



# LFCNA Connections

Lutheran Faith Community Nurse Association (LFCNA) is a membership organization for parish/faith community nurses who are Lutheran and/or provide ministry in a Lutheran congregation.

Volume 3 Issue 5 September/October 2023

Our Vision

To promote a culture of health, healing and wholeness in Lutheran agencies and communities.

Visit us at <https://lutheranfcna.org> and follow us on Facebook at <https://www.facebook.com/lutheranfcna>



Connections Editor: Phyllis Bruce

## Message from our Executive Director

### Doing Things Right – Finding Balance

When I was teaching the Foundations Course for new Faith Community Nurses (FCNs) I would teach the module on how to begin a ministry. I enjoyed teaching how the FCN would lead/facilitate change, help individuals and the congregation think differently about health, teach the integration of faith and health, and more. I would teach important steps of start-up, covering them as if beginning a ministry is some orderly, linear process. All of us know better. There is resistance, disinterest, lack of understanding about the role, many opinions on what the ministry might or should be, and always more to be done than time allows. Nonetheless, each FCN steps out in faith and walks the journey to establish a ministry, often and perhaps ideally with the support of a health and wellness team or committee.

Recently I read this quote: “For more than 40 years, a Spanish architect named Antoni Gaudi led the design and construction of one of the world’s most elaborate cathedrals. Located in Barcelona, Spain, *La Sagrada Familia* will be the largest religious structure in the world when it is finally completed. Gaudi was an exceptional visionary who reimagined the original design for the cathedral. He was guided by a compelling definition of success. “To do things right,” he said, “you need love and technique.” (Prince Rivers – Alban Weekly Editor, Duke Divinity School)

As I reflect back on teaching the course, I carefully and thoughtfully emphasized the techniques --- the recommended and important steps to be

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#### LFCNA Board Members:

Lucina (Lu) Kimpel, President  
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#### Executive Director:

Carol DeSchepper, Region 5

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## Message from our Executive Director Continued

### Doing Things Right – Finding Balance

taken, how to educate the ministry team and the congregation, how to set goals and strive for them, and to deal with resistance and other challenges. But now I ask, did I put enough emphasis on how much love it would take? In the midst of teaching how to start a ministry and to be in the role of an FCN, did I teach how to care deeply and love well?

This issue of LFCNA Connections has several references and resources related to caregiving. Those of you in ministry know better than I how essential love is in ministry. It's the bedrock on which the ministry rests. One loves God; loves your call; loves those you serve; loves serving; loves the challenges; loves the successes ... and yes, loves the resistance and the failures. They are all part of the process of effectively ministering and are every bit as important as technique.

I submit that the same is true as I help lead LFCNA and the work this organization is about. Every part of our infrastructure is critical, every person who joins offers something to what the organization is or will become, and we remain resolute in fostering a network of support and inspiration. As we continue to serve and grow together, may we find the optimal balance of technique and love. Whether building a cathedral, starting a ministry, initiating a specific program, or simply being present to one in need, may we "do things right". Thank you for the privilege of serving beside you.

Carol DeSchepper, LFCNA Executive Director

### Communication Reminder!

**If you are seeking to communicate with LFCNA via email and/or wish to go to our website, please use these addresses effective immediately. Our previous email and website addresses will automatically take you to the new addresses (for now). That said, you are highly encouraged to begin using the correct addresses.**

**WEBSITE address:** <https://lutheranfcna.org/>

**EMAIL address:** [lutheranfcna@gmail.com](mailto:lutheranfcna@gmail.com)



## Membership Update

We currently have 133 members. That includes a total of 19 new members. Since July, we have welcomed 3 half-year members. The new members who have joined since June are:

Jennifer Nemeth, Region 2  
Whitney Apel, Region 3  
Jane Tindall, Region 5  
Judy Valleri, Region 9  
Denise Viker, Region 2  
Emelynda Terhune, Region 7  
Tara Orley, Region 1  
Nancy Schoener, Region 7

We want to extend a warm welcome with hopes that you avail yourselves to the many opportunities to connect with other FCNs in your Region. We plan to have a New Member Orientation via Zoom on Friday, September 15, 12 noon—1:00 pm CT. If you have not been able to attend one of these previously and would like to, please send Phyllis Bruce an email and she will send you the Zoom Link.

## Welcome!!



[Click here to renew or join](#)

## Board Contact Information

Just a reminder that if you are looking for board contact information, you can find it in the Members Only section of the website. In an effort to protect their privacy and offer security to our board members, we have removed most contact information from the public website pages.

## LFCNA on the Road!



LFCNA has had a presence at several synod and churchwide meetings in the past months. Our thanks to the following individuals who represented LFCNA at events in their area:

- ◇ Anita Huntley, Region 1: NW and SW Washington Synod Assemblies
- ◇ Anita Huntley, Region 1: hosted a display at the Evangelical Lutheran Education Association (ELEA) meeting in Seattle, WA
- ◇ Marie Wiegert and Renee Compo, Region 3: Minneapolis and St. Paul Synod Assemblies
- ◇ Kathy Conrad, Region 7: SW Pennsylvania Synod Assembly
- ◇ Carol Harding, Region 8: Allegheny Synod Assembly
- ◇ Nancy Roberts and Vicki Carlson, Region 9: Florida-Bahamas Synod Assembly
- ◇ LFCNA hosted a Respite Station at the Rostered Ministers Gathering in July, 2023 in Phoenix, AZ. Representing LFCNA at this event were Deborah Frusciano, Cindy Harris (both from Region 2) and Carol DeSchepper (Region 5).



**Renee Compo and Marie Wiegert at the Minneapolis and St. Paul Synod Assemblies.**



**Deborah Frusciano and Cindy Harris at the LFCNA Respite Station during the Rostered Ministers Gathering**



## Funding Our Future

### The Role and Responsibilities of the Finance Committee

In this Funding Our Future column, the Finance Committee felt it important to help the members know more about the ongoing financial work of LFCNA, which sustains the organization and gives us a viable future.

#### What is the financial vision of LFCNA?

The financial vision of LFCNA is to maintain the non-profit status of the organization, to ethically steward the assets of LFCNA, and to further LFCNA as a viable, sustainable, and relevant organization. The Board of Directors has ultimate fiduciary responsibility for the financial well-being of the organization.



#### What is the Role of the Finance Committee in a Non-profit Organization?

Every committee of LFCNA has a unique and important function in supporting the work of the organization. It is the function of the Finance Committee to provide financial oversight of the assets of LFCNA and the non-profit status of our organization. Its members help to ensure that our organization has the necessary resources to provide programming and deliver our mission in faith communities, now and into the future.

#### Why are we a non-profit organization?

In 2010 the leaders of then ELPNA had the foresight to incorporate the organization as a non-profit in the state of MN. We maintain this status today. Being a non-profit allows access to certain funding sources and exemption from taxes and other regulatory requirements. LFCNA must meet annual and ongoing requirements of the state of MN to continue our non-profit status.

#### What are the ongoing priorities for the finance committee?

- ⇒ Develop and monitor an annual budget
- ⇒ Review monthly financial reports
- ⇒ Maintain non-profit status by filing requisite reports
- ⇒ Develop a long term strategic financial plan
- ⇒ Practice stewardship of LFCNA assets
- ⇒ Promote growth of assets with sound and safe investment principles
- ⇒ Develop a framework to provide stability and flexibility for growth.

On an annual basis the committee develops goals to support the organization's vision and priorities. This includes but is not limited to working with other committees to assure adequate income, monitor outflows and expenses, develop policies to support financial stewardship, file reports with the state of MN to maintain our non-profit status, promote awareness of LFCNA outside of the organization, and explore new sources of income.

Continued on the next page ...

## Funding Our Future

### The Role and Responsibilities of the Finance Committee—Continued

#### What are the committee goals proposed for 2024?

1. Complete the implementation of QuickBooks as our financial record-keeping system
2. Continue to use the newsletter for education of members on the financial needs and support of LFCNA.
3. Support the Board of Directors in strategic planning and ongoing fiduciary management of assets by providing accurate and timely financial reports.
4. Develop a Data Management Tracking Tool to support the organization's strategic direction and the pursuit of future grants and/or fiscal partnerships.
5. Continue development of the concept of Fiscal Partnerships and obtain a minimum of two partners.
6. Collaborate with the Membership, Education, and Governance Committees to implement strategies to increase revenue to the organization and secure long-term funding of the ED position.

#### Who is on the LFCNA Finance Committee?

We are grateful to the following individuals who serve on the Finance Committee:

Renee Compo, Region 3 and LFCNA Treasurer  
Judi Schwerin, Region 3  
Melanie Simpkins, Region 5  
Carol DeSchepper, Region 5 and LFCNA Executive Director  
Connie Squibb, Region 9

The committee meets monthly, enjoys fellowship and unity of purpose, and pursues opportunities for continuing education to serve in this important role. The sole requirement to be a committee member is a commitment to LFCNA and its mission. We invite you to think about your gifts and future membership on this committee or any committee of the LFCNA.

**[DONATE NOW—CLICK HERE](#)**  
**YOUR GIFTS HELP FUND OUR FUTURE**

## Caring and Caregiving

In this issue, we decided to have a section focusing on Caregiving. Caring for others can bring much joy as we grow in relationship with one another, but at times, it can also be physically and emotionally draining.

A nursing theorist named, Simone Roach<sup>1</sup> posed the question during her research on caring, "What are nurses actually doing when they are caring?" In answer to this question she developed the 5 C's of caring and later added a sixth. These "Cs" of Caring have been very meaningful to me in my nursing ministry. They are: Compassion, Conscience, Competence, Commitment, Creativity, and Comportment was added later. I would add one more that is especially important in Faith Community Nursing, and that is Community, because Caregiving needs to occur in community. We can't do it alone.

<sup>1</sup>Here is a reference link that describes in more detail how Roach defines these terms: <https://jaimesorianorn.wordpress.com/lecture-handouts/>



As Christians, we love and care for others as a response to God's love and care for us. Psalm 121 is a wonderful reminder of God's care. As we care for others and we deal with the challenges that occur in life, we can become weary and overwhelmed and cry out, "where does my help come from?" Or actually, "Who can help me get through this?" The answer from the Psalmist comes immediately, "My help comes from the Lord who made heaven and earth". Now that is powerful help!!

The rest of the Psalm contains God's promises to "keep us". The word "keep" is used 6 times in 8 verses. You know that when we are stressed we seem to need words repeated? In this Psalm that word is KEEPER. The Lord promises to be our keeper, to keep us from all evil, to keep our lives, keep us from harm, from slipping, and to keep our goings and comings, not for just today, but forevermore. And He's on duty 24-7!! He neither slumbers nor sleeps!! I have a plaque by my bed that was given to me by a dear lady I visited. It says, "Before you go to bed give all your troubles to God, He's up all night anyway." What a wonderful reminder!

While I was studying the 5 C's of Caring, I was inspired to write an adaptation of Psalm 121 for Caregivers. You will find this on page 17. May you also find the caregiving resources, and stories about caregiving helpful and meaningful to you and your ministry.

***Caring is the vehicle through which nurses interact with patients and assist them to cope with suffering, to find meaning in their experiences, to promote health and wellness and to die with dignity. (Simone Roach)***



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### Caring and Caregiving Resources

#### **Books**

##### **A Spirituality of Caregiving: The Henri Nouwen Spirituality Series**

by Henri J. M. Nouwen and John S. Mogabgab, The Upper Room (2011)

##### **Biblical Support for Process Caregiving**, Stephen Ministries (1990)

**Caring for the Caregiver - A Guide for Congregational Support of Family Caregivers**, Lutheran Deaconess Association, 1303 La Porte Ave, Valparaiso, Indiana, 46383, (extensive Bibliography with Resource Lists, 4 sessions, surveys included)

##### **Courage for Caregivers: Sustenance for the Journey in Company with Henri J. M. Nouwen**

by Marjorie J. Thompson, Intervarsity Press (2022) <https://www.christianbook.com/page/christian-books?navcat=Books>

**God Knows Caregiving Can Pull You Apart: 12 Ways to Keep it All Together** by Gretchen Thompson (2002)

**Hugs for Caregivers**, by Pauline J. Sheehan. Winepress Publishers (1900) Questions listed for group discussion included.

##### **Hope for Caregivers: A 42-Day Devotional in Company with Henri J. M. Nouwen**

by Henri Nouwen and Susan Martins Miller, InterVarsity Press (2022)

##### **Our Greatest Gift: A Meditation on Dying and Caring**

by Henri J. M. Nouwen, HarperOne (2009)

##### **Take Back Your Life: A Caregiver's Guide to Finding Freedom in the Midst of Overwhelm**

by Loren Gelberg-Goff, Well Within (2018)

##### **The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementias**

(A Johns Hopkins Press Health Book), Johns Hopkins University Press (2021)

##### **The Dementia Caregiver's Survival Guide: An 11-Step Plan to Understand the Disease and How To Cope with Financial Challenges, Patient Aggression, and Depression Without Guilt, Overwhelm, or Burnout**

by Janet G Cruz, Unlimited Concepts (2023)

##### **You Need Care Too: Self Care for the Professional Caregiver** by Barbara Karnes, RN (2017)

The books above are all available through Amazon, except the one from Stephen Ministries, and Courage for Caregivers has the link.

#### **Website**

##### **Powerful Tools for Caregivers Programs** <https://www.powerfultoolsforcaregivers.org/>

Classes to help caregivers take better care of themselves while caring for a friend or relative.

#### **Healing Presence Worship Ideas**

Brenda Bauer has developed three interactive worship sessions. They are: What Holds Us Together, Caring for Our Whole Being, and Healing Care and the Caregiver. They are available in the Members Only section of the <https://lutheranfcna.org> website under Member Resources/Faith Community Nurse Ministry Tools.



## Caring and Caregiving Stories



**Ruth Manchester, BSN, MA, FCN**

Stories of caring—here's one that I particularly remember. Since I have an MA in art history, some aspects of my ministry include taking congregants on tours of the local art museum or presenting artistic interpretations of scripture for a Sunday School class.

Let me tell you about Mrs. V. She and her husband were aging in place, but physical disabilities required more care for them, so they had to sell their house and most possessions. One treasured item was an oil painting by a Spanish artist—dating to around 1920. It depicted young ladies playing in the surf. Mrs. V said it was given to her husband when he worked in New York—about the 1950s. The painting was signed. She wanted to sell the work and donate the proceeds our church. She asked me to help her with this task. First, we took it to a prominent art dealer. The appraiser said she couldn't offer much help and suggested we take a photo and send it to the artist's granddaughter who was doing a catalog raisonné<sup>1</sup> of her grandfather's works. This we did; she wrote back and said it was not an original! Mrs. V was so disappointed by this news. But she was not finished! Sometime later, she called me and said she had obtained two tickets to The Antiques Road Show in Washington, DC. Could I take her and the painting?

I did! After hours in line, it was our turn. One appraiser looked the painting over—with some skepticism. "Not an original," he said. Mrs. V said "it can't be a fake." So other appraisers came over. They also pronounced it not an original work by the artist. The brushstrokes were wrong, etc. Mrs. V was so disappointed. I tried to comfort her. We drove home, stopping at a restaurant to have a nice Italian meal.

Fast forward a couple of years. I visited the couple in the personal care home where they resided, and the painting was given to me. Her husband passed, and a few years later, she died. Well, I still have one more place to take the work—the Museum of Hispanic Art in New York. Since it is large, it will have to be driven there. I don't want Mrs. V's "treasure" forgotten. Maybe the museum would take the painting as an example of a copy of this artist's work. Then Mrs. V's art work will be remembered—as is the memory of this lovely couple who were long-time members of our congregation. I treasure that memory!

<sup>1</sup> Catalogue raisonné is a comprehensive, annotated listing of all the known works of an artist either in a particular medium or all media.

**"Caregiving often calls us to lean into love we didn't know possible." - Tia Walker**

## Caring and Caregiving Stories

### Reaching Out To Non-members Of My Congregation

By Marilee Tollefson, RN, BSN, MSN (Region 8)

The woman (R) had been a teacher in the preschool in another Lutheran church, and is a dear friend of (M), one of our parishioners. Her husband (J) had worked in retirement with my husband. He had noticed blood in his urine for some time, but he apparently didn't realize that it was not normal, and delayed in telling his wife and getting medical attention. By the time he was evaluated, he was diagnosed with prostate cancer. This began the typical, normal reactions of fear, anxiety, and disbelief. By the time he began his appointments in oncology, he was showing signs of serious illness. His wife came with her friend to our church to meet with me, saying she needed to know what to do, where to turn, how to get assistance.



This family were not people of faith, so they were not used to drawing their strength from prayer, worship and fellow Christian believers. Her friend M and I met with her often, to listen to her concerns and questions. She was wondering why her physician was not providing the information she needed. Perhaps he was, but we know so well, that in these times of stress, the information may not be heard or remembered, may be too technical, or too threatening to be absorbed and understood. As FCN's we can listen with sensitivity, note needs for resources and additional information, and pray when welcomed. When not part of a family's culture or belief system, we can still be the hands of Christ through our words, actions.

His condition did not improve, a plan of treatment did not get formulated or explained, and the wife was overwhelmed with concern. Hospitalizations occurred and each time a number of complex issues arose with the stay. While in the hospital on one admission, he was assessed to be unable to tolerate any nutritional intake, and was eventually recommended to be entered in hospice care. He died in the next few days in a hospice facility. During this time, the wife continued to contact me, asking questions, wondering about the outcome. Offering love, comfort, and concern, I supported her the best I could, reminding her that none of this was her fault and that she was the doing all she possibly could, always being there for her husband.

**"We have stopped for a moment to encounter each other, to meet, to love, to share. This is a precious moment, but it is transient. It is a little parenthesis in eternity. If we share with caring, lightheartedness, and love, we will create abundance and joy for each other. And then this moment will have been worthwhile." ~ Deepak Chopra**

## Educational Event

### From Wedding Rings to Nose Rings Generational Differences in the Pews

We are delighted to welcome Faith Roberts, Faith Community Nurse and an engaging, energizing speaker, to present on this very important topic to congregations and FCN ministries.

**Date: October 10, 2023**

**Time: 3-5 pm AKT/4-6 pm PT/5-7 pm MT/  
6-8 pm CT/7-9 pm ET**

**Format: via Zoom**



#### Session Overview:

*Have you been wondering why some churches elect to rent a high school gym or area hotel for worship? Or why the front of the worship space is an electronic haven? For some, church attendance is a given, for others it is "nice if you can make it"?*

*At the time of this presentation worship is being done with up to SIX generations attending/ watching/ listening. The world we live in changes continually as has attendance patterns and financial support of places of worship.*

*Understanding what defines each generation helps the practicing Faith Community Nurse (FCN) to support programming and services that speak to different age groups.*

**Watch for additional information and registration details  
in the very near future.**

## Educational Events

### LFCNA Events

September 11, 18, and 25 - ***This is How We Die***—This event is a three-part series using videos produced by Barbara Karnes, internationally respected speaker, educator, author, and thought leader on matters of end of life, followed by discussion. <https://lutheranfcna.org/event-5361391>

October 10 — ***From Wedding Rings to Nose Rings: Generational Differences in the Pews*** (see page 11)

November 15 — Carmen Stephens, Assistant Professor at the University of Colorado and Region 2 member will present our program for the annual membership meeting on the topic ***Grateful and Blessed***.

**Please save these dates and plan to attend!**

### FCNNTC Information

**Fall Foundations Course:** <https://www.fcnnctc.org/wp-content/uploads/2023/05/Foundations-Fall-2023-Flyer-corrected-5.3.23.pdf>

Registration link is on the flyer

**FCN Refresher Course:** Intended for FCNs who completed their foundations/initial preparation course more than 5 years ago. This online 15 hour course refreshes our skills and updates us on important FCN knowledge for our time.  
<https://www.fcnnctc.org/education/refresher-foundations-course/>

**FCNN Symposium: Thursday, October 12, 2023 9:30 am-1:00 p.m. Central Time "Aging and Driver Safety."**

This hybrid symposium will help FCNs assess and help aging clients who may have changes that increase their risk behind the wheel. Our speaker has presented nationally about this topic and has written several articles. "One of the most engaging speakers I've heard."

<https://www.fcnnctc.org/education/continuing-education-symposiums/>

**You are highly encouraged to frequently check the events pages on our website. LFCNA events, events sponsored by other FCN Networks, and preparation courses are added and updated regularly! <https://lutheranfcna.org/events>**

**Talk Away the Dark**  
**National Suicide Prevention Week**  
**September 10-16, 2023**



*".... Let your light shine...." Matthew 5:16*

Generally taking place the week after Labor Day, National Suicide Prevention Week begins with World Suicide Prevention Day on September 10. The American Foundation for Suicide Prevention (AFSP) recognizes the entire month of September as National Suicide Prevention Month; a moment in time which we can rally the public to create awareness of this leading cause of death and inspire more and more people to learn how they can play a role in their communities in helping save lives.

This year AFSP is highlighting the new **Talk Away the Dark** campaign to shed light on this leading cause of death. As a faith community nurse, there are countless ways you can help **Talk Away the Dark** by initiating open conversations about mental health; speaking up and making sure more people know about what research reveals about how we can help prevent suicide, lighting the way for those in distress to feel comfortable asking for help; and knowing what to say to support suicide loss survivors and provide them the care they need.

### **What leads to suicide?**

There's no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety, and substance problems, especially when unaddressed, increase risk for suicide. Yet it's important to note that most people who actively manage their mental health conditions go on to engage in a full life.

It is important as faith community nurses to know the risk factors, warning signs and protective factors and to educate communities that we serve.

### **Risk factors**

Risk factors are characteristics or conditions that increase the chance that a person may try to take their life.

### **Health**

- Mental health conditions
  - Depression
  - Substance use problems

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## Talk Away the Dark Continued

Bipolar disorder  
Schizophrenia  
Personality traits of aggression, mood changes and poor relationships  
Conduct disorder  
Anxiety disorders

- Serious physical health conditions including pain
- Traumatic brain injury

### Environmental

- Access to lethal means including firearms and drugs
- Prolonged stress, such as harassment, bullying, relationship problems or unemployment
- Stressful life events, like rejection, divorce, financial crisis, other life transitions or loss
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

### Historical

- Previous suicide attempts
- Family history of suicide
- Childhood abuse, neglect or trauma

### Protective Factors

- Access to mental health care, and being proactive about mental health
- Feeling connected to family and community support
- Problem-solving and coping skills
- Limited access to lethal means
- Cultural and religious beliefs that encourage connecting and help-seeking, discourage suicidal behavior, or create a strong sense of purpose or self-esteem

### Warning signs

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.



## Talk Away the Dark Continued

### Talk

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

### Behavior

Behaviors that may signal risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

### Mood

People who are considering suicide often display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

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## Talk Away the Dark Continued

### Other action steps?

- ⇒ **Walk** in your local Out of the Darkness Walk this September. Maybe even form a walk team at your faith community!
- ⇒ **Advocate** for support for the 988 Suicide Crisis Lifeline and other mental health policies that will make a difference. Help educate the community that you serve.
- ⇒ **Connect others to, and attend** an International Survivors of Suicide Loss Day event on November 18.

For more information about any of these action steps, go to <https://afsp.org/>.

### Talking is the first step to preventing suicide.

We might worry that saying the wrong thing will make it worse. So, we end up not saying anything – even though a few kind words can make the difference in connecting someone to help or supporting someone who experienced a suicide loss.

It's time we shed a light on this leading cause of death.  
It's time we talk away the dark.

With hope and gratitude,

Barb Hanson BSN RN  
Faith Community Nurse

American Foundation for Suicide Prevention  
North Dakota Chapter Board Chair





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## LFCNA Connections

### A Caregivers Psalm Adapted from Psalm 121 by Phyllis Bruce

I lift up my eyes to the mountains of work and chores  
I must accomplish each day.  
From where will I get the strength to get everything done?  
My strength comes from the Lord,  
who made heaven and earth.

The Lord will not let me slip into fear, frustration or anger.  
He who keeps me does not sleep,  
so I can sleep in peace and be renewed for the day ahead.  
He who keeps those I care for does not slumber  
but watches over them day and night.

The Lord is my keeper.  
He will give me a heart of COMPASSION  
in response to His love for me.  
The Lord will keep my CONSCIENCE pure and holy,  
so I will show respect and value those who you are in my care.

The Lord will keep my COMMITMENT  
to give care with COMPETANCE and CREATIVITY as I continue to learn.  
The Lord will give me the COMMITMENT to keep showing up  
even though I may not feel like it.

The Lord will keep me in the caring COMMUNITY of my church,  
my family and friends, co-workers and other caregivers,  
where we have COMPASSION and respect for one another  
as we grow and mature in our faith, mission and outreach.  
The Lord will be my strength from this time on and forevermore.

Written by Phyllis Bruce

May, 2004 and revised in 2010 2013, and 2023

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LUTHERAN FAITH COMMUNITY  
NURSE ASSOCIATION

# LFCNA Connections



## Focus on Research

By Jean Bokinskie, PhD, RN (Region 3)

**This is a summary of Jean's full reviews of the following articles. LFCNA members can find Jean's full articles with descriptions and implications for FCN practice by going to our website, <https://lutheranfcna.org>, signing in and clicking on the Members Only tab.**

Dear Faith Community Nurses,

As I write this review, I am enjoying the sights and sounds of an area lake - listening to the hoot of loons as they search for their mates, watching a group of children splashing in the water as the school year approaches, and marveling at an eagle searching the shoreline for dinner. All of God's creation at work and play!

I hope that you find the following article reviews in interest!

*Look Around, Look Within: 2023 Outreach Toolkit* (2023). Mental Health America. <http://www.mhanational.org>

*Implications for Practice:* Although the toolkits are designated for specific months, the information and resources provided by the MHA are excellent and useful anytime!

LaCroix, W. (2003). Understanding and honoring the needs of Native American elders. *American Nurse Journal*, 18(5), pp. 12-16. DOI: <https://doi.org/10.51256/ANJ052312>

*Implications for Practice:* The article highlights the current healthcare crisis facing tribal communities, as well as the unique cultural needs of the Native American elders. As nurses, and as FCNs, we need to ensure that all receive culturally sensitive care.

Sanusi, A., Elsei, H., Golder, S., Sanusi, O., & Oluyase, A. (2023). Cardiovascular health promotion: A systematic review involving effectiveness of faith-based institutions in facilitating maintenance of normal blood pressure. *PLOS Global Public Health*, 3(1), pp. 1-39. DOI: <https://doi.org/10.1371/journal.pgph.0001496>

*Implications for Practice:* Of great interest was this statement by the researchers (p.19), "...by design the interventions were simplified, transparent, practical and empowering to increase knowledge, give guidance or motivate toward cardiovascular health beneficial habits... interventions to be respectful, and supported by their faith..."

If you have questions about the articles and research reviews, please do not hesitate to email me at [bokinski@cord.edu](mailto:bokinski@cord.edu)



## Annette Toft Langdon, RN, BSN, MA (Region 3)



### Care... giving... caregiving... being bothered?

Caregiving is an interesting word that combines two words. I did a little search into the meanings of these two words. As you can imagine, the word “care” has many meanings and words that can describe it. As a noun it indicates upkeep, attention, worry, custody, caution and treatment. As a verb, care means to be concerned, to love, tend, and surprisingly, to be bothered.

“Giving” is also a loaded word. As an adjective it may refer to being charitable, generous or big-hearted. As a verb, it can refer to providing, sharing, delivering, devoting, dedicating, or doing.

I was surprised by the thought of “care” as being bothered. Is it a bother? It does require us to put ourselves out, to adjust what we are doing, to give attention to another, and it can be disruptive to our schedule for the day or demand a complete change in life’s routine. Another way to think of being bothered is that it matters to us. We allow ourselves to be bothered because we care.

A few stories:

- A woman who was a caregiver for her husband, journeying with Alzheimer’s, shared about the difficulty of getting enough rest. One tactic she used was to nap on the couch placing her legs over her husband’s lap so she would be awakened if he got up.
- Another person was told by their physician that it may take her 2 years to recover from the weariness of caring for her husband with dementia.
- A friend who recently entered into caregiving for her terminally ill spouse talked about feeling absolutely alone as she could no longer talk through things with her spouse as they had done for 45 years.

Caregiving is not easy. It is a bother at times and a challenge to meet the needs of the person and also the needs of oneself. It is both a burden and a gift to do.

Caregiving carries the weight of these two words, of care and giving. As faith community nurses, we choose to give care, to be bothered, to adjust our schedules and lives to care for those in need. May we watch our own tank of strength and replenish when needed.... and support the caregivers we know to do the same.

*Come to me, all you who are weary and burdened, and I will give you rest. Matt. 11:28*  
*Come away to a secluded place all by yourselves and rest a while. Mark 6:31*

## Mark Your Calendars!

Month	Date	Time	Meeting/Event	Location
Sept	6	12:00 pm -1:00 pm CDT	Regions 4, 5, & 6 Peer Group	Zoom
Sept	7	5:00 pm– 6:00 pm EDT	Region 7 and 8 Peer Group	Zoom
Sept	8	3:00 pm—4:00 pm EDT	Region 9 Peer Group	Zoom
Sept	11	3-4 pm AK Time/4-6 pm PT/ 5-7 pm MT/6-8 pm CT/ 7-9 pm ET	Part 1—This is How We Die—The Natural Process of Dying from Disease and Old Age	Zoom
Sept	14	2:30—3:30 pm CT	Region 3 Peer Group	Zoom
Sept	18	3-4 pm AK Time/4-6 pm PT/ 5-7 pm MT/6-8 pm CT/	Part 2—This is How We Die—The Labor of Dying	Zoom
Sept	25	3-4 pm AK Time/4-6 pm PT/ 5-7 pm MT/6-8 pm CT/	Part 3—This is How We Die—Integrating Content Into Practice	Zoom
Sept	27	3:30 pm—5:00 pm CDT	Board of Directors Meeting If you desire to attend request link: <a href="mailto:cjdeschepper@gmail.com">cjdeschepper@gmail.com</a>	Zoom
October	4	12:00 pm -1:00 pm CDT	Regions 4, 5, & 6 Peer Group	Zoom
October	5	5:00 pm– 6:00 pm EDT	Regions 7 & 8 Peer Group	Zoom
October	10	3-4 pm AK Time/4-6 pm PT/ 5-7 pm MT/ 6-8 pm CT/7-9 pm ET	<b>From Wedding Rings to Nose Rings—Generational Differences in the Pews by Faith Roberts, MSN RN NEA-BC</b> (paid event—watch for registration materials online)	Zoom
October	25	3:30 pm—5:00 pm CDT	Board of Directors Meeting If you desire to attend request link: <a href="mailto:cjdeschepper@gmail.com">cjdeschepper@gmail.com</a>	Zoom