



The Journey

Winter 2010

A newsletter for those interested in faith community nursing and health ministries.

*Drive carefully. It's not only cars
that can be recalled by their maker.*

Author Unknown

*Nobody can make you feel inferior
without your permission.*

Eleanor Roosevelt

*If you can't be kind, at least have
the decency to be vague.*

Author Unknown

*Never, under any circumstances,
take a sleeping pill and a laxative
on the same night.*

Author Unknown

*Every time I close the door on
reality, it comes in through the
windows.*

Jennifer Unlimited

*Do unto others, as if you were
others.*

Author Unknown

*Scatter joy. We are here to live out
loud.*

Author Unknown

*A leader is someone who cares
enough to tell the people not merely
what they want to hear, but what
they need to know.*

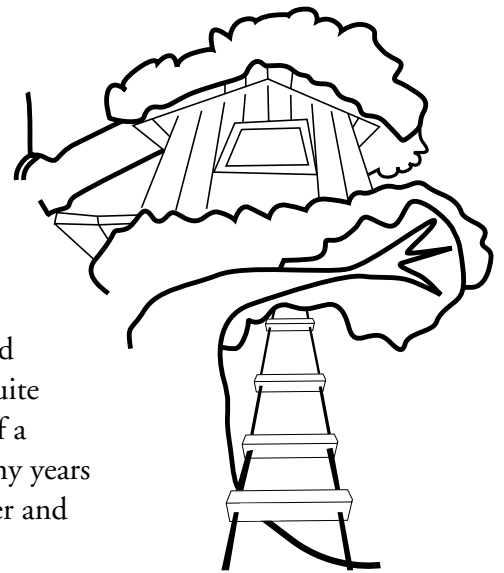
Reubin Askew

*Walmart is not the only saving
place.*

Church Marquee

Wellness Wanderings Mistakes Happen: A Lesson in Recovery

I was recently having a conversation with a friend of mine. She was frustrated with herself over a mistake that was made because of a miscommunication with one of her office staff. Even though she handled the situation masterfully, I could hear the dismay in her voice. As I listened and offered reassuring words, quite unexpectedly, I was reminded of a situation that I experienced many years back, with my father, a carpenter and master craftsman.



When we first moved to Hagerstown, my two daughters were ages three and five. My dad, recently retired, set out to draw the plans and build a clubhouse in our back yard. This was no easy feat, as a distance of over six hundred miles lay between us. After many phone calls and mailings back and forth, the plans began to solidify. There would be two levels with a dormer and upper bunk area. Two levels would require a cool, inside ladder. Four windows were included and a door like the one I remember from the "Mr. Ed" television show. You know, the ones that divide in the middle so the top part can be opened while the bottom section remains closed. Best of all were plans for a secret escape hatch out the upper level in the back. It was a perfect clubhouse, one that would fill any child's play time with adventure, laughter, and imagination.

An extended visit was planned for my mom and dad's visit. My dad and husband did all of the real work while I visited with my mom and made sure the kids didn't lose any fingers as they were "helping" with construction. I was given one job, however, and that was to buy the

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windows. I remember calling my dad from the home improvement store telling him the dimensions of 24" x 19" for the windows.

Imagine my alarm after arriving home to find that I had reversed the dimensions of the windows, confusing the length and width. I was horrified as I saw that the space for one window was already cut. I had ruined this wonderful clubhouse because of a mistake, my silly mistake. The one job I was given I had messed up.

That was the day that I learned a lesson from a wise carpenter and a great dad. The lesson was that mistakes will happen but the sign of a true professional is all in the recovery. My dad, without anger or blame, methodically and confidently cut the right dimensions and skillfully covered the open space. The mistake was barely visible. I was amazed. I was very relieved. I had gained some insight into responding to my own mistakes in an imperfect world.

Who of us hasn't been humbled when we have mishandled a situation, forgotten something, or made a mistake? As I think more about my dad, the clubhouse window, and the graceful example of others, some truths about making mistakes and recovering bubble to the surface...

- Expect that mistakes will happen. Perfection is an illusion.
- Avoid blaming yourself or others.
- Be honest and take responsibility if needed.
- Apologize when necessary.
- Adjust your expectations of yourself and others if needed.
- Avoid fixating on the one thing that went wrong instead of the ninety-nine things that went right.
- Flexibility and a sense of humor are invaluable for a grace-filled recovery.
- Surround yourself with a team. Others have skills that complement yours.
- If mistakes are made, make adjustments or communicate with others to avoid a recurrence.
- Recovering from a mistake takes confidence, skill, courage, and integrity. It gets easier with practice.

So, as the new year is upon us and we continue our good work in the world, remember the example and wisdom of yet another carpenter, Jesus Christ, who accepts us with our imperfections and promises that nothing can separate us from His love.

Blessings for a Happy New Year,

Wendy Zimmerman, RN, BSN, FCN
Coordinator, Parish Nursing Program

Save the Date

Our next Parish Nurse and Clergy Luncheon is March 18, 2010, from noon to 3:00 pm.



We are pleased to welcome Faith Roberts from Urbana, Illinois, as our speaker for this year's Parish Nurse and Clergy Luncheon.

Currently the parish nurse program coordinator for Carle Foundation Hospital, Faith

draws on her extensive experiences in administration, education, and congregational ministry when giving presentations. Her unique ability to blend theory and reality makes her presentations truly powerful and enjoyable. Her gift of storytelling captivates her audience through both the drama and humor found in parish nursing practice.

Mark your calendar in advance and

get ready to laugh and cry. You don't want to miss this memorable time together.

This program was made possible through funds from The Foundation for Spirituality and Medicine and Washington County Health System.



WASHINGTON COUNTY
HEALTH SYSTEM

The Foundation
for Spirituality
and Medicine

Paths for the Spirit

A Floating Parable

Along with their comic roles in the movies, the Marx Brothers also often appeared on stage. Each enjoyed throwing ad-lib lines into a scene to see how his brothers would respond. In one play, Groucho was in the midst of a passionate love scene when his brothers opened the door and shouted, “The garbage man is here!” To which Groucho replied instantly, “Tell him we don’t want any today!”

In 1987 the news media told and re-told the sad tale of a New York tugboat towing a barge full of garbage that numerous states and three foreign countries refused to allow it to unload. Like Groucho in his ad-lib line, no one wants anyone else’s garbage today; they have enough of their own to handle.

The plight of the unwanted garbage barge is really a floating parable about each one of us. The other day I went into a small, privately owned store. The owner did not have the material I was seeking, but he immediately began bemoaning about how terrible his last three employees had been. He listed a series of complaints, from how they consistently had been late for work to the poor quality of their work. Without pausing to catch his breath, he then grumbled about some of his customers: how they lacked common sense, always wanted him to lower the price of his goods, and on and on.

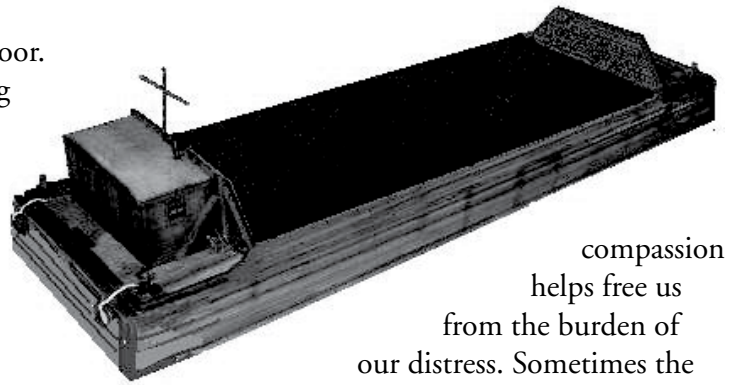
I listened for a while, nodding in agreement, but gradually edged my

way toward the door.

I had a counseling appointment to keep and waited for a pause in his unending monologue of complaints. Thanking him for his assistance, I escaped from his store onto the sidewalk. But as I drove off, I thought about that barge full of garbage that nobody wanted and about the man in the store whose heart was full of garbage. And I wondered if I should have stayed and listened.

The store owner may have been an extreme case, but he is not an isolated one. The lives of many people today are full of troubles, worries and pain. They look for someone to listen with love and understanding to their problems and difficulties. There’s a real priestly ministry in such listening, and anyone who has room to carry another’s difficulties can apply. But because so many of us live isolated from a sense of community, family and neighborhood, this deeply human need is largely left unanswered.

Simply to listen to another, without offering advice (unless asked), provides a relief from the distress. Nothing needs to be said other than acknowledging a person’s pain—and perhaps prayerfully holding it in the shrine of the heart. Simply knowing that another feels



compassion helps free us from the burden of our distress. Sometimes the relief comes when we have released the anger or pain, freeing us to move on and let the issue be. In other cases, we suddenly discover a solution in the simple telling of our troubles. Indeed, inside each of us are the answers to our problems.

A listening ear is a holy ear. Such compassionate listening is one way we put flesh and bone on our prayers and worship. For by a willingness to take upon ourselves the trials and troubles of others, we are graced with one of the beautiful ministries of Christ in our modern world. It is also a humbling act of love because each of us has occasions when we need someone to listen to our garbage. By remembering our times of healing and grace, we will more easily be able to respond like Christ when that knock comes at our door. And when the voice announces, “The garbage man is here!” we can reply, “Tell him to come right on in!”

Source: Edward M. Hays, A Pilgrim’s Almanac. (Notre Dame, Indiana: Forest of Peace, 1989). Excerpted with the permission of the publisher.

What Gives You a Lift?

While having the joy of staying with ten of our grandsons (all under the age of twelve), my husband and I foolishly decided to take them out to eat at a pizza place. Now, we all know boys will be boys, but suddenly there was much more silliness and giggling than usual. One of the boys came to me and asked if he could have the sugars at our table, as they had exhausted theirs. At first I was tempted to say yes, but after visiting their tables I discovered that in addition to their soda drinks which already had caffeine, they had added packs and packs of sugar, giving them a rush of excitement and wildness.

My husband and I quickly found out that this was the new game in town. Grandparents can be pushovers at times, but it was now time to educate our “precious boys” and let them know we are pretty smart even though we are old.

Today’s lifestyle is that of rushing, of stress, and of quick remedies to help pick us up from the exhaustion of the day. How many people do you know who say, “I’m useless until I’ve had my morning coffee”? It’s almost a cliché in our culture that to get ourselves going in the morning, we need a caffeine jolt first thing...it’s regarded as fuel for many people. Think about some commercials, such as “America runs on Dunkin!” The stimulation that caffeine produces in the body has an awful lot in common with our natural reaction to stress.

The Body’s Response

With just one short cup of Starbucks drip coffee, your hypothalamus, pituitary gland, and adrenal glands engage in the fight-or-flight response by pumping out stress hormones. These hormones, which are needed for our body’s innate response to a real or perceived threat, send the message to



Think fast! Act fast! After that cup of coffee you experience a surge in mental alertness, increased muscle coordination, and endurance. If you use caffeine to offset fatigue, your solution may be part of the problem, because you become too wired to rest when the time comes—and so weary the next day that you must reach for caffeine again and again.

For most people, moderate doses of caffeine (200 to 300 milligrams (mg)) a day, aren’t harmful. However, excessive caffeine (more than 500 mg a day) can cause irritability, nervousness, anxiety, insomnia, headaches, and diarrhea. In addition,

Take a look at this chart to see how some of the most common beverages compare.

Beverage	Size (oz.)	Caffeine (mg)	Calories	Beverage	Size (oz.)	Caffeine (mg)	Calories
Water		0	0	Sunkist	12	41	190
7-Up/Sprite	12	0	150	Orange Soda			
Diet Rite Cola	12	0	0	Diet Coke	12	47	2
A&W Root Beer	12	0	220	Mountain Dew	12	54	165
Minute Made	12	0	180	Red Bull	8.3	80	110
Orange Soda				Starbucks	9.5	90	200
Decaf coffee	8	2	0	Frappuccino			
Barq’s Root Beer	12	23	167	Jolt	23.5	141	290
A&W Cream Soda	12	29	180	Full Throttle	16	144	220
Green tea	8	25–40	0	Starbucks	16	150	200
Coke Classic	12	35	146	Grande Caffè Latte			
Pepsi, Diet Pepsi	12	36/37	150/0	Starbucks Double	6.5	130	70
Black tea	8	40–70	0	Shot Light			
Nestea Iced Tea	8	40	2	Starbucks Coffee	16	330	5
				Grande Drip			

What Gives You a Lift? Continued from page 4

caffeine causes your body to lose calcium, which over time may lead to osteoporosis. This applies to both women and men.

For refreshment that is absolutely caffeine-free, try A&W Root Beer, Sprite, Diet Rite Cola, Minute Maid Orange Soda, or good old-fashioned water.

Beware of energy drinks that boast of their health-giving benefits. The boost from energy drinks most often comes from caffeine and sugar. Read the labels carefully and know what you are drinking.

Natural Energy

How do you keep yourself alert, lower your stresses, nourish your energies, and refresh your body and spirit? At the end of the day can you take time to sit with God and turn over your troubles and exhaustion to Him? He calls to you in Matthew 11:28 (NKJV) to “Come to Me, all you

who labor and are heavy laden and I will give you rest.”

You don't have to live your life without caffeine; in fact, if you think caffeine might be having you instead of you having it, just quitting caffeine won't do it. You need to look at your habits and needs. But eliminating the “noise” caffeine creates between you and your body's natural rhythms will bring you a long way toward healing and an unbelievable high.

References

<http://medlineplus.gov>
www.mayoclinic.com
www.womentowomen.com
www.learningzonexpress.com

Did You Know?

That some medications and foods contain caffeine, so always check medication and food labels for caffeine content? For example, one NoDoz Maximum Strength tablet contains 200 mg of caffeine, and two tablets of Excedrin Extra Strength contain 130 mg. It might be a good idea to skip the evening ice cream treat if you are noticing difficulty getting to sleep. One half-cup serving of the delicious Haagen-Dazs coffee ice cream contains 100 mg of caffeine.

Source: Information from www.lifescrypt.com.

“Come to Me, all you who labor and are heavy laden and I will give you rest.”



Promoting a unified model of health and healing through the integration of spiritual and physiological needs.

Join us in celebrating a recent grant award of \$10,725 from the Foundation for Spirituality and Medicine. Based in Baltimore, this foundation distributes approximately \$100,000 in grants each year to organizations that sponsor initiatives that integrate faith and health.

This grant money will be used to

- expand digital resources for parish nurse practice;
- provide two daytime parish nurse network meetings;
- enhance the parish nurse Web site;
- support the annual Parish Nurse and Clergy Luncheon.

An African Creed

Author Unknown

We believe in one High God,
Who out of love created the beautiful world
and everything good in it. He created people
and wanted them to be happy in the world.

God loves the world,

And every nation and tribe on the earth.
We have known this High God in the darkness
and now we know him in the light. God promised
in the book of his word, The Bible, that he
would save the world and all nations and tribes.

We believe that God made his promise good by
sending his son, Jesus Christ, a man in the flesh,
a Jew by tribe, born in a little village.

Who left his home and was always on safari
doing good, curing people by the power of
God, teaching them about God and humanity,
showing that the meaning of religion is love.

He was rejected by his people, tortured and
nailed hands and feet to a cross, and he died.
He lay buried in the grave, but the hyenas did
not touch him. And on the third day he rose
from the grave. He ascended to the skies.

He is Lord.

We believe that all our sins are forgiven through
him. All who have faith in him must be sorry
for their sins, be baptized in the Holy Spirit of
God, live the rules of love, and share the bread
together in love, to announce the good news to
others until Jesus comes again.

We are waiting for him.

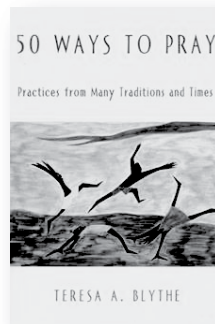
He is alive.

He lives.

This we believe.

Amen

Resources for Spiritual Growth



50 Ways to Pray: Practices from Many Traditions and Times by
Teresa A. Blythe
Nashville, TN: Abingdon
Press, 2006
ISBN-10: 0687465710
208 pages, \$13.00

This book of prayer provides help and exercises designed to invite readers into new ways of being with God. Intended for all of us who thought we knew only one way to pray, the book presents a wide variety of prayer types, gleaned from centuries-old practices of Christian spiritual leaders and mystics, and updated for easy use by modern readers. Each of the fifty exercises includes step-by-step instructions; some background, introduction, and information on potential questions modern users might have; and a guide to post-exercise reflection. The book is intended for individual users but also includes a guide for use in group settings.

Having a Mary Heart in a Martha World: Finding Intimacy with God in the Busyness of Life

by Joanna Weaver
Walker and Co. Publisher, 2005
ISBN-10: 1594150095
483 Pages, \$16.95

Balance. That's what it is all about, and Joanna Weaver has found it, described it, and called us to this wonderful, practical work. If you have ever struggled with how you can find one quiet moment while longing for a deep holy communion or if you have been discouraged because neither seems possible, you will be challenged and blessed by *Having a Mary Heart in a Martha World!* (comments from Jan Silvius, author of *Foolproofing Your Life*)



Update on the Certification Process for Faith Community Nursing

Health Ministries Association (HMA) and the International Parish Nurse Resource Center (IPNRC) are announcing their joint decision to suspend the work with the American Nurses Credentialing Center (ANCC) on the Recognition by Portfolio process. Recent conversations with ANCC revealed that it is better for the long term future of our professional specialty of faith community nursing that we take some time to reorganize our resources to meet the needs of ANCC and our respective organizations.

HMA and IPNRC are committed to working collaboratively as affiliated organizations to serve the professional specialty of faith community nursing. HMA and IPNRC recognize that we are at an important crossroad as a professional nursing specialty. Issues that need to be addressed include:

- Adherence to the professional requirements of both general nursing and the scope and standards of faith community nursing, and
- Competence within the specialty of faith community nursing

Did You Know?

That there are some safety tips you should consider before contemplating chiropractic treatments? Make sure you are a good candidate (you don't have degenerative spine disease, rheumatoid arthritis, osteoporosis, high blood pressure, or previous bone fractures). Remember that a chiropractic treatment should NEVER hurt. Avoid excessive x-rays. One at the beginning of your treatment and another after a year of treatment should be sufficient.

Resource: Samuel Benjamin, MD. Smart Choices in Alternative Medicine, Health and Wellness Reference Library. (Des Moines, Iowa: State University of New York, 1999)

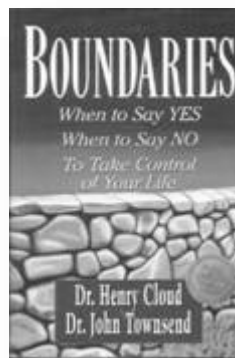
ANCC recently advised us of some new expectations for the certification/recognition of any nursing specialty. These expectations involve our minimum association membership size and the financial resources necessary for ongoing involvement with ANCC. Both HMA and IPNRC are committed to working jointly to meet ANCC expectations and have every confidence that we will do so.

HMA and IPNRC will provide you in the future with additional updates on our strategies to strengthen our specialty and affiliated organizations.

Source: HMA, www.bmassoc.org. Accessed December 31, 2009. Reprinted with permission.

Editor's Note: The IPNRC Web site is www.ipnrc.parishnurses.org.

Resources for Spiritual Growth (continued)



Boundaries: When to Say Yes, When to Say No, To Take Control of Your Life by Dr. Henry Cloud and Dr. John Townsend
Zondervan Publishing House, 1992
ISBN: 0310247454
304 pages, \$14.99

Do you have trouble saying no? Can you set limits and still be a loving person? Are you in control of your life? What are legitimate boundaries? Do people take advantage of you? Dr. Henry Cloud and Dr. John Townsend offer biblically-based answers to these tough questions as they show us how to set healthy boundaries with our parents, our spouses, our children, our friends, our coworkers, and even ourselves. This content is also available on DVD. Additional Boundaries books include *Boundaries in Marriage*, *Boundaries with Kids*, and *Boundaries with Dating*. Leader and participant books are also available for small group study.



Winter 2010 Calendar

January

Hagerstown Regional Parish Nurse Network Meeting

January 21, luncheon meeting, noon–2:30 pm (RSVP required)

Homewood Suites, Hagerstown

Presentation: “Making Sense out of Suffering”

Speaker: Chaplain Steve Taylor, Hospice of Washington County

Contact: Jodi Martz, 301-766-7845, jodi.martz@wchsys.org

February

Hagerstown Regional Parish Nurse Network Meeting

February 18, noon–2:30 pm

Lunch and Learn

Pangborn Hall, Room 121/122

Contact: Jodi Martz, 301-766-7845, jodi.martz@wchsys.org

Parish Nurse Advisory Committee

February 23, 11:30 am–12:45 pm

Robinwood Medical Center, Suite 120

If unable to attend contact Jodi Martz at
301-766-7845 or jodi.martz@wchsys.org

March

Parish Nurse and Clergy Luncheon

March 18, noon–3:00 pm

Location to be determined

Speaker: Faith Roberts, Parish Nurse Coordinator, Urbana Illinois

Contact: Jodi Martz, 301-766-7845, jodi.martz@wchsys.org

Looking Ahead

Day of Renewal

May 7

Purple Iris, Martinsburg, West Virginia

Facilitator: The Rev. Margee Iddings

Contact: Wendy Zimmerman, 301-766-7840, wendy.zimmerman@wchsys.org

For more information about parish nursing
contact Wendy Zimmerman at 301-766-7840
or wendy.zimmerman@wchsys.org.



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