

## THE LINK ATLANTIC NCFC NEWSLETTER

29 Bedell Ave.

Saint John, NB, E2K 2C1

June 2013

Dear Friends,

Greetings in the name of our Lord and Saviour, Jesus Christ. This is a marvellous time of year – everything is fresh and we see new flowers each day. God is truly amazing. His handiwork is awesome and brings joy to our souls. Just take a walk in a quiet place – walk slowly and stop to admire what our God has created. Now, think about who it was that created each flower, each tree, each little bird and all other creatures. Each aspect of creation was made perfect as He designed. We too were created by God – and we were each made in the way He chose. We are His workmanship. If you ever wondered if you have value – remember that you were created by God and He does not make mistakes. We were each created for a purpose – ask God to reveal more of that purpose to you each day. Enjoy your day as you marvel in all of His creation and commit yourself to His service in whatever way He wills. Catch a glimpse of heaven in all creation.

*Betty Hitchcock*

New every morning is the love, Our wakening and uprising prove;  
Through sleep and darkness safely brought, Restored to life, and power, and thought.  
New mercies, each returning day, Hover around us while we pray;  
New perils past, new sins forgiven, New thoughts of God, new hopes of heaven.

## Scripture Study – Psalm 119 vs 97 to 104

97: O how I love thy law! It is my meditation day and night.

98: Thou through thy commandments hast made me wiser than mine enemies: for they are ever with me.

99: I have more understanding than all my teachers: for thy testimonies are my meditation.

100: I understand more than the ancients, because I keep thy precepts.

101: I have refrained my feet from every evil way, that I might keep thy word.

102: I have not departed from thy judgments: for thou has taught me.

103: How sweet are thy words unto my taste! Yea, sweeter than honey to my mouth.

104: Through thy precepts I get understanding: therefore I hate every false way.

***This is a passage about the importance of God's word and how we need to spend time learning from the word of God.***

97: How does the psalmist regard the word of God? How do we regard it? Do we really love it? How can we meditate on it all the day? Is it possible to keep the word in our minds at all times? If we did this, what difference would it make in our daily activities?

98: How does the psalmist describe himself in this verse? How is this possible? What enemies were with the psalmist? What enemies are with us? Do we realize that we are wiser than our enemies?

99: What does the psalmist say about his understanding? How is this possible? The same understanding is our's today. Do we realize that? How is it possible for us? If we are lacking in understanding in any are, what must we do to change that?

100: More about our understanding – What does the psalmist teach us in this verse? Note that keeping of God's precepts results from meditation in His word. Do we keep His precepts? Could we do more in this area? What could we do to increase our keeping of God's precepts?

101: What does this verse teach us about our walk with God? Where should our feet not go? What is the connection between God's word and our walk?

102: The psalmist can say that he has not departed from God's judgments? How can he say that? What about us? What can we say and why?

103: What does the psalmist say about God's words in this verse? Can we say the same? Think about the sweetness of honey. Do we approach God's word as something we should do each day or do we approach it eagerly, expecting to taste the sweetness?

104: What is the conclusion of the psalmist? Is that our conclusion as well?

*If we practice what is recommended here – what difference would it make in our daily life – our work – our relationships – our recreation - our worship? God's word is available to guide us through life. We do need to meditate on it constantly. This points to the importance of reading, studying and keeping in memory God's word so that we can call upon it at all times. What a wonderful privilege we have - we never need to face the day alone.*

### **An article submitted by Jan Lockett**

I was intrigued by an item I read on Facebook recently about stress. Its helpful description of the effects of stress follows. I then found that Scripture has much to say about stress as well.

#### ***The Facts***

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face, she inquired: "How heavy is this glass of water?"

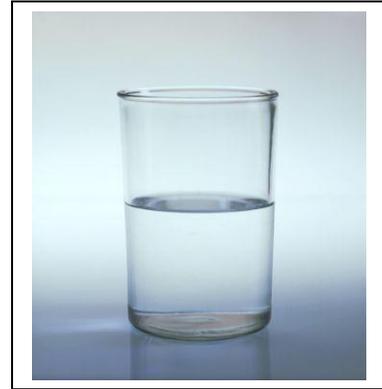
Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes." She continued, "The stresses and worries in life are like that glass of water. Think about them for a short while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed – incapable of doing anything."

It's important to remember to let go of your stresses. As early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Remember to put the glass down!

Let's now look at what Scripture has to say about carrying burdens.

We find that there is a command, a promise and a response.



### ***The Command***

Jesus gives His followers this command. "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than clothes. Consider the ravens. They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worry can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest?" (Luke 12: 22-26)

In other Scriptures, we are told to "Cast your cares on the Lord and He will sustain you." (Psalm 55:22a)

And again, "Cast all your anxiety on Him because He cares for you." (1 Peter 5: 7)

### ***The Promise***

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11: 28-30)

Looking at the verse in the Psalms again, "Cast your cares on the Lord and He will sustain you", we are promised that although He will not necessarily remove all our cares and troubles, He does promise to sustain us through them.

### ***The Response***

The necessary response is twofold: I need to daily put my burdens down at the foot of the Cross and I need to ask God to remove any critical or judgmental spirit I may have toward others who are burdened. Paul writes, "I thank God, who put into the heart of Titus the same concern I have for you." (2 Corinthians 8:16) We are to have concern and compassion for our brothers and sisters, no matter how small we deem their present cares to be, knowing that the absolute weight of their cares doesn't matter, it depends on how long they have been holding them. By God's grace, may we help them put their glass down.

The above article is from a devotional given by Jan Lockett at the AGM for the Atlantic Nurses Christian Fellowship Canada meeting in Moncton this year.

Please join in prayer,

- For new nurses graduating from programs and beginning their careers – that they would find God’s place for them and find joy in service to God and His people.
- For nurses in hospitals, nursing homes, community and around the world that they would see their God in all they care for and bring His peace and comfort to the ill.
- For those newly retired, for those grieving the loss of loved ones, for those with health concerns, for those facing difficult times and hard decisions – that they would know God’s guidance and His loving arms of comfort and peace.

Please join in praise,

- For a wonderful workshop in Moncton on Physical, Psychological and Spiritual Health.
- For the newly established National Nurses Christian Fellowship Canada and those that have assumed leadership positions in this group.
- For the many nurses and health care workers that work to bring God’s hands and heart to those they care for in Canada and around the world.
- For the wonderful God we serve and the knowledge that He is with us always in every situation.

## THE ATLANTIC NCFC COMMITTEE

The Atlantic NCF committee met last month. As well as our business meeting, we enjoyed a wonderful workshop on “the connection between physical, psychological and spiritual health” with speaker Michel Drisdale. We are now part of the new Nurses Christian Fellowship of Canada. We need the help of Christian nurses to build the work in the Atlantic area. The committee asks that you pray about what God might have you do to support the work of NCFC in your local area. If you would like more information, please contact Marg Winchester at 506 8482112, Jan Lockett at 506 847-7629 or Betty Hitchcock at 506 648-9794 or email [margwinchester@rogers.com](mailto:margwinchester@rogers.com), [j.lockett@nb.sympatico.ca](mailto:j.lockett@nb.sympatico.ca), or [betty.hitchcock@rogers.com](mailto:betty.hitchcock@rogers.com). If you feel led to support this work financially, please send a cheque to Nurses Christian Fellowship Canada and mark it for use in Atlantic Canada.

You should send it to the national treasurer Fronica Yiu, 38 Clydesdale Rd., Markham, Ontario, L3R 3S9 or go to the website [www.ncfcanada.ca](http://www.ncfcanada.ca) and donate online using your credit card.

Submissions for The Link

You are invited to submit articles, letters, poems, etc. to be included in future issues of the Link. Please send submissions to Betty Hitchcock, 29 Bedell Ave. Saint John, NB, E2K 2C1 or email to [betty.hitchcock@rogers.com](mailto:betty.hitchcock@rogers.com)