

## a Message from the National Chair

### Cross-Generational and Cross-Cultural Mentorship in Nursing

Although mentorship is not explicitly mentioned in the Bible, it can be seen in discipleship. Jesus is the greatest model mentor throughout the ages. Much can be learned by observing the spiritual relationships Jesus had with His disciples. Even the Old Testament is filled with great mentorship examples; Moses and Joshua, Elijah and Elisha, Mordecai and Esther, Naomi and Ruth, Elizabeth and Mary, the Apostles and many others. Mentorship is still relevant today as the world follows the principle of 'each one teach one'. NCF Canada is a place where one can find a spiritual mentor. Small group ministries can help facilitate mentoring students and staff nurses in their career goals, objectives and everyday challenges.

Here are a few thoughts I would like to share with you as you reflect on mentorship:

#### Deuteronomy 11:19

- I believe that effective mentorship truly begins at home and is then discovered in outer environments. Our parents, siblings and extended family are our first mentors. We learn countless things from them as we live with them, observe them and imitate their behaviour, thought processes and activities. Ultimately much of our developed behaviour, habits, faith, etc. are a result of familial influence.

#### Colossians 3:16

- Mentorship is rooted in action and interaction; in seeing, doing, talking, praying, learning, etc. Effective mentorship is only achieved when the mentor and mentee spend time together. With the help of technology today, effective mentorship can be possible even when distance is a factor.
- Mentorship is a discipline where there are rules and accountability between two people. The relationship is that of a teacher/leader and a student/follower. A mentor can have a single mentee or a group of mentees. Students and other young people often seek out mentors to help for various reasons. Just as Proverbs 27:7 says, "iron sharpens iron, so one person sharpens another" we should be "imitators of Christ" (Ephesians

5:1) and follow His example.

- What's in it for the mentors? 1 Peter 5:1-5 gives us an overview of what a mentor should be and God's reward to such individuals. Colossians 3:23-24 also provides some insight.
- Mentorship helps to develop leadership characteristics (e.g. Moses and Joshua).

As you continue reading this publication, reflect on what it means to be a mentor and be mentored.

Yours in His Service,

Judith Fanaken

NCF Canada  
National Chair



## Six Qualities of the "Positively-Oriented" Nurse

by Jan Lockett

I recently came across an article from *The Canadian Nurse* that strongly impressed me 25 years ago. The author, Phyllis Mabbett, identified six qualities that the "positively-oriented" nurse possessed in contrast to the "burned-out" nurse. They were: *Competence, Caring, Choice, Purpose, Perspective* and *Presence*. I

was struck then, and again now, by the thought that perhaps these same qualities are necessary for each one of us to prevent spiritual burnout and to maintain healthy spirituality.

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**Have comments or suggestions after reading NCF Pulse?**

Drop us a line at: [www.ncfcanada.ca](http://www.ncfcanada.ca). We'd love to hear from you!

## Pray with Scripture

"Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.'"

*John 14:6 (NIV)*

"I've told you these things for a purpose: that my joy might be your joy, and your joy wholly mature. This is my command: Love one another the way I loved you. This is the very best way to love. Put your life on the line for your friends. You are my friends when you do the things I command you. I'm no longer calling you servants because servants don't understand what their master is thinking and planning. No, I've named you friends because I've let you in on everything I've heard from the Father. You didn't choose me, remember; I chose you, and put you in the world to bear fruit, fruit that won't spoil. As fruit bearers, whatever you ask the Father in relation to me, he gives you."

*John 15:12-16 (The Message)*

"I will sing to the Lord a new song!

For He has done great things, His right hand and his holy arm have gotten him victory!

He has made known His salvation.

All the ends of the earth have seen the salvation of our God."

*Psalms 98:1-3 (NIV)*

## The Homilist's Fiat



A homilist mentioned that this present era is the best to be living as a Christian, despite the turmoil and moral, spiritual and physical destruction of humanity. He notes that this turmoil and destruction cause good things to grow. It fosters the creation of Christian communities like prayer groups, Bible study groups, youth groups, and so on. This is the creation of people who gather together to learn about the Word of God and pray for each other, as well as for the people of the world.

I believe that our Spiritual Sisters Group in St. Albert came about as part of God's

by Maria Ninfa Agdeppa, RN

plan. It is a God-incident, not an accident, that we are readily joined to NCF Canada through Patricia's prayerful attentiveness. We are supported by these 'neat' sisters in NCF Canada, with their unique gifts. Thank you Lord.

I've chosen the following Biblical verses for all of you:

Acts 4:32

Acts 5:38-39

Philippians 1:27-30

Philippians 2:1-4



*Maria is employed in acute Medicine at the Sturgeon Hospital in St. Albert, Alberta. She is a member of the 'Spiritual Sisters'.*

## My Goal for our Small Group of Spiritual Sisters

by Essie Golokuma, RN

I pray for growth in the number of Christian nurses engaged in Bible studies in Alberta. This growth is necessary for strengthening and empowering each other. I pray we have a positive impact on our family members, relatives, friends, neighbours, churches and the world as a whole. This will be seen in how we carry ourselves; how we support others; and, how we deal with the challenges which are bound to come.

The most important thing to me is that we can bring sunshine and happiness into the lives of everyone around us. I

pray that we encourage those we touch with God's message of unbridled love. We need to develop more Christ-like modelling, because then we will have more impact. The world needs love and I believe that we, as role models, can bring that to fruition.



*Essie is employed with the Primary Care Network in Edmonton, Alberta and is also a member of the 'Spiritual Sisters'.*

## Big Small Group Support

by Diane Tyler, RN

It was a childhood dream for many. For some, it was good grades in the sciences or a love for people. Whatever the reasons, they brought us each to a nursing career. Along the way, amongst gurgling hours, demands, high stress, the dissatisfying feeling at the end of some shifts when we felt we had given it our all and failed, we realize the need for support and encouragement from like-minded sojourners.

At a quieter time in my career when I was waiting for surgery, I decided to work on my nursing degree. It was during my second course that I sought out support. Struggling

with course content, I remembered a friend years before saying she attended a NCF support group. I went online and found NCF. The next thing I knew the director was sending me e-mails of encouragement, connecting me with another nurse who had completed the same course and Christian theorists who understood what I was dealing with in my studies.

I was also linked to a small group. My small group meets the third Saturday of every month early in the morning. In that group we are real with one another. We have a devotional over a potluck breakfast and

then spend time praying for each other. Though our nursing experiences are varied and span decades, the link is Christ. We understand each other's stress, the changes in nursing and are compassionate with one another's personal needs. We share current career information, encourage and challenge one another to go forward. It has been such a blessing to be a part of an NCF Canada small group.



*Diane currently works with Alzheimer residents at Bethany Lodge in Markham, Ontario. She is married with two grown daughters. She loves the Lord and is passionate about mentoring.*

### Six Qualities of the Positively-Oriented Nurse

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Looking at the first quality of *Competence*, Paul's admonition to Timothy comes to mind, "Study to show yourself approved to God, a workman that needs not to be ashamed, rightly dividing the Word of truth". 2 Timothy 2:15. There is no doubt in Paul's mind, time spent in the Word is vital to our spiritual vigor and health. Am I memorizing God's Word, meditating on it, relying on it and putting it into practice?

I recently listened to a fascinating sermon by Dr. Peter Eppinga. He spoke about neurotheology: the study of the effect of prayer on the cerebral cortex of our brain. Studies are showing that prayer has definite physiological effects on the brain in reducing stress and negative emotions. Are you and I allowing God's Word to shape us and increase our competence and effectiveness as His Ambassadors?

How about *Caring*? Paul uses the word "nurse" to describe a person embodying

the quality of caring: "but we were gentle among you, even as a nurse cherishes her children". 1 Thessalonians 2:7. Am I concerned about the needs and aspirations of my own family, my church family, and those I work with? Do I seek to nurture the weak members, desiring the best for them?

***"And I will very gladly spend and be spent for you, though the more abundantly I love you, the less I be loved."***

Have you ever been asked if you have a life verse from Scripture, a verse that has spoken to you countless times over the years? I have one from 2 Corinthians 12:15: "And I will very gladly spend and be spent for you, though the more abundantly I love you, the less I be loved." Can you imagine knowing that the more care and love you give another, the more they will push you away? Our Saviour knew this only too well on His way to the Cross.

The Creator was spurned and reviled by His creatures. There have been many occasions in nursing when the person I was caring for rejected or misunderstood my actions and/or motives. Caring doesn't depend on affirmation or approval. It is willing to be rebuffed. It is willing to be totally spent for the other person.

The third quality is *Choice*. The "positively-oriented" nurses did not simply drift into their careers: they made a choice to make nursing their vocation. It is a happy person who recognizes he/she has not chosen God but that He has chosen him/her. We need to examine our lives, consider our priorities and make the decision to choose God's best by faith!

*Purpose* or singleness of heart was another desirable quality. Paul states his purpose in these words: "That I may know Him, and the power of His resurrection, and the fellowship of His sufferings" Philippians 3:10. Are our hearts divided or do they have one purpose: to be conformed to the image of our Lord?

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# Rest In Him

by Sharon Sinclair, LPN

In this modern, fast-paced world we live in, it is easy to get caught up in the everyday stresses of life. As a Christian woman, I am called to be a wife, mother, daughter, sister, friend, nurse and caregiver for many people; and, at the same time, I meet many needs for others that come my way. I have a family to care for; a part-time job as an LPN, looking after patients in an acute care medical unit; and for many years I also cared for my elderly mother

who had Alzheimer's disease, until her passing this year.

Some days I feel overwhelmed with the pressures of life. That's when I grab a mug of coffee and I settle down in my favourite chair and dream about what it would be like to live on a deserted island, even if for just a little while. I am reminded at that time to "...be still and pray to my God."

When Jesus needed guidance, He spent many hours alone talking and praying to His Father. It is important for us as Christians to do the same. We must rest in Him. In my mind that means putting all of our struggles and cares that go along with ministering to others in His hands. That

takes faith, trust and courage. Sometimes it's hard to do, but, nevertheless, necessary. When we rest in God and allow Him to work in our lives, He is able to restore us, meet all of our needs, and the needs of others in our care. He loves us and cares for us. He is a faithful and perfect God.



Sharon works in Acute Medicine at the Sturgeon Hospital, St. Albert, Alberta and is a member of the 'Spiritual Sisters'.

## Six Qualities of the Positively-Oriented Nurse

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My niece shared a request from her three year-old son that speaks to me singleness of heart and purpose. Jackson said, "Mommy, come lie down beside my heart." Jackson wanted his mother, her time, her attention and her presence. Our Lord longs for us to have an undivided heart as well.

What is our *Perspective*? Do we view life from an eternal perspective heeding the warning of 1 Corinthians 3:13? "Every man's work shall be made manifest; for the day shall declare it, because it shall be revealed by fire; and the fire shall try every man's work of what sort it is." What does the allotment of our time and energy reflect about our perspective in general?

Years ago I had the privilege of hearing Major Ian Thomas, founder of the Capernwray Missionary Fellowship of Torchbearers, speak at a conference. Last year I was gifted of one of his books, *The Indwelling Life of Christ*. He writes:

*"So long as Christians are busy doing for God what is best in their own eyes, they will never enter into His rest and the true inheritance that is theirs to enjoy now. They will only be sweating it out, and end up weary, discouraged, depressed. They will likely become deeply cynical.*

*They will finally want to quit, and quit they must. They must quit depending on self-effort, and instead recognize the Truth: "I cannot - God never said I could; but God can, and always said He would!"*

This was Apostle Paul's perspective. It was Ian Thomas' perspective. Is it my perspective? Is it yours?

Finally, *Presence*. The "positively-oriented" nurses were fully present in their daily experience. Paul had this ability, declaring that in Philippians 3:13-14: "Forgetting those things which are behind, and reaching forth unto those things which are before, I press forward toward the mark for the high calling of God in Christ Jesus." In so doing, he found the secret to be content in whatsoever state he was (Philippians 4:11)

Six qualities of the "positively-oriented" nurse: Competence, Caring, Choice, Purpose, Perspective and Presence. Six desirable qualities I believe are requisite for a vibrant Christian life and witness.



Jan lives in Rothesay, New Brunswick where she worships at St. John's (Stone) Church. Her nursing career has included public health nursing, school nurse for missionary children in Japan, instructor

with the nursing faculty at the University of New Brunswick and research/educator with *Care-Ed Learning*. She has been involved with Atlantic NCF since her student days. Jan treasures her 5 nieces and their children and is blessed to have her parents with her.

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