

To Engage, Equip and Empower Nurses in Christ

a Message from the National Chair

Treat yourself!

People have often said to me, "Why don't you treat yourself?". I think it means I need to reward myself or do something that makes me happy. I would love a massage or a mani-pedi at the end of a week. Oh I feel great just thinking about it! I would recommend that to everyone. It helps you physically relax and feel refreshed. Taking time to go for an active workout can also be a way to treat yourself when you are on a tight schedule. At times we can renew our physical bodies but still feel tired and worn out. Romans 12:2 says, "do not be conformed to this world but be transformed by the renewal of your mind...". To be completely renewed, we need to renew our minds, bodies and souls. The soul is where our will and purpose direct our actions, thoughts, and feelings. Battles are waged in our souls when we need to make decisions, however big or small, and we know how that can be. In many cases we think with our hearts (Proverbs 23:7), so it's vital that we are renewed every day in order to think clearly and act wisely.

Besides taking care of our physical bodies through exercise and feel-good therapy, I recommend reading and meditating on the word of God. Hebrews 4:12 says that the word of God is sharper than a double-edged sword. It can help sift our thoughts, feelings and emotions to heal and recuperate us as nurses who care for both our patients and our own families. Unless we ourselves are renewed and

refreshed, we cannot effectively care for others. Reading the word of God energizes us. We can ask for wisdom and knowledge to give us the strength and power to make better choices and wise decisions.

Christianity is a relationship with our creator that needs to be nurtured. God is willing and able to transform us from the inside out. He is able to renew our minds, bodies and souls for good works. Spending time with Him in prayer or retreating with our Father will help us get to know His will for us. As nurses, we are the extension of God's ministry in this hurting world of calamity, pain,

and suffering. Giving our lives to Him every day and taking Him to work with us brings healing, comfort and peace to our patients and also our colleagues.

I encourage you today to find a friend to pray with and support through fellowship.

In His Service,

Judith Fanaken
NCF National Chair



What a Privilege it is to go through Life

by Sharon Tracy

What a privilege it is to go through life, knowing that the Holy Spirit dwells within me and is a constant presence in my life. Having been a nurse for over 40 years has given me a very full and exciting life. Nurses have such awesome opportunities to become involved in people's lives, whether they are patients, their families, or colleagues.

Prayer has always been a big part of my life as I have asked the Lord everyday to "let me be His hand extended". Many times after someone has shared with me about their life, the only response I could think

of was to pray with them. It often brought tears to their eyes. When I prayed with a colleague recently she told me it was the first time anyone had ever prayed with her. I have found the best way to share my faith is to simply share what is happening in my life and acknowledge God's hand in it all.

Since 2010, God has opened the door for my husband and I to lead medical teams to Haiti. Proverbs 3:27 spoke to us loud and clear, "Do not withhold good from those who deserve it, when it is within your power to do so".

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Have comments or suggestions after reading NCF Pulse?

Drop us a line at: www.ncfcanada.ca. We'd love to hear from you!

Grace, Experienced

by Julie Desjardins

*For as high as the heavens are above the earth,
so great is his love for those who fear him;
as far as the east is from the west, so far has he
removed our transgressions from us.*

Psalm 103:11-12

After years spent living to please myself, when I yielded my life to Christ, God set me free from my past. "Therefore there is now no condemnation for those who are in Christ Jesus" (Romans 8:1). Years later however, when I began working as a primary health care nurse, I would see women who were requesting abortions. Each time my own anguish intensified and I became increasingly distraught. You see, I am post-abortive. I thought since God had blessed me with marriage and a son, that meant everything was fine and dealt with. I wasn't trying to sweep it under the carpet, but then again, I had never really faced what I had done. So I tried to. One night, I sat alone on the couch in the dark and let myself think about it; the full reality of what I had chosen. The feelings were so overwhelming that I am at a loss as to how to adequately describe them; it was a dark night of the soul with no relief in the morning. I begged God to set me free, but nothing changed. Then, I was invited to attend a post-abortive healing retreat. I thought this had to be from God. When everything fell into place – time off work, travel costs – I was certain it was God. When the retreat was cancelled I was devastated and extremely upset with Him. He knew my anguish, so why would He do this? I was in pain, disillusioned and I questioned my ability to hear from God. A couple of months later, still feeling abandoned by God on this issue, I was at a Hillsong conference where Joseph Prince was speaking. I went reluctantly because I had decided

I did not like him. Halfway through the message I was ready to fall on the ground and weep. The message was not about sin or abortion, but about grace. That night, I experienced the fullness of God's grace to me. I was so completely overcome by His grace that I literally felt as though I had never even had an abortion; so much so that I truly wondered how I could share this testimony because I felt I had not done it! Yet at the same time, God gently impressed on me that my child in heaven was longing to run to me and tell me how much she loves me; no reproach, no shame, only love and grace. I thank God that His grace is not based on my faithfulness but on the finished work of the cross.

*He touched me, oh He touched me,
And oh the joy that floods my soul!
Something happened and now I know,
He touched me and He made me whole.*

Julie A Desjardins works as a Primary Health Care Nurse in Thompson, Manitoba where she lives with her husband and son. God is revealing more to her about her identity in Christ and what it means when the Bible says, "where the Spirit of the Lord is, there is freedom".



You can follow her blog at:
www.dosedependent.me

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Pray with Scripture

Mercy to the needy is a loan to God,
and God pays back those loans in full.

Proverbs 19:17 (MSG)

Bring all the tithes into the storehouse so there will be enough food in my Temple. If you do," says the Lord of Heaven's Armies, "I will open the windows of heaven for you. I will pour out a blessing so great you won't have enough room to take it in! Try it! Put me to the test!

Malachi 3:10 (NLT)

It is not that we think we are qualified to do anything on our own. Our qualification comes from God. (Sufficiency is of God)

2 Corinthians 3:5 (NLT)

Honor the Lord with your wealth,
with the first fruits of all your crops;
then your barns will be filled to overflowing,
and your vats will brim over with new wine.

Proverbs 3:9-10 (NIV)

What a Privilege it is to go through Life

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After coming home in March 2013, many within our team felt we needed to do more for eyesight problems in Haiti. Now it seems the Lord is leading us to take a team capable of doing cataract surgery. The obstacles have seemed huge but we pray lots and then tackle them one by one. This week we received the support of the Haitian Society of Ophthalmologists and they are asking us to come, work with Haitian physicians and provide teaching. Now there's the massive job of getting all the equipment and supplies. But God has confirmed to us over and over that we are moving in the right direction, so it gives

us the courage to forge ahead. When little miracles happen, I am excited to share them with anyone who will listen. Most times, the listener acknowledges that "Someone" is helping us. It is then so easy to share in more depth that God is real and meets us where we are at in our lives.

Sharon Tracey spent most of her years after graduating in acute care nursing. She now works in a relief position in Long Term Care and lives with her husband on an acreage outside of Regina, Saskatchewan.



That They May Be One

by Arul Anketell

That they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me.

John 17:21

Here is the heart of Jesus' petition in His great High priestly prayer, "that they may be one; that the world may know and believe!"

Jesus prayed for something far above our usual expectations and prayers for unity. He prayed that the love and unity that was shared among the three persons of the Trinity; the Father, the Son and the Holy Spirit, should be in His disciples. What a standard! Yet if Jesus prayed for this, then surely it must be a possibility. And it would be possible only through the indwelling of the blessed Holy Spirit; a habitation of God by the Spirit, in us. Then like how the Father and the Spirit hastened to affirm and anoint Jesus at His Baptism so we will constantly be moving

to each other in love thus joining the Holy Trinity in what C.S. Lewis called, "the dance of the Trinity".

So in 2014, let's pray for many cross birthed communities in healthcare all over this globe. Small communities like that sacred community of people under the foot of the cross. Jesus was forming a new community of the cross as he linked Mary and John as Mother and son. **A sacred community at the cross!** This community of family members are of the same seed; having the same Spirit; called to one inheritance; citizens of one city; loving with one love; similar in speech, hope and preferences. We have our habitation under the cross, our bread is God's word, our breath prayer and our atmosphere, the peace of God. Oh how beautiful is the body of Christ!

Also let's pray that in the health field we will see a repetition of that sacred comradeship of Joseph of Arimathea

Say a Prayer for Yourself...

...using Colossians 1:9-12

I pray that I may be filled with the knowledge of His will in all spiritual wisdom and understanding, so that I may walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God; strengthened with all power, according to His glorious might, the attaining of all steadfastness and patience; joyously giving thanks to the Father, who has qualified us to share in the inheritance of the saints in light.

and Nicodemus who combined with Mary Magdalene and a few others to give Jesus a tender burial even at the risk of their reputation and their lives. **A sacred community at the interment!**

Let's pray that in the health field we will see many sacred communities like those in the upper room who after meeting with the risen Lord are delivered from fear and sent out as witnesses of the resurrection and a sacrament of the incarnation (John 20:19-23). **A sacred community after the resurrection.**

Finally, let's we pray that in 2014 there will be many sacred covenants and holy camaraderie among Christian healthcare workers like the covenant that Jonathan made with David in Jonathan's wood. This was when David was sorely distressed

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The Road Ahead

by Fronica Yiu

This fall, Nurses Christian Fellowship of Canada (NCFC) celebrates its one-year anniversary as an approved Canadian charity. Last fall was an exciting time as we reflected on our history and thanked God for 70 years of ministry. NCF was birthed in 1942 under the umbrella of Inter-Varsity Christian Fellowship (IVCF). Through the hard work and dedication of nurses across Canada over the years, a solid foundation was laid for independence in 2010 and shaped the face of the ministry today.

God has and will continue to pour out astonishing blessings on His people as we seek to find Him. It is He who prepares us so that we are ready and able to stand firm whatever the circumstances. Whatever the call or need, He is able to provide. His mercies and provision never run dry. As the psalmist said,

*He throws caution to the winds,
giving to the needy in reckless abandon.
His right-living, right-giving ways
never run out, never wear out.*

This most generous God who gives seed to the farmer whose crops becomes bread for us is more than extravagant. He gives us more than we need so we can give to others from the abundance of His supply. We become mature, robust in God, wealthy in every way, so that we can be generous in every way, giving great praise to God (2 Corinthians 9:10-11).

This past year has been a blessing to me, experiencing new changes and shared leadership with our volunteers. I have witnessed first-hand how the committed work and dedication from regional chairs and liaisons have helped shape NCFC in its infancy. It is not easy to be a volunteer. Many of us work full-time and yet we believe it is important to keep serving the Lord this way; to more clearly see how He is working among nurses in Canada and partner with Him joyfully. We need the Lord and, more importantly, His love to do the work. Apart from Him, we can do nothing.

Although financially we are not yet able to support an executive director, our

foundation is built on the strength of our nurses who feel called to glorify God in this ministry. We are grateful to God for our NCFC volunteers who contribute unceasingly with prayer, precious time, monthly pledges or one-time gifts. Our volunteers have been and continue to be vital to this ministry. *You* are vital to this ministry. Our vision cannot be accomplished without you. You have witnessed and shared the Good News at job fairs, met regularly in different corners of Canada, mentored and encouraged one another to good works in Christ. We are privileged to have your commitment and support.

In the days ahead, we pray NCFC will continue to grow. Like an infant learning to roll over, crawl and then walk; we too will continue to mature, as individuals and an organization, if we remember to seek first the Kingdom of God and His righteousness. Thank you for your dedication. We cannot do it without you. So please, join hands with us and make this the best year ever for the Nurses Christian Fellowship of Canada.

Fronica Yiu is the Treasurer and Secretary of NCFC. She works full-time at York Region Public Health in Ontario and has served in NCF (under IVCF) since 1997. She belongs to The People's Church Toronto.

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That They May Be One

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and discouraged, hunted and hated by Saul (1 Samuel 23:14-18).

"Do not fear, you will be King and I will be next to you". And we older ones will say to the younger ones, "You are to be the future leader or leaders, and I, we, will be next to you"! **A sacred community in the midst of pain, perplexity and persecution.**

Then the health fields will know and believe that Jesus Christ is Lord and Saviour, and Lord of healthcare, healing and wholeness.



Dr. Arul Anketell was our special guest speaker for the 2013 Healthcare Prayer Summit in Canada. He represents Healthcare

Christian Fellowship South East Asia. Dr. Arul is a passionate follower of Christ and teaches widely on Christ-centered healthcare and prayer for the health fields. He lives in Sri Lanka.

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