

Parish Nurse Newsletter



Fall 2016



MESSAGE FROM MARCY

Tender Loving Care

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Mission Statement

The *Parish Nurse Newsletter* serves to:

- create a bond between parish nurses and the staff of LCMS Health Ministries
- report creative programs developed in the field
- inform parish nurses of resources available from various sources and encourage them in their vocation.

We have all heard about “tender loving care” (TLC) since the day we first entered nursing school. TLC is the hallmark of the art of nursing. Parish nurses are no different, except we provide TLCC (tender loving Christian care). This issue of the parish nurse newsletter includes items that discuss compassion and caregiving by the parish nurse through informal conversations, specific support groups, serving military families and other ways.

The parish nurse uniform is unlike the starched white uniform of ages past or the colorful comfy scrubs of today. It is described by St. Paul in Col. 3:12–13a: “Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another”

May we always put on this uniform and share the love of Jesus in all we say and do. May we truly care about those we serve.



“Put on then, as God’s chosen ones, holy and beloved, compassionate hearts...” (COL. 3:12)



In the healing Christ,

Marcia (Marcy) Schnorr, Ed.D., RN-BC
Certified Lay Minister—Parish Nurse
Education Coordinator for Parish Nursing,
LCMS Health Ministry

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COMMENTS FROM KAREN

Sources of Information

“And your ears shall hear a word behind you, saying, ‘This is the way, walk in it,’ when you turn to the right or when you turn to the left.” (Is. 30:21)

Recently I was able to attend the Health Ministries Association (HMA) Conference. This non-profit association works with the ANA (American Nurses Association) to produce the scope and standards of practice for faith community nursing (parish nursing). While your state law, rules and regulations govern your practice of nursing, this document guides you in the application of your professional skills and responsibilities as parish nurses. In early 2017, the third edition will be published. I look forward to discussing with you in May how this document directly relates to your ministry in a breakout session at Concordia University Wisconsin’s

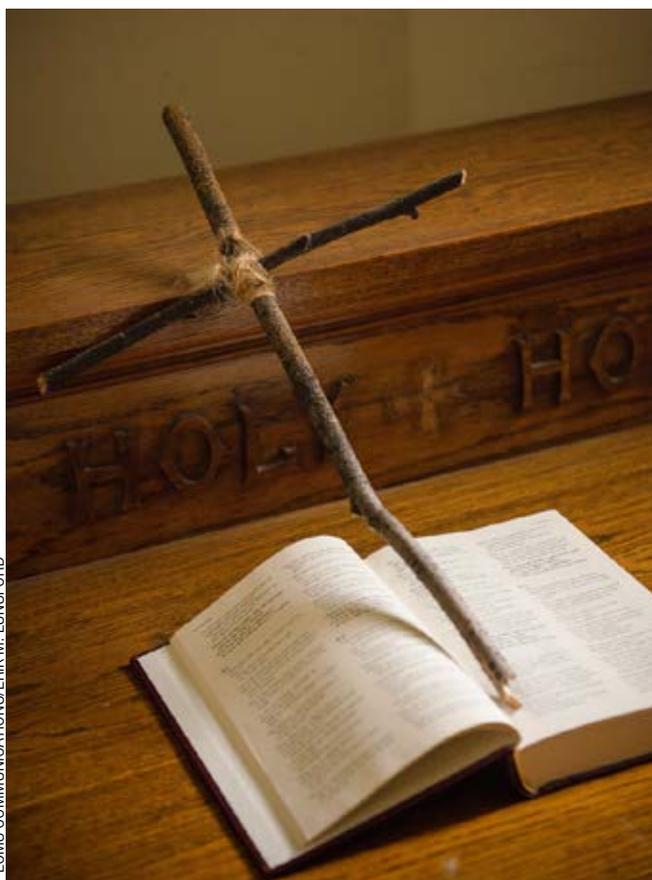
annual conference for parish nurses and congregational health ministries.

Through the years I have read many articles and books, but as I read them I remember the true book, God’s Word, which governs my thoughts, words and deeds. I encourage you to continue to use discernment in these areas. At the HMA conference I personally met Kathy Schoonover-Shoffner, Ph.D., RN, editor of the *Journal of Christian Nursing*. This peer-reviewed, quarterly, professional journal will help you integrate issues of faith with nursing practice. I like this journal because it offers continuing education and specifically recognizes the specialty of parish nursing! It would be beneficial

for you to check it out. Go to lww.com and enter WGK068ZZ for a special rate for the journal, or if you need continuing education units, check out ncf-jcn.org/membership for ideas on how to receive both the journal and a discount on continuing education.

A note to leaders of congregational health ministries: There has also been movement in this area of ministry, and I want to gather more information to share with you in the future!

Karen Hardecopf, RN
Certified Lay Minister-Parish Nurse
Program Coordinator, Parish Nursing
LCMS Health Ministry



PASTOR’S PERSPECTIVE:

Getting TO THE Point

DR. DANIEL PAAVOLA
PROFESSOR OF THEOLOGY AT CONCORDIA UNIVERSITY WISCONSIN

We use so many words, but what is the point of them all? In parish ministry, and especially in visiting with members in their homes or in a care facility, words abound. You listen more than you speak, and many people are grateful to have you just listen. But at the end of the visit, you likely want to close with a prayer and a devotional word. Many a devotional book or *Portals of Prayer* for this season will have something to say. But what if you need something to the point, given all that you’ve just heard? For that, I suggest a small devotion-building method that I call 4-2-1.

You start by retelling a story that is likely well known. This is like finding the four corner pieces of a jigsaw puzzle. The four corners, the 4 of our 4-2-1 method, set the perimeter of the picture. So here, telling a biblical story in about four sentences sets the limits and direction of your devotion. You begin by saying something like, “I’m sure you remember the story of” Even though they do remember the story, that introduction opens them to hearing again

the Parable of The Friend at Midnight, or The Prodigal Son. Telling the story in four sentences means some things are left out, but that's all right. Your hearer knows the rest and understands that you're retelling the story for a specific point.

After you have told the story in its four main points, it's time for point 2 of our 4-2-1 method. This step is the transition from then to now. You can say, "That's a story we know well. But that was then and this is now. What's still true today is" Here you give two main principles or lasting truths that are distinct from that text. In terms of the jigsaw puzzle, this is like looking for the two easiest pieces that stand out, the red hat or the yellow sliver of sun in an otherwise gray sky. Many times, we might see a message of Law balanced

by a message of Gospel. Or, it can be a statement of our ongoing need met by God's endless offer of listening and help. The key is to say in three or four sentences what is still true about this text. Here you are reflecting both the needs of the person you're with and the promises of God that you were thinking of during the visit.

That leads you to the final point. Jigsaw puzzles have hundreds of pieces, but only one matters in the end—the last piece. It comes down to that one piece, and if you have it, you have a picture worth saving. That is the 1 of our 4-2-1 progression. We seek a final point that makes the difference for our hearer. This is both a truth from the text as well as the point you've been heading towards throughout your conversation. It's a timeless truth that we introduce

with words like, "But the one thing that really matters today is" This would be a Gospel statement that stresses the work of God in our place and the promises that God alone can make.

This simple progression of 4-2-1 can work with almost any biblical text, well-known or obscure, and can deliver a message of challenge or consolation. It lets us use what we've heard while visiting and also clearly speaks the message of God. It can be done in as little as seven or eight sentences, or you can stretch this out for five minutes or more by expanding on the two principles and the one lasting truth. I hope that this gives you a convenient method to express the point of the promises and work of God.

'Hope and Help'

Concordia Conference for Parish Nursing and Congregational Health

NURSE RONDA ANDERSON, PARISH NURSE, BETHANY LUTHERAN CHURCH, CEDAR RAPIDS, IOWA

The 24th annual Conference for Parish Nursing and Congregational Health Ministries was held May 25–26 at Concordia University Wisconsin with over 90 people participating. The theme, "Hope and Help," included four keynote presentations and several breakout sessions. Pictures include presentations by Lt. Eduardo Garza Jr. ("A Military Family's Sacrifice: The Need for Support Before, During, and After a Deployment"), Dr. Susan Mobley ("Developments in Health Care and Medicine during the Reformation Era"), and a hymn sing led by Tom and Lois Giordano. Mark your calendars for the 25th annual conference with the theme "O Give Thanks," celebrating the 25th anniversary of the Concordia parish nursing conference and the 500th anniversary of the Protestant Reformation. Contact carol.lueders.bolwerk@cuw.edu for more information.

During our time together, each district representative shared answers to the following questions:

1. How do you promote congregational health ministry and parish nursing among congregations in your district?
2. How do you provide consultation and/or resources to congregations considering a health ministry program?
3. How do you provide ongoing consultation to parish nurses, health ministers and pastors on issues related to this ministry?



2016 LCMS Parish Nurse District Representatives from across the nation

4. How do you provide parish nurses in your district with information regarding opportunities to serve in short-term ministry or missions in national or international venues?
5. How do you interface with district health, health advocacy, human care and ministerial health committees and others (such as the district president) as appropriate to the interest of a unified voice in health ministry?

“Hope and Help” was the conference theme. Our keynote speakers were Concordia University faculty Dr. Dan Paavola, Dr. Susan Mobley and Lt. Eduardo Garza Jr. Many breakout sessions were offered of interest to faith community nurses.

If you are interested in the answers to any of the above questions, please contact me at nurse.bethanycr@gmail.com or call Bethany Lutheran Church at 319-364-6026.



Lt. Eduardo Garza Jr., lectures on the importance of care for military families.

Cancer Companions: *A Ministry of Care*

KIM MEYER, RN,

CERTIFIED LAY MINISTER AND PARISH NURSE, OUR SAVIOR LUTHERAN CHURCH, SPRINGFIELD, ILL.
PARISH NURSE REPRESENTATIVE FOR LCMS CENTRAL ILLINOIS DISTRICT

CANCER COMPANIONS is a nine-week ministry that uses a participant guide and brief video clips designed to help those touched by a cancer diagnosis find hope in that journey. When a person receives a cancer diagnosis, on some level so do the family, friends, co-workers and caregivers of that person. Many support groups are only for the patient, but Cancer Companions is designed to help not only the patient, but anyone who has been touched by that person's diagnosis. It is a Christian ministry open to people of any faith denomination in the community, regardless of whether their cancer journey is current or previous. One lady joined

our group after being cancer free for 17 years. Every year since treatment ended, beginning approximately two months before the date of her annual mammogram, she experienced significant anxiety. Cancer Companions was able to help minimize that fear.

Each week the group starts with prayer and then watches a short video that addresses one of the main issues that accompany a cancer journey. The videos follow the same three people from the time of diagnosis through completion of treatment. Family dynamics, financial issues, caregiver fatigue, communication struggles, prayer life, beliefs about God, work

issues and emotional and social issues are all addressed in these videos, generating a lot of healthy conversation in the group. We then look at the participant guide activity for the week, which has scripture readings and questions. Participants are encouraged to respond to the questions by writing in their books as they read through the week's material at home. We then discuss that week's topic, and according to people's comfort level, they share their thoughts and feelings.

Brian and Janet, a couple currently dealing with Brian's diagnosis, had this to say about Cancer Companions: "We were both brought up in the Christian faith, but cancer has a way of slamming you so hard. Cancer Companions helped us work through some difficult thoughts, feelings and fears and then helped us share them, with each other and with those we love. Cancer was no longer the big pink elephant in the middle of the room that no one was talking about. It helped us deal with the physical, emotional, and spiritual difficulties we were experiencing, allowing us to focus less on our earthly pain and trials and focus on our promised eternal life. We learned we are not alone in our feelings and fears and it was very helpful to share those things with someone else that was walking the same walk.

“Encourage and Nourish” was the theme for the annual meeting (May 24-25, 2016) of LCMS parish nurse district representatives. Representatives and guests from 20 districts were in attendance. The meeting opened with a worship service led by Rev. Fred Zimmermann (pastoral advisor to the LCMS parish nurse council). Group discussions and sharing provided good opportunities for mentoring. Rev. Salamink, director, Lutherans for Life, provided a session on end-of-life care. The meeting concluded with a blessing of the hands led by Rev. Zimmermann with the assistance of Christie Hansard (LCMS Michigan District), Jamie Spikes (LCMS Kansas District) and Sue Neff (LCMS English District). Colleen Bottcher (LCMS New Jersey District) is receiving the blessing.



How to Subscribe

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To receive this newsletter in printed form, please send your request along with your current address to:

LCMS Health Ministries
Attn: Parish Nurse Newsletter
1333 S. Kirkwood Road
St. Louis, MO 63122

News Welcomed!

We want to know what you're up to, what issues you are facing, and what programs are working in your congregation or agency! We welcome story suggestions, questions, short articles or photographs that highlight achievements in parish nursing.

If you have news you'd like to share, contact Dr. Marcia Schnorr at marcyschnorr2009@gmail.com or 815-562-6823.

Please note: Editorial staff reserve the right to edit or decline articles.

Find us on Facebook!

LCMS parish nursing now has its own Facebook page. Please visit us at facebook.com/LCMSParishNursing to like us and share with us. Your comments and questions are what make this site useful.



We cried together and laughed together and it was awesome.”

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Any crisis we face in this life has the potential either to cement our relationship with Christ or to erode it. Cancer is no different. Cancer Companions helps people reassess their relationships with God and with one another and offers hope and healing along the way. If your congregation would like to learn more about Cancer Companions or would like to host a team training so that you can offer this program at your church, visit cancer-companions.org to learn how.

CARING BY THE PARISH NURSE: Being Visible and Available

LANA WINGATE, RN
PARISH NURSE, KING OF GLORY LUTHERAN CHURCH, WILLIAMSBURG, VA.

The Bible tells us in Matt. 25:35–36: “For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.” This is the kind of health care we should be holistically providing to our congregations, and churches should be active in this mission through parish nursing.

Being a registered nurse who dedicated her life to God to do His work through nursing the sick, I felt responsible to help the Church begin this health initiative. I was nearing retirement age with my career as a geriatric care manager and knew that I needed to continue to serve God through nursing. I completed a course in parish nursing in 2005, just as my husband and I were retiring to a new town and a new church community. I thought serving a new congregation as a parish nurse and assisting the pastor in visitation of the sick and development of health care related programs would be a great way to serve the Lord.

But guess what? My pastor did not want me! For many reasons, we left that church and joined a Lutheran church in Williamsburg, Va. A Lutheran church!





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What was God doing? We had never been Lutheran and knew nothing of the workings of the Lutheran church. But there we were, and it felt right. We were comfortable, and we thought the church was filled with the love of God. And the pastor said I could be the parish nurse!

I was ready to do great things for the Church and God, but nothing worked. Since our town already had three well-organized and productive free clinics, there was no need for me to think of starting another one. There were two modern hospitals in town, and teaching hospitals less than an hour away. Our congregation was well educated, financially secure and had good medical care and supervision. I prayed and talked to God all the time about where I could fit in, if at all. Should not the churches be taking care of our people in some way? Why were the programs in which I had put much effort not being attended?

After much prayer, I started standing in the narthex every Sunday after each service to greet the people. I would see someone I knew was going to have surgery and explain what I knew about the procedure and ask about their needs. I met newcomers who wanted to know names of doctors for their family in their new community. I saw people who did not look healthy and approached them to ask questions about their health and recommend specific care for them. I saw pregnant mothers, a person using a cane or crutches, and members who had problems within their families and needed help. I began to see how God wanted me to be a parish nurse for holistic care in this particular church, making resources available for the people to use when needed.

More and more people have come seeking information and asking questions when they see me standing in the narthex. I am getting more calls at home, and even from the community, because the congregation knows that I am available for them by the grace of God.

It is a good thing to be a Lutheran parish nurse!

Educational Opportunities

- **Basic parish nurse education opportunities** within The Lutheran Church—Missouri Synod are available in different formats to meet different needs. If you are in need of continuing education units or college credit, contact Dr. Carol Lueders Bolwerk for information about the courses offered through Concordia University Wisconsin. If you do not need credit but desire a certificate of completion in parish nursing from an LCMS program, visit lcms.org/health/parishnurse for more information.
- **Continuing education** for parish nursing is important for credentialing. Although it is required that some have approved contact points, others may be listed to demonstrate lifelong learning. Some districts offer conferences (e.g. Kansas, Northern Illinois and others) with approved contact points. *The Journal of Christian Nursing* regularly offers continuing education items for parish nursing, and the Baptist Hospital of Southeast Texas offers periodic webinar presentations with continuing education credits. Contact providers for specific costs.
- **LCMS Video Series for 2016:** LCMS Health Ministry is providing a series of video presentations for parish nurses and others serving in congregational healthy ministry. Some presentations are specific theology applicable to parish nurses, and some are more specific to health-related topics. Past videos can be found at lcms.org/health.