

THE LINK  
ATLANTIC NCFC NEWSLETTER  
MARCH, 2014

29 Bedell Ave.

Saint John, NB, E2K 2C1

March 2014

Dear Friends,

Greetings in the name of our Lord and Savior, Jesus Christ. This is the Lenten Season, the time of preparation for Easter. As we follow Christ on the road to the cross, let us spend some extra time with Him on that journey. Could we spend an extra 40 minutes a day with Him during the 40 days of Lent? What does it mean to us that Jesus journeyed to the cross? Can we be part of that journey? What will our journey be like this Lenten season? Will we draw closer to Him and His suffering for us? Will we be better prepared to celebrate the joyous Easter resurrection?

Every time we experience some of what Jesus did for us, we become richer in our understanding of the Easter message. May you all have a blessed Easter and may your time of preparation be a deep and meaningful experience revealing the grace of God to us in a new and marvellous way.

Blessings to all as you each consider your commitment to the one who gave His all for us.

Betty Hitchcock

I know not why God's wondrous grace,  
To me he hath made known,  
Nor why, unworthy, Christ in love  
Redeemed me for His own.

But I know whom I have believed and am persuaded that He is able  
To keep that which I have committed unto Him against that day.

## STUDY FOR MARCH

Matthew 6: 25 to 33 [from the New Revised Standard Version] a story that tells us not to worry.

25 – Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body what you will wear. Is not life more than food, and the body more than clothing?

26 – Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

27 – And can any of you by worrying add a single hour to your span of life?

28 – And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin,

29 – Yet I tell you, even Solomon in all his glory was not clothed like one of these.

30 – But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you – you of little faith?

31 – Therefore do not worry, saying, “What will we eat?” or “What will we drink?” or “What will we wear?”

32 – For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things.

33 – But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

### Study: Matthew: 6: 24 - 33

Jesus was speaking to the people of his day. He is also speaking to us, today. This passage reminds us that we have no need to worry, no need to be concerned, even about the most basic needs of life. Our heavenly Father knows what we need and He is more than able to meet those needs.

Vs. 25 – What does Jesus tell us not to worry about? Why does he tell us not to worry about these things?

Vs. 26 – What does he tell us to do? What does he say about the birds? What does

God do for the birds? How do we compare to the birds?

Vs.27 – What does worrying do for us? What can it not do?

Vs. 28 – What does Jesus say about our clothing? What does he say about the lilies of the field?

Vs. 29 - How does Solomon compare to the lilies?

Vs. 30 – What do we learn from this verse? God will not only clothe us outwardly but on the inside as well. Think about how we are clothed inwardly? What does our inward clothing look like?

Vs. 31 – What should we not do?

Vs. 32 –Why should we not worry?

Vs. 33 – What should we do instead? What will be the result? What would our life be like if we truly focused on the kingdom of god and His righteousness?

Jesus does not want us to be anxious about anything. We should not be concerned about what has happened in the past, what is happening today or what will happen in the future. God is the great I AM – of the past, present and future. What a wonderful God!

## **REPORT ON JANUARY RETREAT**

Our January retreat in Saint John was held on Saturday January 18 from 10am to 3 pm. This year we explored the topic of “Gifts”

In the morning we explored the gifts that God gives to us.

We discussed our natural life – Genesis 1:26 - and God said let us make man in our image, after our likeness. And Genesis 2:7 – and the Lord God formed man of the dust of the ground and breathed into his nostrils and man became a living soul.

We also looked at Jeremiah: 1: 4-5 – Before I formed thee in the womb, I knew thee, and before thou camest out of the womb, I sanctified thee, and I ordained thee a prophet unto the nations. We looked at what this could mean for us. Our response – Psalm 139:14 – I will praise thee, for I am fearfully and wonderfully made. Marvelous are thy works, and that my soul knoweth right well.

Next we looked at God’s gift of eternal life. John 3:16 – God so love the world, that

he gave His only begotten Son, that whosoever believeth in Him should not perish but have everlasting life. Romans 6:23 – For the wage of sin is death, but the gift of God is eternal life through Jesus Christ our Lord. 1John 5:11 – and this is the record that God has given to us eternal life and this life is in His Son. We also looked at 1John 5: 12 and 13 and also the words of Jesus in John 14: 19b because I live, ye shall live also.

The next area was God's gift of forgiveness. Here we looked at Ephesians 1:6-7 – He has made us accepted in the Beloved, in whom we have redemption through his blood, the forgiveness of sins according to the riches of His grace. And Colossians: 1:14 – in whom we have redemption through His blood, even the forgiveness of sins. We also examined 1John 1:9 – if we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. Another scripture in this area was Romans 5: 10-11.

Then we looked at God's gift of healing. In this area, we examined Isaiah 53:3, He was wounded for our transgressions, he was bruised for our inequities, the chastisement for our peace was upon Him, and with His stripes we are healed. We also considered Matthew 4:23 and Luke 4:18. Various types of healing were discussed.

The next gift to be discussed was the gift of peace. John 14:27 peace I leave with you , my peace I give unto you, not as the world giveth, give I unto you. Other references were, Luke 1: 76-79, Romans 5:1, Psalm 29:11 and Isaiah 26:3.

We also looked at the gift of joy. The references here were – Nehemiah8: 10 – the joy of the Lord is your strength, Job 11:22 – sorrow is turned into joy, and John 16: 24 – ask and ye shall receive, that your joy may be filled.

Another gift we explored was the gift of citizenship – our citizenship in heaven. We looked at John 14: 2 – I go to prepare a place for you. Philippians 3:20 – For our citizenship is in heaven, and Matthew 25:34 - come ye blessed of my father, inherit the kingdom prepared for you from the foundation of the world.

The last gift we examined was the gift of the Holy Spirit and all of the things the spirit gives to our lives.

There are so many more gifts that we could have explored – more than we could even imagine – gifts to discover and accept when the time is right for each of us.

We finished the morning session by looking at our response to these and so many more gifts that God has given to us. We spoke of gratitude, praise, and just being in

God – abiding there. We spoke of soaking in the vastness of God’s love and how little we really understand, how our understanding is like a pinpoint in this vast universe of creation. We considered our sense of awe when we look into the sky on a starry night, when we look at the waves of the ocean, when we look into the face of a flower or the eyes of a young child.

We all need to ‘Be still and know that I am God’

You are encourage to spend some time pondering the verses used in this retreat time and experience some of the vastness of God’s love for us.

[In the afternoon we explored our gifts to others – this will be contained in a future issue of the Link.]

### **NCF CANADA WORKING FOR ALL OF US**

NCF Canada is now an official organization with official status as a charitable organization is continuing to work for nurses across our country. Please visit the national website at [www.ncfcanada.ca](http://www.ncfcanada.ca) Learn about the organization. Join the prayer list, read back issues of newsletters, see what exciting things are happening! The national chair is Judith Fanaken, [nationalchair@ncfcanada.ca](mailto:nationalchair@ncfcanada.ca) The secretary treasurer is Fronica Yiu. Please pray for these nurses as they share in ministry.

**Donations for the work of Nurses Christian Fellowship and should now be sent directly to Nurses Christian Fellowship Canada c/o Fronica Yiu**

**38 Clydesdale Rd., Markam, ON, L3R 3S9**

**Cheques should be made to Nurses Christian Fellowship Canada [not NCF]**

You may also contribute directly on line at the national website.

Either way, you will receive an official tax receipt for donations.

In Atlantic Canada there is a committee to assist with the work of NCF. Please consider whether God is calling you to consider working with this committee. The present committee would welcome inquiries from interested nurses. Please contact Jan Locket [506 847 7629] or Betty Hitchcock [506 648 9794]

### **PRAYER REQUESTS**

Give thanks for Nurses Christian Fellowship Canada and pray that God would raise up His servants to minister in this organization and those that would support the work with prayer and financial donations

The Atlantic Committee will be meeting on May 3 in Moncton at the home of Faith Stiles. Please remember this meeting in your prayers. Observers are welcome to attend. Please contact Betty [506 648 9794].

Submissions for The Link

Submissions are always welcome. If something has been meaningful to you, please think of sharing it with others – submit it for inclusion in 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)

## NEWS FROM HOPE

One of our Atlantic nurses, Hope Graham is completing a tour of duty in Butoke and will be heading to Equateur province for a teaching assignment. She has written about enjoying the warm summer like weather [as we struggle through one storm after another].

Hope's praise items include

Obtaining a visa extension without too much hassle.

Being able to remove a foreign object from a man's eye and having antibiotic drops available [quite unusual]

Safety in the midst of much country turmoil and unrest.

Her prayer items are

That I continue to 'practice His presence' so that His love can be obvious to all even without words.

For patience in waiting/trusting for God's provision and all sufficiency without trying to problem solve in my own strength.

Guidance in regard to all the transition details to Equateur and the teaching assignment.

While Hope is away doing God's work in a foreign country, let us uphold her in prayer – especially the requests that she has mentioned. It occurred to me that the prayer requests she has made are those that we all should desire as well. We should all endeavour to 'practice His presence'. Wouldn't it be wonderful if God's love was obvious to all when they were in contact with us? Let us pray for that. We all also need that patience in waiting /trusting for God's provision daily.