageing.org.au

Parish Nursing Ministries UK (our counterparts in UK who have a range of stimulating ideas online) www.parishnursing.org.uk



Pastoral Care Nurse seminar in Hamilton

A one-day seminar on health and pastoral care drew 36 participants to the regional centre of Hamilton in western Victoria on 13 April. Approximately one-third were nurses; others were congregational elders, pastoral carers, or people involved in a caring or visitation ministry in their church. The seminar was organised by the Lutheran church's Parish Nursing coordinator, Lynette Wiebusch.

The seminar was held at the Good Shepherd Lutheran church, and attracted people from Geelong, Portland, Wodonga, Naracoorte and Halls Gap as well as from Coleraine, Hamilton and Tarrington. The theme of the seminar was *Called to care*.



Lynette Wiebusch chairs session as Rev Bill Fry leads Bible study.

The program opened with a Bible study on Mark 10:46–52. In discussing this healing miracle, the Rev Bill Fry pointed out that blind Bartimaeus was given both physical **and** spiritual sight. He used a teddy bear to illustrate the importance of being comforted, and cited incidents where singing a favourite hymn had helped to bring comfort and hope.

The Rev Robert Wiebusch's presentation, *Lutheran distinctives in pastoral care*, highlighted some of the teachings that grew directly out of the Reformation. He showed how the three 'Solas' — Scripture alone, Grace alone, and Faith alone — influence caring for people. He also pointed out the comfort and hope that baptism and communion can bring, and showed how the teaching of the 'priesthood of all believers' underlies the roles of lay people — including Pastoral Care Nurses.

Pastor Wiebusch also gave a presentation on providing pastoral care to people as they ap-

proach the end of their life.

Lynette Wiebusch gave an update on the Parish Nurse ministry, both in Australia and overseas, and provided some helpful tips for those who visit people, either in hospital or in their homes.

The other speaker was Angela Uhrhane, the Pastoral Care Nurse at Lutheran Aged Care Albury, and in the Wodonga parish. She drew on her experience at Albury as she spoke about *Bringing health and hope when visiting the elderly*. She stressed the importance of listening, having an accepting attitude and building rapport.

In her second session, Angela spoke about the challenges that can emerge when parent-child roles change as parents age. Good communication is vital, she said, especially for those who are in the 'sandwich generation'. She quoted Luther's catechism explanation of the fourth commandment, and drew attention to resources that are available in the community.



Second hospice for *Covenant Care*

A hospice initiative started at Holy Covenant Anglican church in Jamison, Canberra, has now spread to nearby Curtin. On 12 July, the Southside day hospice opened at Holy Trinity Catholic church. Initially there were four clients, but there is facility for more. The plan is for the Southside hospice to work in collaboration with the hospice at Jamison, sharing the same RN and activity officer.

The drive to establish the Covenant Care Day Hospice (CCDH) in Jamison came from FCN, Anne Ranse, who is also the emeritus Archdeacon. It is a collaborative project of *Holy Covenant*, Palliative Care ACT and *Anglicare*, and is the first of its kind in the ACT.

The expansion to Curtin came after *Covenant Care* celebrated its first year of operation. Anne writes:

It's been a great year with many challenges, farewells and creative activities, therapies and relaxation.

We celebrated our first anniversary with a party, entertainment and a great sense of achievement at reaching out to older people who are being cared for at home by an elderly carer, people who have life threatening illnesses. Many of those who attend *Covenant Care* were accompanied by family for the occasion.

According to the AGM report by committee chairperson, Jenny Hall, between February and October 2012 *Holy Covenant* operated on 33 Mondays from 9.00am to 4.00pm. It is staffed by an experienced Palliative Care Nurse and an activity officer, supported by a team of volunteers.

A total of 1000 client hours were provided to 24 volunteers. These volunteers have benefited from training relating to OH&S issues (*Anglicare*), First Aid (organised from the Holistic Care Nursing program at *Holy Covenant*) and Safe Ministries (The Diocese). CCDH inevitably involves a relatively high rate of client turnover.

During the year we celebrated the lives and friendship of nine of our clients, through moving memorial services and an opportunity to take the funerals of some, as well as offer ongoing support to the remaining family, including them as they wished in other activities at *Holy Covenant* during the week such as Scrabble, craft group, and community lunch.

It is humbling to look about the congregation on a Sunday and see the familiar faces of people from CCDH, clients and families, some who have been disconnected from a church for many years.

This ministry has opened the door not only for respite for the family carers and a day with a difference for the ill person, but it has also opened a door that allows Christ to enter and lives to change.



Christmas party at *Covenant Care*
© ehospice 2013 (used with permission)

AFCNA MEMBERSHIP 2010-11

Name: Address:

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

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

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

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

I enclose: Full membership (\$30.00/year) ☐ Concession (\$20.00/year) ☐ \$.....

Make cheques payable to: Australian Faith Community Nurses Association

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



At home and abroad

More than 300 Faith Community Nurses and other health ministry professionals participated in the Church Health Conference and Westberg Symposium held at Memphis, USA, in April. They came from Singapore, the Philippines, Pakistan, the United Kingdom, Canada, and the United States.

Workshop sessions included topics such as facilitating advance care planning, quality end of life care, equipping clergy and nurses to work collaboratively, health literacy, serving people with HIV/AIDS, and the effect of Parish Nursing on the outreach of the church.



Worshippers during closing service at the Westberg Symposium



Professor Silviu Itescu, the founder and CEO of the Australian company, Mesoblast, has received the inaugural Pontifical Award for Innovation from the Vatican's Pontifical Council for Culture. The company develops adult stem cell therapies for inflammatory and immune diseases of the joints and lungs, diabetes, vertebral spine degeneration and heart conditions. The award was presented at an international stem cell conference in Rome in April.



A Mass for Catholic health-care workers was held at Our Lady of the Rosary church at Kellyville in the Diocese of Parramatta, NSW, on 26 July. The work of all who contribute to health-care of people—including family members who care of sick loved ones—was recognised.



Lynette Wiebusch and her husband have been invited to lead an *Introduction to Pastoral Care Nursing* course in Goroka in Papua New Guinea, on 16–18 August. In July last year, six nurses who are part of a team at St John's Lutheran church in Goroka known as Lutheran Nurses Out-Reach Ministry, attended an introductory course in Adelaide. On their return home, they enthusiastically recommended that a similar course be arranged in Goroka. Twenty-five students from Goroka, Kainantu and other areas are expected to participate in the course.

It is hoped that further courses can be held in other parts of the country.



In April, Lynette and her husband met with the head of the Evangelical Lutheran Church of Papua New Guinea, Bishop Giegere Wenge, to introduce him to the concept of Pastoral Care Nursing. Bishop Wenge was in Adelaide to attend the national synod of the Lutheran Church of Australia.



A national campaign in Australia began in mid July. The initiative is based on empowering children, within schools, to help combat the 'Superbugs' by encouraging their family and the community to wash their hands.

<http://us4.campaign-archive1.com/?u=a0db817f60c4a113e9b07db46&id=cf40d5b6ad&e=c46c75e1fe#mctoc16>

The campaign can be delivered by FCNs working in schools or churches. For more info contact the Children's Global Hygiene Foundation (keith@tcghf.org) 0418 938 360.



Courses at Australian Lutheran College

Courses helpful for Faith Community Nurses are available by flexible education or on campus. For further information:

The Administrator
School of Theological Studies, ALC
104 Jeffcott Street, North Adelaide SA 5006
☎08 8267 7400 Email: alc@alc.edu.au
Website: www.alc.edu.au

Perspectives on Mental Health and Addiction

A joint BaptistCare/AFCNA conference
Baptist church, 1 Francis St, Broadview, SA
26, 27 September

Registration fee: \$60 per day or \$100 for two days (if paid before 31 August)

For registration or further information:

avanloon@baptistcaresa.org.au

Australian Faith Community Nurses Association
Annual General Meeting
Enfield Baptist church
1 Francis St, Broadview, SA
27 September
5.00-7.00pm

In a word



'Let your way of life be worthy of the gospel of Christ; strive side by side for the faith of the gospel.'

Philemon 1

Membership renewal

The AFCNA financial year is from 1 July to 30 June.

If you have not renewed membership for the current year, please send your renewal to the treasurer, Judy King, promptly.

See form, page 9



Books

Angels in shoes — Care of the spirit

Ruth Lally and Sharon Costello

A compilation of experiences of spirituality in nursing; includes contributions by some AFCNA members.

Available via Amazon website

New Bible Commentary 4th Edition

Edited by: D A Carson, R T France,
J A Moyer G J Wenham

Hardback, \$29.99

Down-to-earth, non-academic commentary based on the NIV text.



Prayer Corner

O God, waken in me love for every living thing, joy in what is human and holy, and praise for you.

Pray for

- + The AFCNA Annual General Meeting, that future directions are in keeping with God's will.
- + The hospice ministry in Canberra headed by Anne Ranse.
- + The *Introduction to Pastoral Care Nursing* course scheduled to be held in Goroka, Papua New Guinea, this month.
- + Nurses who have recently begun a Faith Community/Pastoral Care Nursing ministry.
- + The BaptistCare/AFCNA conference on 26, 27 September, and the speakers who will contribute to it.

I Say ...

'No ray of sunshine is ever lost, but the green which it awakens into existence needs time to sprout. And it is not always granted to the sower to see the harvest. All that is worth anything is done in faith.'

— **Albert Schweitzer**
(in *Attending to the Sacred*)

**Thurs Sept 26th &
Fri Sept 27th 2013**

**Cost only \$100
(before 31st Aug)**

**Fantastic
Speakers
Don't miss it!**



PERSPECTIVES ON MENTAL HEALTH & ADDICTION

...seeing 'recovery' through a different lens!

Preparing Christian churches to promote mental health and
provide effective Health & Care Ministry to people
living with mental health and/or addiction issues

Conference Sponsors: Baptist Care (SA) & AFCNA

Venue: Enfield Baptist Church, 1 Francis St, Broadview

Early Bird Reg: \$100 for 2 days **Day Reg:** \$60/day

Full program: www.baptistcaresa.org.au; www.afcna.org.au

Speakers on Thurs 26th September

Phillip Galley, RN Quality Improvement
Ken Fielke, Consulting Psychiatrist
Duncan McKellar, Older Person Psychiatrist
Mark Boyce, Mental Health Chaplain
Susanna Warner, Reg Mental Health Nurse
Millie Davey, Reg Mental Health Nurse

Speakers on Fri 27th September

Ian 'Watto' Watson, founder Men's Sheds
Carl Aiken, Pastor & Army Res. Chaplain
Vita Berghout, Specialist - Addiction & MH
Judy Howie/Suz Foley, Pathways Recovery
Heather Trainer, Soc Wkr Community Links
Jenni McKee, Pastor at LifeWell @ EBC