

THE PULSE

InnerChurch Health Ministries 157 Florence Avenue, Toronto, ON M2N 1G5

Web site address www.ichm.on.ca E-mail address info@ichm.on.ca Phone number 1-888-433-9422 or 416-225-7231

Spring 2008

Parish Nurse Retreat

The 2008 ICHM Parish Nurse Retreat was held in February at Queen of the Apostles Retreat Centre in Mississauga. The Northern Lights parish nurse support group did a very good job of organizing the details. The theme of the weekend was "Reflecting with God" based on a book by Abigail Johnson. Friday night was an introduction in the chapel with readings from the Bible, hymns and prayers. This was quite a warm and moving experience, as we began our journeys of Reflecting with God.

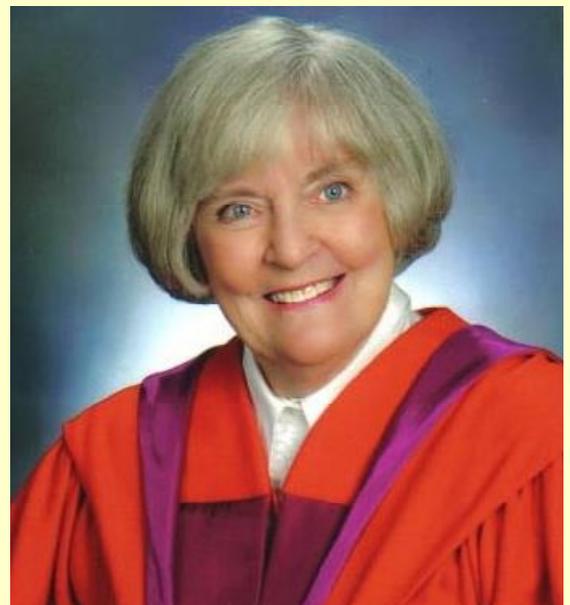
Saturday morning began with another session of 'Connecting story with Faith - Reflecting with God.' We experienced looking inside ourselves more deeply, again using hymns, bible stories and prayer. We then broke into groups of three, with each person confidentially sharing a significant life story. The focus for the group was on where they could see God at work in each story teller's life. We found that when we require encouragement and strength as caregivers, we can see more clearly through reflecting with God.

Sunday morning provided a refreshing Emmaus walk outdoors, shared with a partner. We closed with a worship service summing up the theme of Reflecting with God. It was a weekend of good food, good friends (old and new), shared experiences, thoughts and even finding some solutions. We experienced encouragement for another year of Parish Nursing Ministry - our batteries recharged! (see group photo on page 4)

Thanks to Marilyn McClellan, RN Parish Nurse, for providing the information for this story!

Gail Brimbecom Selected for Canadian Nurses Association Centennial Award

Congratulations to Gail Brimbecom on being selected to receive the Canadian Nurses Association (CNA) Centennial Award! Gail was nominated to receive this unique award by the Canadian Association for Parish Nursing Ministry. The Centennial Awards signify a celebration of 100 exceptional registered nurses whose personal contributions have made an outstanding and significant impact on the nursing profession. The CNA Board is planning a special awards reception, to be held in Ottawa as part of their centennial-year celebrations on the weekend of November 24, 2008. Congratulations Gail! Thank you for representing excellence in parish nursing ministry and serving ICHM so very well!



Finding Our Way in Health Ministry

Psalm 23:1-3 was the scripture which guided our very first Health Ministries Forum for Central Toronto and York Region areas on April 19, 2008, including seventeen of the twenty ICHM partnered churches within these two areas and 47 participants (including; clergy, health committee members, and parish nurses).

Hosted by Armour Heights Presbyterian Church, Toronto, the impetus for this event grew from a discussion that Rev. Bill Middleton had with Parish Nurse Linda Alldred-Johnson. This was not a new idea; in fact other support groups (like Cobourg-Peterborough) have been hosting an annual event in their area for Health Committees for the past six years! Linda contacted Bev Templar (Cobourg-Peterborough Parish Nurse Support Group Convenor) for more information and the rest as they say is history. Thank you Bev Templar and the Cobourg-Peterborough Parish Nurse Support Group for your leadership and support.

The objectives for the day included:

- To be still and more attentive to God's presence in our lives and Health Ministry
- To provide an opportunity to discuss opportunities, challenges & issues in Health Ministry
- To share some of your program ideas that worked in your Health Ministry
- To identify future ideas and directions in Health Ministry
- To walk away with 1 or 2 ideas to try in your Health Ministry

We are pleased to report that the feedback on the forum was very positive. There was general agreement that there was a need to have such a forum on an annual basis. We look forward to next year's event at Aurora United Church. More importantly, many of us walked away from the day feeling refreshed and re-energized through being in God's presence and sharing in fellowship. If you would like a copy of the summary report of this forum please contact Linda Alldred-Johnson by email at: johnson_family99@hotmail.com

ICHM presents at Aging At Home Innovations Showcase

On April 23, ICHM was an invited presenter at the Aging At Homes Innovations Showcase held at the Metro Toronto Convention Centre. We were one of 21 groups from across Ontario to make 15-minute presentations to 3 small groups regarding our *Parish Nursing: An Innovative Resource for the Aging at Home Strategy* proposal for the Waterloo Wellington LHIN. We will provide further information regarding this proposal when final word is received from the Ontario government.



New Brunswick Parish Nursing Ministries

Building upon the graduation of the first class of eight parish nurse candidates and six health committee members, New Brunswick Parish Nursing Ministries, in affiliation with ICHM, continues to “spread the word” about parish nursing ministry. Nancy Wiggins, the Parish Nurse Regional Co-ordinator is keeping in touch with people from three churches who have shown an interest in Parish Nursing Ministry. The Bathurst Area Ministerial Association invited Sr. Ernestine La Plante, Regional Director and Pat Drummond to give the sermon at the Ecumenical Service during the Week of Prayer for Christian Unity. Beth Lawson, P.N. was a guest speaker to the Christian Nurse Fellowship Group in St John, N.B. The Health Fair at the Université de Moncton invited Claudette Chiasson and Ernestine La Plante to have a kiosk and speak about this ministry. The Université de Moncton and the University of N.B. (satellite schools of nursing) have, for the past several years, invited representation to speak about Parish Nursing Ministry to the third year students. In these and other ways, the word is getting out about this incredible opportunity for ministry - Parish Nursing Ministry. Thanks be to God!

Interest in Parish Nursing Ministry Growing in Saskatchewan

ICHM Saskatchewan continues to promote Parish Nursing Ministry and the work of ICHM to Saskatchewan communities by presenting Information Sessions, the annual Education Program at the Lutheran Seminary in Saskatoon, and fund raising events (this year a strawberry tea will be hosted in June, and for the first time in Saskatchewan a “Walk for Parish Nursing” on May 10th). To promote awareness of Parish Nursing, plans are being made to hold a “Tea for Two” during Nurses’ Week, offering tea to nurses and health staff at one of Saskatoon’s hospitals.

Two health cabinet members Sarah Seemann and Mary Toews, both from First Mennonite Church in Saskatoon, graduated on April 27th. There are six Parish Nurses employed in Saskatoon at present. Harold Hesje (Regional Director), Mary Tyler (Regional Parish Nurse Co-ordinator), and ICHM-SK Board members have spent time this last year promoting the ICHM model of congregational wellness by visiting churches and health agencies in Saskatoon and presenting Information Sessions. There has been much interest in Parish Nursing Ministry from rural churches around Saskatoon and plans are being made to expand on this interest in the future by visiting rural communities to present ICHM Information Sessions.

Annual Education Day and Annual General Meeting

Saturday, June 7, 2008

9:00 am – 4:00 pm

St. Mary’s Anglican Church

10030 Yonge Street, Richmond Hill

Avoiding Burnout and Maintaining Passionate Commitment to Ministry

Raymond F. Dlugos, OSA, Ph.D.
Chief Executive Officer,
The Southdown Institute

The workshop will explore the personal and systemic factors that contribute to burnout among people in ministry and offer suggestions for its prevention. It will also describe the characteristics of persons who are engaged in the same kind of demanding environments who not only avoid being burned out but are able to thrive and grow in their love for their work.

Lunch is included in the registration fee of \$75. The InterChurch Health Ministries Annual General Meeting will take place in the afternoon (2:30 pm - 3:30 pm), and we encourage your participation. Each partner congregation is asked to appoint two representatives for this meeting (for voting purposes). For more information, please call

Please send us items & pictures of your parish nursing ministry events for possible inclusion in future newsletters.

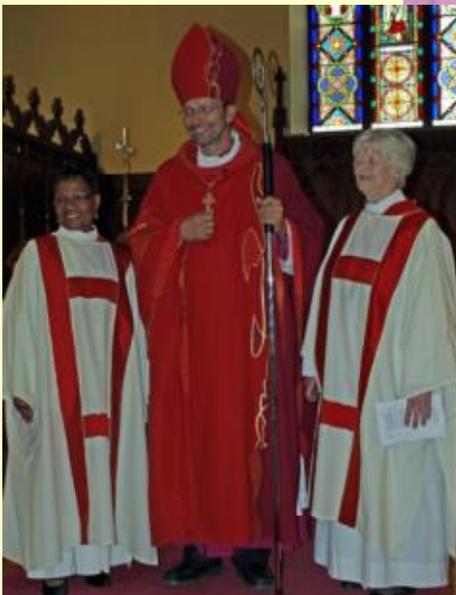


(Left) A lovely spring evening provided the backdrop for a fundraising concert on Sunday, May 4. Aurora Parish Nurse Ministry and ICHM presented Spring Sing, with over 100 people enthusiastically receiving the evening's offerings with many words of thanks. Accepting the audience's appreciation are (from left to right) Douglas Schalin, David Pilkey, Paula Bell, Tom Doherty and Paul Massel. Many thanks are extended to the Health Cabinet of Aurora United Church for hosting this wonderful event.

(Below) Congratulations to Beverley Harvey, ordained a Deacon in the Anglican Church on Sunday April 27 and serving as parish nurse to the people of St. Peter's Anglican Church, Mississauga. Left to right: Beverley Harvey, Bishop Philip Poole, Faye Wylie (also ordained a deacon)



(Left) Judy Hill retires as Parish Nurse at Brooklin United Church and is thanked at a service of recognition on Sunday April 27th. Left to right: Rev. Sue Genges, pastor of Brooklin United Church, Judy Hill, retiring Parish Nurse, and Karen Marks, Ontario Parish Nurse Regional Coordinator



(Above) Attendees at February Parish Nurse Retreat

Thanks for your support!

A warm thank-you to all who support the ministry of InterChurch Health Ministries through your volunteering, and through your gifts of money. If you have never supported InterChurch Health Ministries financially, we hope that you will consider supporting us. If you have given to this ministry in the past, we thank you again, and hope that you continue your support.

Please consider being part of this growing ministry by contributing. If you would like to consider supporting us through a monthly donation (Pre-Authorized Remittance), please call us at 1-888-433-9422 or 416-225-7231 for more information.

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