



## ATLANTIC NCF NEWSLETTER

29 Bedell Ave

Saint John, NB, E2K 2C1

June 2020

Dear Friends

Greetings in the name of our Lord and Saviour, Jesus Christ. Summer is a wonderful time of year – when we often take time for rest and relaxation and visiting friends and family. However, this year is a little different due to the corona virus. Still, I trust you will find renewal of body and spirit this summer and that you will have time to enjoy God’s wonderful creation, in all its beauty. Many of us like to read, and find summer a good time to catch up on some reading. Recently, I read a book that challenged me to think about “who I am”. In the next two pages you will find my response to that question. It is a valuable exercise for each of us. I would encourage each of you to take some time to think about who you are – keep thinking of all the aspects of your life and what is important to you. Think of the important things that you have seen, heard and felt. They help to influence who you are. May God lead your thinking as you ponder the question of who you really are. It could be the most important question you will ever answer.

Betty Hitchcock

I am the Lord’s! O joy beyond expression,  
O sweet response to voice of love Divine;  
Faith’s joyous “Yes” to the assuring whisper,  
Fear not! I have redeemed thee; thou art mine.”

## WHO AM I?

**I am –**

**-a nurse, educator, administrator**

**-a daughter, wife, mother, grandmother, great grandmother**

**-a friend, mentor, volunteer, neighbor**

**-a supporter, helper, visitor**

**-a student, learner, teacher**

**-a patient, survivor**

**-a knitter, sewer, crafter, skier, swimmer, rider, traveler**

**Best of all, I am a child of God – formed by the Creator of all, redeemed by God's own Son, inhabited, comforted and directed by the Spirit.**

**My life has been full**

**I have seen -the sunrise and sunset,**

**-the mist on the ocean,**

**-the rushing river waters,**

**-the most beautiful of waterfalls,**

**-the mighty power of the seas,**

**-the vibrant colors of a fresh rainbow,**

**-the beauty of the tiniest of flowers,**

**-the mighty trees of the forest,**

**-the highest of mountain peaks,**

**-the most special of valleys,**

**-the twinkling starry host in the night sky,**

**-the love in the eyes of the one I love.**

**I have heard-**

**-the song of tiny birds,**

**-the roar of the ocean waves,**

**-the cry of a newborn baby,**

**-the crackling of a campfire,**

**-the music of a symphony,**

**-the joyous voices of children at play,**

**-the comfort and support of friends in times of need,**

**-the love in the voice of the one I love**

**I have felt-**

- the petals of a rose,**
- the soft skin of a newborn,**
- the wind on my face and blowing in my hair,**
- the warm rays of the summer sun,**
- gently falling rain on a hot summer day,a**
- the softly falling snow on a mid winter day,**
- the touch of those who care,**
- the warm embrace of the one I love.**

**Yes, I have felt hurt, pain, disappointment, betrayal, rejection, grief and loneliness, but stronger and deeper have been feelings of caring, sensitivity, comfort, joy and love. And underneath all is the deep peace that stills my soul in every situation.**

**I have had the support and love of wonderful friends, family and especially my husband, [my soul mate, my partner in everything]. Any beyond all earthly relationships, I have known the love and care of my God. I have felt the comfort of His strong but gently arms holding me and giving me strength in my darkest hours. I have heard the caring and joy in His voice as He welcomed me into His presence daily and gave me forgiveness, encouragement and direction. I have known the comfort of His love surrounding me and the promise that I will never be alone. Indeed, I am most blessed; I am a child of the living God – the great I AM. Together, we are.**

**Betty Hitchcock**

**The following was submitted by one of our nurses -**

**Build a little fence of trust around today  
Fill the space with loving deeds And therein stay.  
Look not through the sheltering bars upon tomorrow  
God will help thee bear what comes, of joy or sorrow.**

## **Study: Fruit of the Spirit Galatians 5:22-23**

**But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance, against such there is no law.**

**Look first at what these qualities are – “fruit of the Spirit” – not of us, but of the Spirit. We cannot produce these fruit by ourselves – only through the Spirit. What does that mean? How does the Spirit produce fruit in us? Are we allowing that to happen?**

**Look at each of these fruits. What do they mean? Ask the Spirit to show you.**

**``recognize that love? How do we show that love to others? What does it mean in our work situations? What does it mean in our relationships?**

**What is the joy of the Spirit? How is it different from happiness we might experience in our human lives? How does it show itself in our lives? Can we have this joy in the midst of difficulties? Why?**

**What is real Peace? How might we tell that someone has the Peace of the Spirit? What difference does it make in our lives? Do we have it in difficult times?**

**What is longsuffering? When do we need this? How is it shown? What is the result?**

**What is gentleness? How is it manifested? Can others see it in us? How do we show this in our ministrations to others?**

**What is goodness? Can we recognize it in other Christians? Can others recognize it in us? How?**

**What is faith? How do we increase our faith? What difference does it make in our daily lives?**

**What is meekness? How does it show in us? Does it make a difference?**

**What is temperance? Does it apply to all areas of our lives? How does it show?**

**What can we do to allow the Spirit to develop these qualities in us?**

**PEACE**

“Thou wilt keep him in perfect peace, whose mind is stayed on thee.” Isaiah 26:3

We often sang that hymn in our NCF meetings – it was a favorite – and we often quoted that verse - but what does it really mean?

Do you know the peace of God in your life? The real peace – so deep and so wonderful that it stills the soul as nothing else can. Not a superficial peace – on top of the world’s problems or a peace from the fighting and war in the world – Rather, this is a peace like no other – one that comes from God himself, one that permeates our whole being and allows us to experience the calm of God in the midst of any earthly situation. It is a peace that only He can give and it is available to each of us now – this very day. It does not depend on what is happening in our lives, we can be in the midst of earthly turmoil, there can be problems and difficulties surrounding us, and still we can have God’s peace within. How is that possible? Well, the last half of the verse tells us – “whose mind is stayed on thee”. God’s perfect peace is available only if our mind is stayed on Him. We can only have one thing in our mind at a time – so if our mind is stayed on God, there is no room for negative thoughts, evil thoughts, thoughts that would lead us in the wrong direction or cause us anxiety and fear. We can have that perfect peace that only He can give. So when negative thoughts, anxieties, or fears start to enter our mind, we must immediately turn our attention to Him and he will give us what He has promised – that perfect peace. How wonderful and amazing! It is as simple and as profound as that. We do not have to be burdened with those negative thoughts, God wants us to be joyful at all times, and he has provided the way. All we have to do is turn our thoughts to Him – and he will take care of the rest. We do not need to carry those burdens – He doesn’t want us to labor under them – but to be free to experience all the wonderful things He has for us in this life – so, turn you eyes to Him, turn your mind to Him – “He is” and that is enough for me.

## NCFC

As part of the Atlantic NCFC, “we are also part of the national Nurses Christian Fellowship of Canada.

Please remember to pray for this group as well as for the Atlantic.

### 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)



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