

## THE LINK

29 Bedell Ave.  
Saint John, NB E2K 2C1

June, 2015

Dear Friends,

How good it is to see the evidence of rebirth all around us – in the grass, the flowers, the trees, the chirping of new birds, and to see the young folk playing outdoors once again. It has been such a long and hard winter but spring did come and with it the reminder that after a long and hard season in our lives, God will give us new life in so many ways. The buds will open and the flowers will be revealed. It is exciting to see what God will do as each season of our lives gives way to another. And we have much to learn from nature and from what God is doing all around us. If we ever doubted that God loves us, we need only to go to Him, wait upon Him and see what He reveals to us. He has a special plan for each of us – we are each created uniquely and our path in life is uniquely ours. How exciting to see it revealed day by day. May God grant us all the joy of seeing our plan revealed and the knowledge of His will for us in all seasons of our life.

Betty

In the bulb there is a flower, in the seed, an apple tree,  
In cocoons, a hidden promise, butterflies will soon be free!  
In the cold and snow of winter there's a spring that waits to be,  
Unrevealed until its season, something God alone can see.

## Scripture Passage Proverbs 3: 5-26

This is one of the best known sections of the Book of Proverbs

<sup>5</sup> Trust in the Lord with all your heart, and do not rely on your own insight.

<sup>6</sup> In all your ways acknowledge him, and he will make straight your paths.

<sup>7</sup> Do not be wise in your own eyes; fear the Lord, and turn away from evil.

<sup>8</sup> It will be a healing for your flesh and a refreshment for your body.

<sup>9</sup> Honour the Lord with your substance and with the first fruits of all your produce;

<sup>10</sup> then your barns will be filled with plenty, and your vats will be bursting with wine.

<sup>11</sup> My child, do not despise the Lord's discipline or be weary of his reproof,

<sup>12</sup> for the Lord reproves the one he loves, as a father the son in whom he delights.

<sup>13</sup> Happy are those who find wisdom, and those who get understanding,

<sup>14</sup> for her income is better than silver, and her revenue better than gold.

<sup>15</sup> She is more precious than jewels, and nothing you desire can compare with her.

<sup>16</sup> Long life is in her right hand; in her left hand are riches and honour.

<sup>17</sup> Her ways are ways of pleasantness, and all her paths are peace.

<sup>18</sup> She is a tree of life to those who lay hold of her; those who hold her fast are called happy.

<sup>19</sup> The Lord by wisdom founded the earth; by understanding he established the heavens;

<sup>20</sup> by his knowledge the deeps broke open, and the clouds drop down the dew.

<sup>21</sup> My child, do not let these escape from your sight: keep sound wisdom and prudence,

<sup>22</sup> and they will be life for your soul and adornment for your neck.

<sup>23</sup> Then you will walk on your way securely and your foot will not stumble.

<sup>24</sup> If you sit down,\* you will not be afraid; when you lie down, your sleep will be sweet.

<sup>25</sup> Do not be afraid of sudden panic, or of the storm that strikes the wicked;

<sup>26</sup> for the Lord will be your confidence and will keep your foot from being caught.

Study Proverbs 3: 5-26 Some wonderful words of wisdom to live by in this world.

5. Whom should we trust? How? What should we not do? Why?

6. What does it mean to acknowledge Him in **all** our ways? Can you think of any of your ways where you don't acknowledge Him? What will happen if we do acknowledge Him in all our ways? What does it mean to you that your paths will be made straight?

7. Do we sometimes think that we have all the answers? Do we really? What does it mean to really "fear" the Lord? Do we turn from evil as soon as we recognize it? What difference would it make if we always followed that instruction?

8. What will happen to us if we follow that command? Have you experienced this healing and refreshment? How would you describe the refreshment?

9. How are we to honour the Lord? What are the first fruits of your produce? Have you offered them to the Lord?

10. What will happen if we do this? Can you put this in words for your life?

11 -12. How does the Lord correct us? Why? What should be our response?

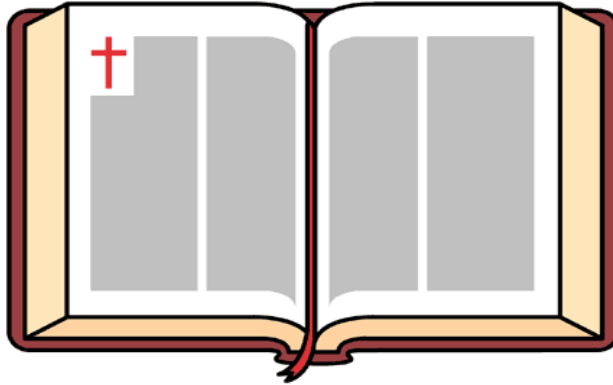
13. What is the wisdom and understanding spoken of here? How do we obtain it?

14-18. How is wisdom described here? Can you relate these descriptions to your life?

19-20. What part did wisdom play in creation?

21. What is the warning here?

22-26. What are the promises if we keep sound wisdom and prudence? Think of some of the difficult situations in your life. What difference has wisdom made? What difference could it make if we faced each day in the Lord's Wisdom and not our own?



Surviving or Thriving ?

...in Good Days or Bad!

This is a summary of the workshop which was held in Moncton in May with speaker Carolyn Westin, a psychotherapist from Saint John.

This session focused on “Putting on the Peace of Christ in the midst of the realities of life – as a nurse, in making decisions, in business, in the midst of stresses. Sometimes we just have to say it is too much...It is easier to heal when we are fragile than when we are ready to disintegrate.

Putting on the Peace of Christ is active not passive. It involves opening more fully to God.

Think about who we are. What makes me a person? We are like the sky, changing but still the sky. The weather is like our feelings thoughts that come and go. Self is the blue behind the clouds. The sky is not hurt by weather.

What is the self resting in? Self is resting in and surrounded by God. Underneath are the everlasting arms. Picture yourself floating in space held by those arms.

Putting on the Peace of Christ is done “in Christ” . We are not alone. For the Christian, our whole self is “in Christ” – embedded in Him. We need to figure out

what is important in our life. We need to take on the character of Christ. Romans 13: 14a Think about how you would like to change the way you are living out your life as Christ's beloved in your family, with your friends, your spouse, your work, your education, your community life?

We need to live in the here and now. God said "I Am that I Am". He is here now – in the present moment. Think about the manna – it could not be stored up for the future. We live moment to moment in Christ. Living in the past is ruminating, living in the future is worry, live in the here and now. Matthew: 6:25-33. Living in the here and now provides rest for the brain. Prayer is in the present. Focus on Him.

Defusion. Lack of peace comes from what our minds tell us. 2Cor 10: 5 Take every thought captive. Notice what we are thinking. Hold the thought. Determine if it is helpful. Live out your values. How do we deal with negative thoughts? Don't think of thoughts as iron fisted dictation but as useful information. We can listen but not necessarily obey. Allow God's grace in – look at Jesus. If the thought is not good let it go. Don't fight or struggle with it. Ask "Does this thought help me live out my life in Christ"? If not, just set it down, turn and move on with what is important. If you struggle with negative thoughts, try to get into the present moment. Philippians 4:8 Paul tells us what kind of things to think on. Be honest with God about our thoughts. Fill ourselves with good things. In relation to negative thoughts – notice them, don't hide them, accept them, don't deny them, let them go, don't fight them. Meditate on the positive.

Outerwear – what to put on. There is no bad weather – only bad clothes for that weather. People do things such as sleep, use alcohol, drugs, television, self harm, to deal with negative feelings. Isaiah 43:2 talks about "when" we pass through waters not "if". Hard things will happen. There will be difficult times, pain in our lives. God says "I will be with you". The Peace of Christ is a noun, not a feeling. Jesus felt different things. He felt pain, rejection, suffering. Matthew 11:29 Jesus encourages us to walk with Him, watch how He does it.

Willingness/Acceptance/Meditation      Let Go!      Be with God.



## Report on NCFC Board Meetings May 28-30, 2015

It was my privilege to attend recent NCFC Board meetings as provincial chair for New Brunswick. Praise God for His leading of the NCFC Board this past 1 1/2 years as critical decisions were made and future plans were discussed.

The meetings with nine other like-minded nurses from across Canada (Provincial Chairs and the Board of Directors) were very busy, establishing strategic direction for NCFC and carrying out the work of the organization. However, they were also times of warm fellowship, sharing, united prayer and laughter. We were blessed.

The following are some of the highlights from those meetings:

- Hope Graham (Antigonish, Nova Scotia) has agreed to be an interim Director from May 20, 2015 until the next AGM in 2016.
- All provinces (NB, NS and PEI) are now listed separately as separate Maritime Provinces, with each Maritime Province requiring a provincial leader within the new By-Law for NCFC. Consequently, the title of “Regional” is not now used under the new By-Law for NCFC.
- The preceding in no way restricts nurses from other provinces from attending New Brunswick events/meetings and the same applies to any Nova Scotia or PEI activities.
- A sub-committee was struck to work on Position Statements such as End-of-Life Care.
- Nurses are encouraged to become Associates to NCF Canada. A

registration fee must accompany an application form. Payment of annual dues is required by March 1 of each year. Annual dues for all employed nurses and allied healthcare workers are \$40.00. Annual dues for retirees and students are \$25.00. The associate position is free for 2015 to Feb of 2016. Please contact Fronica for an application form at [ncfcares@gmail.com](mailto:ncfcares@gmail.com)

- In 2014, donations from NB were \$1825.00. Donations from NS were \$615.00.

- A note will be added to the New Brunswick "Leadership/Events" section on the NCFC website to encourage readers to access the Maritime newsletter *The Link*.

Jan Lockett, New Brunswick Chair to NCFC  
NCFC Atlantic meeting in Moncton

The NCFC Atlantic Committee met in Moncton on May 9<sup>th</sup>. Jan Lockett was elected chair of the committee and agreed to represent New Brunswick at the annual meeting in Ontario. Jan's report from that meeting is included above. Next year there will be a full day meeting for planning in the spring in Moncton.

#### Upcoming Event

Our annual Saturday retreat will be held on Saturday September 26 at the home of Betty Hitchcock, 29 Bedell Ave, Saint John NB. The topic will be "Discipleship". We will gather at 9:30am, have a study in the morning, then lunch together another study in the afternoon and finish by 3pm. There is no charge for the session and a light lunch will be provided. Everyone is welcome. We would ask that you register by September 23 by calling Betty at 648 9794 or email [betty.hitchcock@rogers.com](mailto:betty.hitchcock@rogers.com) This is so we will have an idea of numbers for food. Please pray for this event and if you can come, we would love to have you share the time with us.

## 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)