



# LFCNA Connections

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

Volume 3 Issue 2 March/April 2023

Our Vision

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

Connections Editor: Phyllis Bruce

## Message from our President



During the spring and particularly Lent, we are reminded of rebirth and Christ's resurrection. This event breathed new life into Christianity and into us. Since the beginning of 2021, I have watched our organization experience rebirth. Of course, not of the caliber of Christ's resurrection, but changes that I believe instills hope for our organization's continuation into the future.

This rebirth comes in the form of our new name of Lutheran Faith Community Nurse Association and our new logo! These are significant changes that I think better express who we are as a pan-Lutheran organization, give us an updated image that has more meaning to younger nurses, and update our image to reflect our continued aspirations to be seen as a professional organization for faith community nurses. I want to thank the Branding Ad Hoc Team of: Anita Huntley, Annette Langdon, Marie Wiegert, Mary Ann Mette, Barb Keil, and Deborah Frusciano. This was not an easy endeavor to undertake with the weight of how the re-branding would affect our members and the organization.

Another area of rebirth is about our new LFCNA Health and Wholeness Framework and online program library. I am so excited that our organization has our own framework. It is comparable to the Portico Wheel, The Church Health Center's Model, Eastern New Mexico University Model, City of Plano's Model, and so many more. Besides the framework with images and definitions, there is an assessment tool, and program ideas that coordinate with the various sectors of the framework (see page 6). It is important that nursing maintains their focus on health and wellbeing. It is too easy for us to forget that people need us, even when they aren't sick or injured. Thanks to you who have sent in program ideas for this project. Please continue to send us your ideas.

Continued on next page...

### LFCNA Board Members:

Lucina (Lu) Kimpel, President  
Marie Wiegert, Vice-President  
Vicki J. Carlson, Secretary  
Renee Compo, Treasurer  
Anita Huntley, Director Region 1  
Deborah Frusciano, Director Region 2  
Janet Mortensen, Director Region 2  
Phyllis Bruce, Director Region 3  
Marie Wiegert, Director Region 3  
Ellen Ellickson, Director Region 3  
Carolyn Crowe, Director Region 4  
Barb Keil, Director Region 4  
Michelle Knapp, Director Region 5  
Norah Bertschy, Director Region 6  
Mary Ann Mette, Director Region 6  
Enid Rank, Director Region 7  
Marilee Tollefson, Director Region 8  
Ruth Manchester, Director Region 8  
Nancy Roberts, Director Region 9

### Executive Director:

Carol DeSchepper, Region 5

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

## Message from our President Continued

I would like to quote Elizabeth Kubler-Ross (1975). “Health is not the equivalent to happiness, surfeit, or success. It is foremost a matter of being wholly one with whatever circumstances we find ourselves in. Even our death is a healthy event if we fully embrace the fact of our dying . . . The issue is awareness of living in the present. Whatever our present existence consists of, if we are at one with it, we are healthy.” Per this idea, Christ’s death on the cross was a healthy event.

Wishing you health, wellbeing, and peace this spring. Lu Kimpel, President LFCNA

Kubler-Ross, E. (1975). *Death: The final stages of growth*. Englewood Cliffs, NJ:Prentice-Hall

## LFCNA CORE VALUES —WHAT are they and WHY do we need them?

At the February meeting of the Board of Directors, the Board approved the organizations core values. One might wonder why we would even articulate our values. This is necessary as we contemplate other sources of revenue and we establish policy in the organization. Donors, granters, and sponsors want to know what we stand for and why they would want to support us. They also help us know when we wish to accept financial gifts. If the donors’ values are not consistent with our values, then the gift may not be a fit for the organization. Following are LFCNA’s core values.

**Guided by God and Christian beliefs, we embrace these core organizational values:**

- ♦ **Stewardship for sustainability:** God’s uniting presence in us and those we serve; stewardship of resources individually and as an organization
- ♦ **Presence/compassion:** Make God’s redemptive love known; honoring God’s presence in us and those we serve; God is the cure-giver—we are the caregiver
- ♦ **Excellence in practice:** Lifelong learning/education; fostering mutual support and care of others
- ♦ **Collaboration:** Networking; Mentoring; Engagement
- ♦ **Transparency:** Honesty and integrity

You will hear more about them going forward. These will help serve as a roadmap in important decisions about our future.

## Committee Goals for 2023

As LFCNA moves into 2023, each committee projects goals for their work in this new year. We are pleased to share the goals for this year with you. It will be another exciting year for LFCNA! If you are interested in joining a committee and supporting this important work, please contact Carol DeSchepper at [lutheranfcna@gmail.com](mailto:lutheranfcna@gmail.com).

### Membership Committee

1. Recruit 25 new members
2. Maintain Member Retention rate at or above 90%
3. Contact ELCA staff to make LFCNA more visible and accessible on their website and offer assistance to update the online information.
4. Explore strategies to encourage greater participation in peer sharing groups.
5. In collaboration with Outreach and Communications Committees, provide periodic communication with the synods regarding LFCNA and/or health related information as a way of keeping the organization name and mission visible

### Communication Committee

1. Obtain LFCNA *Connections* Newsletter Click rate (those who actually open the newsletter) of 60% or greater.
2. Promote members contributions to the newsletter.
3. Increase the number of likes and followers on our Facebook page to 200 each and contributors to 5
4. Implement the LFCNA name changes on public documents, website, and Facebook
5. Reformat the resource pages on the website.
6. Review every website page for currency, appearance, and relevance.
7. Increase the number of photos on the web site related to parish nurse activities.
8. Engage Regional Directors in reviewing their Regional pages and make needed updates.
9. Collaborate with Finance, Outreach, and Membership Committees to communicate relevant information and increase visibility.

### Grants Committee

1. Continue to offer 2 grants per year up to \$750.00. Application deadlines will be March 15 and October 15.
2. Develop an applicant guideline for writing the goals and objectives so that they can be measurable and specific to what the applicant is potentially desiring to achieve with the grant.
3. Collaborate with the Executive Director on the Ellen Weller Memorial Scholarship. Develop a process for awarding this scholarship.

Continued on next page...

## Committee Goals for 2023 Continued

### Governance Committee

1. Review or develop position descriptions for the ED, Regional Directors, Officers and Committee Responsibilities.
2. Review all Policies, Guidelines and Forms with attention to name change of organization.
3. Add at least 1 new member to the committee.
4. Develop an orientation/mentoring plan for new board members and officers.
5. Develop a ballot for the 2023 election, for officers and/or new directors serving in 2024/2025.
6. Collaborate with the Finance Committee on long-term funding for the ED position.

### Outreach Committee

1. Evaluate the status of the PPT presentations created in 2022 for Seminaries, Schools of Nursing, Synods, and Congregations and refine as needed. Also develop a strategy for deployment/use.
2. Follow-up with Seminaries and Schools of Nursing re: providing information on Faith Community Nursing.
3. Initiate dialogue with staff from the churchwide Service and Justice Division/Building Resilient Communities.
4. Reach out to WELCA, Living Lutheran, and other related organizations/entities to partner for outreach opportunities.
5. Continue dialogue with LCMS and other Lutheran Denominations regarding the support of faith community nurses and ministries.
6. Collaborate with Finance and Membership Committees to communicate relevant information and increase visibility.

### Finance Committee

1. Complete development of an Investment Policy for LFCNA.
2. Project a 5-year strategic plan related to financial needs.
3. Work with the membership committee to develop membership strategies to increase income.
4. Promote greater awareness of our financial position and ways to support LFCNA through the newsletter.
5. Evaluate organizational needs for financial management --- specifically Quicken vs. QuickBooks.
6. As committee members, commit to strengthening financial stewardship through continuing education.
7. Seek out 3 – 5 Foundations to partner with for increasing assets
8. Explore the concept of Fiscal Partnerships
9. Collaborate with Outreach and Membership Committees to communicate relevant information and increase organizational visibility.

## Committee Goals for 2023 Continued

### Education Committee

1. Sponsor 4 paid educational events in 2023
2. Sponsor a free/unpaid educational event as part of the annual meeting
3. Seek CEUs for the 5 events noted in goals 1. and 2.
4. Collaborate with Brenda Bauer (Region 3 member) to offer a 3-part series from Barbara Karnes entitled *This is How People Die*.
5. Collaborate with Annette Langdon to host two or more free events that offer attendees more information and experiences with Spiritual Practices.

## Rebranding our Organization: Name Change and Updated Logo

Work continues as we implement a name change and new logo for the organization. The necessary filings with the Minnesota Secretary of State (where LFCNA is incorporated) are complete and this has launched a long list of changes that must be made in areas like banking, our website, our presence on social media, our brochures, display designs, etc. Our webpage is 'under construction'. Please be patient with the process.

Our new email address is: [lutheranfcna@gmail.com](mailto:lutheranfcna@gmail.com)

Our new website address is: <https://lutheranfcna.org/>

You perhaps noticed our new logo at the top of this issue of *Connections* or on the website, but here it is again:



The logo is available in color or black and white and is available to our members for your use in your ministry. Also available will be a format for nametags and notecards. Please contact Carol DeSchepper or your regional director(s) to access the logo, nametag format, or the notecard template.

## Introducing the LFCNA Health and Wholeness Model/Framework to Support Your Ministry

You have read often in *Connections* about the online Program Library that is being developed for our members. The Ad Hoc Committee developing the Program Library for Member's Only continues to meet. The newest development for the library is the design and recent board approval of a *Health and Wholeness Framework which can be used in your ministry*. This is the model that has been designed.

### Health & Wholeness Model - LFCNA The Lutheran Faith Community Nurse Association



This identifies eight (8) areas of health that may be addressed by a Faith Community/Parish Nurse. Each of these health areas has a definition associated with it and a brochure has been developed that you will be able to access, print, and use in your ministry and health education program.

All the pieces of the program library are not finalized, but soon we will offer you this comprehensive package:

1. Online program ideas complete with basic program information and a contact for more information. There are nearly 30 programs already in the library and we will be asking you to submit more! This prevents an FCN from needing to 'reinvent the wheel'. Your time is limited and valuable, so this is an excellent way for members to support one another in ministry.

Continued on next page,,,



## LFCNA Health and Wholeness Model/Framework Continued

2. The Model/Framework as shown above. Begin to think about how you would use that in your ministry/congregation – would you use posters, notepads, magnets, or can you think of other ways you would promote health using the model? More on that later. We welcome your ideas.
3. Third, a brochure will be available that shows the model/framework and the definitions for each health area. This might be used on an information kiosk in the church or at educational events to raise awareness of what wholistic health means.
4. An assessment that helps individuals evaluate their need for more information and/or guidance in any of the health focus areas. The assessment is designed to be used with individuals, small groups, or for an entire congregation. It has the potential to help set educational priorities in your ministry.
5. Lastly, a group of practicing FCNs from our membership will be meeting soon to develop some ideas for use of all of the above. That will be shared with you and you can implement the framework as it works for your congregation.

So, in essence, the Program Library Ad Hoc Committee is creating a toolkit that will offer support to your efforts in health education programming. Stay tuned as we roll out the full program in the near future.



**“God refuses to give up, and we who are enlisted to be fellow-workers with God know that the only reason we continue is that death did not have the last word; that Good Friday was not the end of the story.” — [Desmond Tutu](#)**

## Membership Update

We are very thankful to the 111 members who have renewed and to the 8 new members, for a total of 119 active members.

A special welcome to :

Linda Courtice, our first member from Alaska (Region 1)  
Mary Owens (Region 7) Associate Member  
Cynthia Kinzley (Region 3) A new FCN  
Marcia Smith (Region 5)  
Vyneta Barnett (Region 6)  
Kathy Conrad (Region 8)  
Janell Hoffman (Region 3) A new FCN  
Janice Buelow (Region 8) Associate Member

The Membership Committee is hosting a New Member Orientation Zoom on Monday, March 20, 3:00-4:00 pm CT. If you consider yourself a new member or would just like to learn more about all we have to offer as an organization, please contact Phyllis Bruce, Chair, at [lutheranfcna@gmail.com](mailto:lutheranfcna@gmail.com) and request the Zoom link.

Congratulations to Kari Total, Linda Graffius, Jeanne Mugge, and Denise Fowers, the winners of the drawing for those members who renewed by January 31. They will be receiving a gift of Healing Oils to use in their ministry.

If you have not renewed as yet, please do!!

[Click here to Renew](#)

## Board Contact Information

Just a reminder that if you are looking for board contact information, you can find it in the Member's 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.



## 2<sup>nd</sup> Annual Valborg Tollefsrud Educational Event

### What Every Nurse Needs to Know About Spiritual Care

*Presented by Sondra Weinzierl, MA, PAB, PHN, Faith Community Nurse*

The next educational event sponsored by LFCNA is scheduled for May 11 and promises to be another important event in equipping FCNs and others for ministry. It also will be our annual event in honor of one of our founding members and a friend and mentor to many nurses and FCNs, Valborg Tollefsrud. Watch for communication regarding registration in early April.

The intentional care of the spirit is foundational to faith community nursing. Yet, many FCNs feel unprepared to identify spiritual needs and provide care in complex situations with diverse clients in a rapidly changing world. This workshop provides information on assessing spiritual needs, spiritual care barriers and interventions.

#### OBJECTIVES:

**As a result of attending this workshop, participants will be able to:**

- ♦ Define spiritual care and reasons why it is important
- ♦ Differentiate between spirituality and religion
- ♦ Identify three barriers to providing spiritual care
- ♦ Use a spiritual assessment tool
- ♦ Describe practical spiritual care interventions for nurses.



**Date: May 11, 2023**

**Time: 4-6 pm PT, 5-7 pm MT, 6-8 pm, CT, 7-9 pm ET; via ZOOM**

**Registration fee: \$20 for LFCNA members/ \$ 30 for non-members**

**Contact hours provided upon successful completion of the event: 2.0**

Sondra received her Bachelor in Nursing degree from Gustavus Adolphus College and her Masters of Arts degree from the University of St. Thomas in Adult Education and Human Resource Development with a Certificate in Training. Her nursing experience includes Medical-Surgical, Neurology, Diabetes Education and Health Promotion and Education. Sondra was the owner of Weinzierl Education Associates for over 25 years and provided workshops, team facilitation, strategic planning and health promotion consultation to a wide variety of organizations in government, health care, education and industry. She served as an FCN in faith communities in Boston, MA and in Minnesota over the past 11 years. She currently serves as Chair, Foundations of Faith Community Nursing Course for FCNN and consults with FCNN on other projects.

## Faith Community Nurse Education Opportunities

### Foundations of Faith Community Nursing Course Concordia College, Moorhead

The Parish Nurse Ministry Program of Concordia College in Moorhead, MN will be offering the Foundations of Faith Community Nursing course June 5-9 of 2023 (the deadline to register will be May 26<sup>th</sup>). The course will be held at First Lutheran Church in Fargo, ND. This will be a full week of in-person learning activities as we do not offer a distance learning option. The program is open to licensed registered nurses who are interested in personal growth and/or starting a health and healing ministry within a faith community.



Based on the current 2019 curriculum developed through the Westberg Institute, the program topics include:

- The role of the faith community nurse within the ministry team
- Spiritual care and prayer
- Integrating faith and health, health and healing, and caring for those experiencing issues across the lifespan
- A mentoring session, Service of Healing, and Service of Dedication.

In addition to the full week of instruction, the program cost of \$450 includes the participant workbook, practice standards for FCNs, and a binder of program specific materials. A small scholarship is available to those who are not sponsored by a faith community. The cost also includes refreshments and some meals for the week! Lodging is not available on site but there are many [hotels in the F/M area](#).

For additional information, please email Dr. Jean Bokinskie, PhD, RN, PNM Program Director, at [bokinski@cord.edu](mailto:bokinski@cord.edu) or call 218-299-3825 or 701-866-3063. Please [visit our website](#) for detailed information, program resources and a link to complete your registration.

### Foundations of Faith Community Nursing Course - Faith Community Nurse Network of the Greater Twin Cities

**Dates:** April 13-14 April 25-26 May 4-5 8:30 AM – 4:00 PM (CST) each day

**Registration:** Register online at <https://www.fcnnctc.org/education/foundations-course/> Deadline: 4/4/23

**Fee:** \$425 (plus cost of the participant manual) Includes a virtual mentoring session after course completion. Need-based scholarships are available.

## Compassionate Service



### The 31<sup>st</sup> Annual Parish Nurse and Congregational Health Ministries Conference

May 17-18, 2023

Hosted by:

Concordia University Wisconsin

School of Nursing

12800 North Lake Shore Drive

Mequon, WI 53097

Dr. Carol A. Lueders Bolwerk,

[Carol.luedersbolwerk@cuw.edu](mailto:Carol.luedersbolwerk@cuw.edu)

262-243-4233

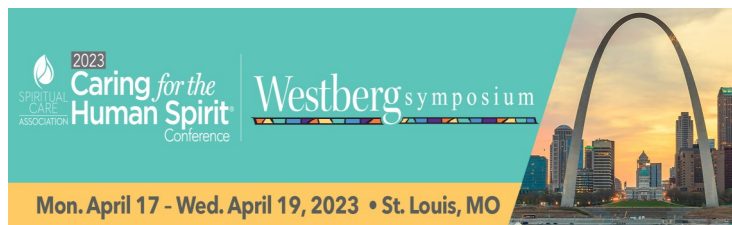
For Registration information and the complete program details follow this link:

[parish nurse 2023 final brochure 31st annual conference.docx](#)

In addition, the Lutheran Parish Nurses International will offer four (4) \$250 scholarships to offset the costs of attending the event. Click this link for the scholarship applications.

[parish nurse 2023 LPNI scholarshipPNconference.doc](#)

Make plans now to attend this excellent conference.



For more information on the Westberg Symposium and to register use this link:

<https://spiritualcareassociation.org/conference.html>

LFCNA Connections

Volume 3 Issue 2 March/April 2023

## Funding Our Future

In this issue of *Connections*, we recognize and acknowledge the financial gifts given to LFCNA during 2021 and 2022. Since our dues remain very low for a professional nursing organization we are reliant on donations, large and small, from our members and others. On behalf of the Board and Finance Committee of LFCNA, I express our thanks to these donors for their generous gifts.

### **Churchwide or Synod Events - support expenses related to having a presence:**

Carol DeSchepper  
Cindy Bernard

### **Congregation Grants - to start or expand FCN ministry:**

Margaret (Margie) V. Kay

### **Education Fund - helps sponsor continuing education events.**

Phyllis Bruce - In memory of Valborg Tollefsrud, an amazing and dedicated parish nurse.  
Beverly Nefstead Nelsen, St. Olaf College Alumnus  
Oak Leaf Lutheran Church, Kerrick, MN



### **Valborg Tollefsrud Fund - supports an annual educational event:**

St. Olaf Nursing Alumni Class of 1965 in honor of Valborg and in recognition of her 90th birthday  
Annette Langdon - In memory of Valborg Tollefsrud  
Melanie Simpkins - in memory of Valborg Tollefsrud. Celebrating a beautiful life that touched so many.  
Connie and Marty Brennan  
Deborah and Thomas Haney  
Carol DeSchepper - In memory of a beautiful, Godly woman who mentored us well.  
Beverly Nefstead Nelsen, St. Olaf College Alumnus  
Renee Compo  
June Sand  
Marie Wiegert  
Marilee Tollefson - Valborg was my favorite St. Olaf faculty member, a mentor and role model.  
Stacey Wilson - In memory of Valborg Tollefsrud  
Melissa Berthelsen - She served faithfully. She mentored with love and sincere compassion. She modeled care for her neighbors near and far and she shared the love of Christ in every opportunity.

Continued on next page....

## Funding Our Future Continued

**Undesignated** - supports LFCNA where funds are most needed:

Immanuel Lutheran Church, Centralia, WA

Carol DeSchepper

Yvette Duloher

Phyllis Bruce - In memory of Marodie Nielsen, who was a wonderful nurse, caregiver, and friend.

Ruth Manchester

Sue Ann Glusenkamp

Andrea (Andy) West

If you are in a position to financially support LFCNA, please go to our donation page at this link <https://lutheranfca.org/Donate> and scroll to the bottom of the page.

*Happiness is not so much in having as sharing. We make a living by what we get, but we make a life by what we give." ~ Norman MacEwen*



Lutheran Services in America's (LSA) partner, **LeadingAge LTSS Center @UMass Boston** are currently looking for long-distance family caregivers of older adults with dementia who receive non-medical home care. This National Institute on Aging-funded study aims to alleviate caregiver burden. Eligible caregivers will be gifted a new Tablet to receive individualized support from dementia experts delivered remotely and access dementia-related education and resources. Eligibility requirements include: caregiver is age 21 years or older, caregiver lives approximately 2 or more hours away, and caregiver has a care recipient diagnosed with dementia and receiving home care. LFCNA is an Associate member of LSA. More participants are needed for this study.

To learn more, contact the Project Director, Evan Chunga, at [Richard.Chunga001@umb.edu](mailto:Richard.Chunga001@umb.edu) or contact the Principal Investigator, Dr. Verena Cimarolli at [vcimarolli@leadingage.org](mailto:vcimarolli@leadingage.org) or 202-508-9411.



## Focus on Research

By Jean Bokinskie, PhD, RN (Region 3)

LFCNA members can find Jean's full report with authors, publication information, full article descriptions and implications for FCNs by clicking here: [Research Articles](#)

Dear Faith Community Nurses,  
Greetings to you on this wintery day! Following are highlights of a few studies that I found of interest.

### 1. The state of research on faith community nursing in public health

#### **Interventions: Results from a systematic review.**

The studies addressed actual outcomes (behavioral modifications or physiological changes).

*Implications for FCN:* FCNs play an important role in caring for their communities; yet, the outcomes of their activities remains underreported in the professional nursing literature. As we work to gain funding for FCN salaries and programs, it is important that our practice is guided by research findings (otherwise known as evidence-based practice).

### 2.. Identifying community needs of the Hispanic faith community to develop a research agenda

The article highlights the socioeconomic challenges and health disparities for the Hispanic population in the U.S., which is even higher in the state of Arkansas. These findings lead to the development of programs to address these needs within the faith community.

*Implications for FCN :* This study highlights the importance of partnerships between academic institutions and faith community networks to explore needs of the community

### 3. Faith community nursing – Is it right for you?

*Implications for FCNs:* This article would be excellent to share with colleagues who are not familiar with FCN practice. It highlights practice opportunities and roles, as well as the professional aspects of the practice.

### 4. Faith community nursing and palliative care: A beautiful partnership.

The article is focused on how a healthcare system partnered with FCNs to engage in the delivery of palliative care using an interdisciplinary palliative care team model.

*Implications for FCNs:* The article highlights a partnership opportunity for FCNs that highlights an area of great strength – spiritual assessment and care!

In summary, I hope you find these article of interest – perhaps this provides a nudge to participate in a research study in your faith community or reach out to partner with an academic institution or healthcare system. If you have questions about any of the information provided, please do not hesitate to email me at [bokinski@cord.edu](mailto:bokinski@cord.edu)



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



### The Garden Watch

*My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me. Mt 26: 38.*

Usually when I think of a garden, I think of flowers and beauty or veggies and berries. During Lent we are invited to the Garden of Gethsemane... at night as Jesus becomes deeply distressed and overwhelmed with sorrow. We hear him ask Peter, James and John to stay and keep watch with him... but they fall asleep.

I wonder what we would do? What do we do now when we encounter someone deeply distressed and overwhelmed with sorrow or pain or agony?

There seems to be a part of our human nature that wants to turn away from the sight of such horrible suffering, to only listen for so long, to attempt to make it all better so we can perhaps retreat to a place that is safe and comforting to us.

Jesus doesn't ask his companions to fix anything or do anything other than to stay and watch, to see him and his sorrow, to give witness to his suffering already begun. This raises for me some thoughts from Dr. Pat Fosarelli's recent presentation on Trauma & Its Healing. She talked about how we might assist with healing from trauma. She shared the importance of listening well, to acknowledge and not minimize or trivialize someone's experience of trauma, and be willing to listen again and again. In her words, I hear Jesus saying stay, keep watch and pray.

As we watch and pray with Jesus, may it give us strength to stay, to watch and to pray longer, more deeply with those we encounter who are distressed, sorrowful, or suffering traumas. And to remember that Jesus is present in such times with love deeper than we can imagine. This Lent, may God's Spirit draw us and strengthen us to watch and pray with Jesus, giving witness to his love already flowing yet hidden in sorrow and suffering ...and on Easter, to experience the joy in God's powerful love that transforms death into life.

Dr. Fosarelli's presentation was recorded and can be accessed by contacting Carol DeSchepper at [lutheranfcna@gmail.com](mailto:lutheranfcna@gmail.com)

### Hymns that encourage us to stay and watch and pray:

Were you there when they Crucified my Lord  
Go to Dark Gethsemane  
Stay with Me  
My Song is Love Unknown  
O Sacred Head, Now Wounded  
Jesus in Thy Dying Woes – (from the older Green Hymnal)

# LFCNA Connections

***"If I wait to be perfect before I love myself I will always be unsatisfied and ungrateful. If I wait until all the flaws, chips, and cracks disappear I will be the cup that stands on the shelf and is never used." Joyce Rupp***

## Mark Your Calendars!

Month	Date	Time	Meeting/Event	Location
March	1	12:00 pm CT	Regions 4, 5, & 6 Peer Group	Zoom
March	2	5:00 pm ET	Region 7 and 8 Peer Group	Zoom
March	22	3:30 pm—5:00 pm CT	Board of Directors Meeting If you desire to attend request link: <a href="mailto:cideschepper@gmail.com">cideschepper@gmail.com</a>	Zoom
March	23	2:30-3:30 pm CT	Region 3 Peer Group	Zoom
April	5	12:00 pm CT	Regions 4, 5, & 6 Peer Group	Zoom
April	6	5:00 pm ET	Regions 7 & 8 Peer Group	Zoom
April	14	3:00 pm ET	Region 9 Peer Group	Zoom
April	26	3:30 pm—5:00 pm CT	Board of Directors Meeting If you desire to attend request link:	Zoom
May	3	12:00 pm CT; 1:00 pm	Regions 4, 5, and 6 Peer Group	Zoom
May	4	5:00 pm ET	Regions 7 and 8 Peer Group	Zoom
May	11	4 pm PT; 5 pm MT; 6 pm CT; and 7 pm ET	<b><i>What Every Nurse Needs To Know About Spiritual Care</i></b> Presenter: Sondra Weinzierl, MA, PAB, PHN, Faith Community Nurse	Zoom