

The Saskatchewan Link



Sask Nurses Christian Fellowship Newsletter Issue 1 Spring 2010

Welcome to this - our first Sask NCF newsletter. Saskatchewan Nurses Christian Fellowship is part of a National and International movement. It is an organization of nurses caring for nurses and our desire is to apply Christian faith, values and principles in our personal lives and to the nursing profession.

NCF is open to nurses of all training levels and from students to retirees.

There are NCF chapters in Yorkton, Estevan and Regina and we would like to see that expand to include other Saskatchewan communities. We are looking for nurses who would like to be on contact list and also those who would be willing to lead a NCF chapter in their city.

Presently the Regina NCF holds monthly prayer meetings, organizes a Spring Event and a Fall Retreat. Some goals we have is to host more professional breakfasts, seminars and work shops, social events and send out a semiannual newsletter.

THE LAW OF LIFE

Whatever you give away today,
Or think or say or do;
Will multiply about ten fold,
And then return to you.
It may not come immediately,
Nor from the obvious source;
But the law applies unflinching,
Through some invisible force.
Whatever you feel about another,
Be it love or hate or passion;
Will surely bounce back to you,
In some clear or secret fashion.
If you speak about some person,
A word of praise or two;
Soon tens of other people,
Will speak kind words of you.

Our thoughts are broadcasts of the soul,
Not secrets of the brain;
Kind ones bring us happiness,
Petty ones, untold pain.
Giving works as surely as,
Reflections in a mirror;
If hate you send, hate you'll get back,
But loving brings love nearer.
Remember, as you start this day,
And duty, crowds your mind;
That kindness comes so quickly back,
To those who first are kind.
Let that thought and this one,
Direct you through each day;
The only things we ever keep,
Are the things we give away.
-- Author Unknown.

Marcey Norman, Regina, Sask.

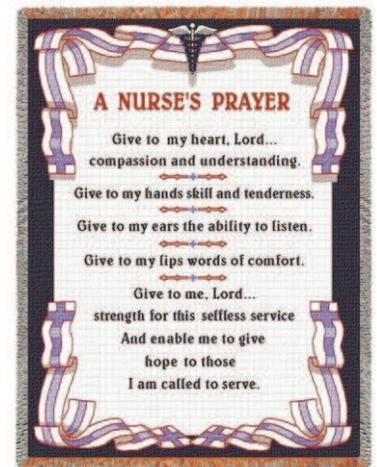


I was recently blessed with the opportunity to nurse alongside the many staff at the Faith Alive Foundation in Jos, Nigeria. I spent three months learning and working with some of the most passionate people that I have ever met. Not only are they passionate about providing the best care they can for their patients; they are passionate about God.

I was instantly embraced by the Faith Alive Family. This is how I learnt my greatest lessons. It wasn't through working in different conditions than I'm used to, it wasn't figuring out how to use different equipment or improvising, and it wasn't through any of the nursing care that I did. It was through the people that I met, through their stories and their lives. It was incredible to be amongst people that were not only performing a task, but they were doing it for a greater purpose. They showed love to people in ways that I imagine Jesus would have if he was still alive today. Through Faith Alive I saw the power of a vision in action. Faith Alive was

started by Dr. Chris when he saw a need in his community. What started in an apartment providing HIV counseling and testing has expanded into something much more. It now epitomizes the best example of primary health care I have ever seen or heard of. Faith Alive now includes a school, home based care, a nutrition centre, a support group, a skills acquisition centre, the clinic and many other things. It encouraged me that with a lot of prayer, persistence and sacrifice big things are possible.

In many ways my time spent in Nigeria has shattered the way that I view the world. I have been overseas a couple of other times but it has never effected me in this way. I find it difficult to turn on the TV or go online without thinking about my friends in Nigeria. Simple things like ironing which I used to hate, I now take joy in because I have the luxury of being able to do it whenever I want and not waiting for power. By spending time outside of my comfort zone God taught me many lessons. He showed me what it was like to love without conditions, to have faith even when things seem impossible and the power of prayer. For more information on Faith Alive or how to get involved check out: www.faithalivenigeria.org or www.travelpod.com/members/marceynorman. Also feel free to email me @ marceynorman@yahoo.com



FSIL School of Nursing in Haiti is led by an incredible nurse, Hilda Alcindor. When the earthquake hit she was seated at a desk teaching, and the rumbles came and shaking began. She tried to stand but could not except by grabbing onto the blackboard railing. The students were thrown across the room, desks were moving, but they were able to get all of the students out into the open space.

Hilda Alcindor is a native of Haiti who left her homeland for the US where she lived for three decades. Taking the job of dean in 2004 she left the comfort of the US to live in a house with no running water or electricity, in a rural area with a growing food shortage.



Alcindor started from scratch, giving each student a toothbrush, a washcloth and deodorant so they could learn first about taking care of their own hygiene.

The education is designed to parallel a U.S. education, and the first class -- about 13 students -- graduated 2008 with their Baccalaureate RN degrees. The school's mission is faith-based, operating under the Episcopal University of Haiti. The Presbyterian Medical Benevolence Foundation was a major force in its creation. Funding for the six classrooms and dormitory came from a USAID grant, but the government agency does not fund programming, staff or equipment.

Tall and imposing herself, Alcindor commands attention as she describes her school's mission "to fulfill the dream" of producing dedicated, well trained nurses to

help their homeland. This is a mission that came to her at just the right time, she said, when at middle age she was asking God what she should do with her life. Shortly after this she was recruited for the dean's job. Now, she travels back to the U.S. several times a year to help raise funds for the Haiti Nursing Foundation.

<http://www.haitinursing.org/>

Our Sask NCF Committee wanted to show Hilda our love and support by sending her a donation.

One evening while administering medication to an elderly lady the following exchange took place:

"Hi, I have your medication for you."

"Oh, okay."

"I'm gonna give you some pepcid for your stomach, but I'm putting it in your IV."

(patient looked a bit perplexed)

"Ok.Uhmm. I have a question."

"Oh, what's your question."

"Well, I hope you don't mind me asking, but, I was just wondering ... why Pepsi and not Coke?"



I would have been here sooner if I hadn't had such a wonderful caring nurse looking after me!

A Word from Estevan Nurses:

Our group of nurses attended NCF retreats at Dallas Valley Ranch Camp in 2008 and 2009. The impact of this caused us to start a nurse's 'Bible study'. We have done studies from Stonecroft Ministries on Colossians; Know the Truth from Romans; and now Philippians. We are growing in numbers from 9 to 12 to 15. As well

as growing in our Christian life, becoming more open about discussing and sharing our faith with each other; this is making a difference in our witness at the workplace and in our everyday lives. We are blessed to have NCF retreats in our area. Keep up the great work NCF.

And a note from one nurse: The year I went to the retreat, it was so powerful to write a sin that I needed to give up and put it on a sticky note. Then we placed the sticky note on the cross and gave it over to God. This was extremely meaningful and powerful for me. Thanks a lot. CF

Links:

www.ncfcanada.ca - NCF Canada's official website

www.facebook.com - Sask Nurses Christian Fellowship

www.ncf-jcn.org - website for NCF USA and Journal of Christian Nursing

www.facebook.com - National Nurses Christian Fellowship of Canada

www.ncfi.org - website of NCF International

<http://www.capnm.ca/index.htm> - Canadian Association for Parish Nursing Ministry

Two representatives from Sask will attend the National AGM in Ottawa in June 2010.

Sask NCF will be hosting the 5th Annual Nurse's Retreat at Dallas Valley on Oct 15-17, 2010 . Further details later.

This first newsletter for Sask NCF is to connect us and to encourage one another. We would like to have contributions from Sask nurses. Send us suggestions or articles for this newsletter.

If you are willing to receive this newsletter by email, please send email indicating this to

regina_ncf@yahoo.ca

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