

To Engage, Equip and Empower Nurses in Christ

From the Editor: David & Esther

By Julie A Desjardins



So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10 (NIV)

You were made for this. Each one of us as Christian nurses has been positioned at this time in history in this culture for a reason. The very same God who knit us together so lovingly in our mothers' womb (Psalm 139:13), has not then abandoned us to the winds of fate or whatever might seem pleasing to us at the time. No, God is detailed and specific; He sees each sparrow that falls and numbers the hairs on our heads. (Matthew 10:29,30) It is not a great leap then to think that He has a specific plan for each of us. For I know that plans I have for you, says the Lord. (Jeremiah 29:11) We might not be the Joyce Meyer of Christian nursing and we may never have a YouTube or blog post that goes viral but regardless of whether we ever achieve our fifteen minutes of fame, faithfulness today prepares us for our purpose tomorrow.

In the past few years pressure from different social justice groups in Canada have effectively begun to silence those who would oppose their agenda. While almost thirty years has passed since

abortion was decriminalized in Canada, during that time Christian nurses have enjoyed protection under the Canadian Nurses Association Code of Ethics¹ that provides for a declaration of conflict with conscience in respect to one's moral beliefs and values. Now with the advent of physician assisted death (or medical assistance in dying) the rights

of hospitals, physicians and nurses are being challenged by those who insist that the right of the individual should trump that of the provider. We think that our freedoms are secure but we are asleep in the light.

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A Personal Invitation to Join Nurses Christian Fellowship Canada

This is your invitation to join our family by becoming an Associate of NCFC. Come walk alongside a growing number of Christian Nurses and Healthcare Workers who are using their talents to help NCFC to build and strengthen the work God is doing in Healthcare across Canada.

As President, I am looking forward to meeting you and welcoming you as an Associate to our Christian Healthcare family.

When you register as an Associate with our National office, you will receive a thank-you 'gift' package and an identification card. You will also be contacted by your Provincial Chair for NCFC.

Please acquaint yourself with the information on the enclosed brochure and feel free to share it with your Christian colleagues.



We also refer you to our website
www.ncfcanada.ca for more information.

Yours in Christ,

Judith Fanaken
President & Board Chair to NCF Canada

Have comments or suggestions for NCFC Pulse?

Drop us a line at ncfcares@gmail.com. We'd love to hear from you!

Small but Mighty: Celebrating the Life and Ministry of Miss Jean Capes

By Haydn Jensen

After over 60 years of tireless dedication to nursing students and professional nurses, Jean Capes finally entered her eternal rest on December 28, 2015 at the age of 88. Although not imposing in stature, Jean Capes had a lasting impact on the lives of many nurses, nursing students, and patients as well as those in the broader Christian community. As a tribute to her inspiration and example to us all, I'd like to

celebrate her life here.



Jean graduated from Victoria Hospital, London School of Nursing, University of Western Ontario. She also studied

at London Bible Institute and Theological Seminary. After working as a nurse, she later became a charge nurse, a nursing teacher and a missionary nursing teacher in South America. Through the ministry of Nurses Christian Fellowship (NCF), Jean hosted weekly NCF meetings in her home for decades. For countless Tuesday evenings, her home was filled with nurses from "new grad" status to retired missionary, all gathering for Bible study, guest speakers, discussion, prayer and encouragement.

You'll probably agree that nurses ought to take their profession seriously. You'll likely also agree that we as Christians ought to take our faith seriously. Jackie Schmidt, a nurse and friend of Jean's, reflects, "Jean's commitment to Jesus and nursing were both paramount in her life. They were inseparable. Anyone who knew Jean knew she was a nurse and a Christian." Jackie goes on to say, "She expected the same

from the students and nurses who were members of Nurses Christian Fellowship. She expected her nurses to be of the highest caliber both in their professional and Christian life."

To get a better idea of Jean as a person, she once told me that she didn't like broccoli, and yet she ate it almost every day, simply because 'it's so good for you'. That picture in many ways sums up how Jean put a higher value on choosing to do the right thing regardless of sentiment or personal preference. When she was a charge nurse or teaching nursing students, it would



be fair to say that Jean knew how to command respect not only for herself but also for the exacting standards of nursing. Jean's niece, Darlene Riddoch shares on www.yourlifemoments.ca, "Aunt Jean was a certainly a force to be reckoned with all

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David & Esther

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Like Queen Esther Canadian Christian nurses have been called for such a time as this. If we don't find our voice and the courage to speak out we should not find ourselves surprised when our freedoms are removed. And if we choose silence we should not think we will escape but God will call forth someone else. I for one do not want to watch silent and paralyzed while someone else speaks and receives my crown. We might feel that we are little and of no account, helpless against the seeming might of this cultural Baal but like the little shepherd boy David, who stood where the armies of Israel feared to go, God is looking for the man or woman who is not afraid to count the cost. As Kari Jobe so beautifully sings, "If I could see forever, in just one moment I would say, these todays are worth tomorrow, when I will see You face to face".²

Now is the time for Christian nurses to ask: What do we believe? What will we choose? Will we stand up and be heard or will our silence speak for us?

First they came for the unborn and dying, and we did not speak out –

Because it was not our bodies or our babies.

Then they came for the hospitals and hospices, and we did not speak out –

Because they were not our institutions.

Then they came for the physicians, and we did not speak out –

Because we were not physicians.

Then they came for the nurses –

And there was no one left to speak for us.³

¹Canadian Nurses Association. *Code of ethics for Registered Nurses*. 2008. Ottawa: Author. Web. 10 Apr. 2016

²Jobe, Kari. "My Everything." Online video clip. *YouTube*. YouTube, 8 Nov. 2011. Web. 10 Apr. 2016

³Desjardins, Julie A. Adapted from Niemoller, Martin. "First they came for the Socialists..." *United States Holocaust Memorial Museum*. Washington: United States Holocaust Memorial Museum. 29 Jan. 2016. Web. 02 May 2016

**Small But Mighty:
Celebrating the Life and
Ministry of Miss Jean Capes**

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her life. We knew that as a teacher she was tough on all of her nursing students, but she also brought out the very best possible in those students." While some nurses under her supervision admit to having been terrified of Miss Capes because of her high expectations, they also recognize her compassion and fairness as she encouraged young nursing professionals. It has been suggested that Jean never met a nursing student she didn't love. This rare blend of firmness and compassion in Jean as a nursing mentor made her not only a memorable teacher, but also an effective one. Many are the tributes from nurses who say they are better nurses today because of Miss Capes.

People naturally want to slow down and rest when our health fades. Not Jean. She continued to plan ministry meetings and events for Christian nurses until very recently, even though her health was clearly deteriorating. I have been to meetings at her house where she rested in bed all day just so she would have enough strength to chair the meeting that evening. Cancelling a meeting was not much of an option in Jean's mind. This is truly an example of her unswerving dedication to the work of the kingdom, at personal cost.

Although Jean never married or had children, she did often talk about her children and grandchildren. She was talking about those she led to faith in Christ and their children; God used her persistence, sincerity and intelligence to call many to follow Him. Ever the mission-minded person, Jean cared enough about a person to ask about and challenge them on their spiritual commitments. She also supported many in local and foreign missions work and mentored many

Refired not Retired!

by Marilyn Daniels MTS

Nurses are care givers; we fix things. Often this requires us to take charge. However, in retirement we become very conscious of the fact that we have needs and someone else may be in charge. That might feel threatening until we remind ourselves that God has equipped us to serve Him, even now. We are surrounded by opportunity! Since I retired, it has been thrilling for me to share with others, to teach, to write, to mentor and to nurture others in the love of Christ. In my spirit I am re-fired, not retired!

We may be limited by the inevitable changes that come with the passing of years, but those very years of caring for others are what give us skills that continue to sweeten our relationships and bring glory to the name of Christ. The knowledge God entrusted us with,

the gift of compassion, our education and experience never change; these may yet enrich someone else's journey!

For me retirement is a time of celebration. Life is so full of rich memories. Pain and suffering are the hallmarks of life, but we are empowered by His Spirit to do exploits in spite of that, even in old age!

What is it that motivates you to get up in the morning? What fuels your passion? Anticipation, like hope, brings a sense of meaning and purpose to each of our lives. When I was working I would waken each morning with a spirit of excitement for the day ahead! I felt needed. Now that I am retired, who needs me? Let me share a discovery I have made. God needs me!

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nursing and non-nursing missionaries with impressive devotion.

And yet, for all her serious and disciplined devotion to Christian and nursing work, she still had room in her heart for two other things: her cat and baseball. Chuay, or her previous cat, Caleb were loving and sometimes mischievous companions for Jean as she did paperwork at home, often using an old steel hospital rolling bed tray as a place for books and letters. As for baseball, the Detroit Tigers was her team. She enjoyed much playful banter with Jays fans and others she encountered.

Jean's was a life well-lived. What's more, she also helped others to live well, in body and in spirit. Goodbye, sister. May you enjoy your well-deserved rest.



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Life Unexpected: Gaining Strength in Brokenness (Part 2)

As told by Jessica Gies to Julie A Desjardins

In 2012, three years after she had stopped working, Jessica received her surgery date. On December 17th at the age of 36, Jessica had a left anterior temporal lobectomy. This involved removing 4cm of her left hippocampus and a small part of the neural cortex around the hippocampus. Her surgery was performed by top neurosurgeon Dr. Valiante who Jessica describes as being very active in the epilepsy community and an advocate for those who suffer from the disorder. Her surgery was on a Friday and she was discharged on the Monday. Not only that but even though Jessica had 40 staples in head, she did not have to have her hair shaved (who says God isn't in the details?). The surgery was a huge success. Although Jessica still has to take medication, the medications are now able to work and she is seizure free.

Almost one year later, at the end of September 2013, Jessica was back in the hospital but this time she stepped onto the floor not as a patient but as a nurse. Having been advised that she could not work night shifts any longer Jessica now works a rotation of day and evening shifts on a cardiology unit and is very happy there. She feels blessed that Jesus opened up this position for her, thus allowing her to continue serving Him where she feels He called her many years ago!!

Very shortly after her surgery, Jessica heard a song released by Hillsong called "Revealing Jesus". Sung by Darlene Zschech who herself has battled cancer, the lyrics state "God is fighting for us, we will not be shaken, we will not be moved". Oftentimes life is understood in reverse.

In retrospect Jessica can see the ways in which God helped her through those years, helped her back to faith in Him and the calling to daily live out that faith. The wonderful treatment she experienced as a patient strongly reminded her of who she wanted to be as a nurse and strengthened her desire to be more loving, gracious and kind with her own patients. Jessica says that while some patients are still challenging, she now asks for God's guidance and remembers that He is the ultimate caregiver and that we are His hands. God is asking her to focus on Him again, to learn through Him and to be an

example at work, not just for her patients but with her colleagues. Jessica's own health and surgery has been an open door for some very interesting conversations with colleagues where she has been able to share her faith. Even though not every opportunity has turned out the way she would hope (a conversation she had with an atheist comes to mind), Jessica knows that it is God who is at work and she can leave the outcome to Him. Epilepsy and the connections she made while going through this valley have opened doors for Jessica to share her faith and hope with others who are experiencing similar diagnoses. She is praying for God to lead and guide her in how and where she shares. In the meantime, Jessica is continuing to learn how to trust in the Lord with all her heart, lean not on her own understanding but in all her ways acknowledge Him, and He will make her paths straight. (Proverbs 3:6)

Refired Not Retired

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For as long as He gives me breath I must serve Him, whether 'hands on' with a client, or on my knees in intercession.

"Since my youth, God, You have taught me, and to this day I declare Your marvelous deeds. Even when I am old and gray, do not forsake me, my God, till I declare Your power to the next generation, Your mighty acts to all who are to come." Psalm 71:17,18

Marilyn began her nursing career as a surgical nurse at Wellesley hospital; afterward she worked for VON and later as a chaplain at LB Pearson International Airport before heading overseas where she assumed a variety of roles



as a missionary nurse, educator and counsellor in rural Guyana, Zambia and Kenya. Marilyn was also the Coordinator of Medical Missions with MATE/FCC. Although she is

formally retired from nursing, Marilyn knows that a servant of God is always working to build the kingdom!

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