

# Faith Community Nursing Interest Group newsletter)))

Winter 2022

Issue 4

## Highlights

### President's Message

**Canadian Nurses  
Association  
Memorial Book: Mary  
Teresa Lynch**

**Introduction to our  
New Communication  
ENO and Her  
Updates**

**Political and Policy  
Action and Region 11  
updates**

**Reflection FCNIG  
AGM**

**Mary, Did you ever  
know? : A Reflection**

**Resources &  
Inspirations**

## President's Message

Season's greetings to you. We had a successful annual general meeting (AGM) on November 5, 2022. Dr. Immanuel Joseph was the Keynote speaker. Dr. Immanuel Joseph is a six time author, three-time TEDx speaker, former cancer scientist, life coach, teacher and compassion activist. During the AGM, he facilitated an interactive and engaging session on compassion fatigue and empathy. He taught compassion skills and helped attendees find their inner peace through his coaching. Learn more about Dr. Immanuel's work on compassion at <https://www.compassionleaders.com/>

I attended the Faith Community Nurses International (FCNI) Research BOD meetings. FCNI is an all-nurse specialty nursing organization for faith community nursing that is based in the United States of America. FCNI is interested in partnering with us. We plan to discuss the current standards of spiritual nursing care and best practice guidelines for spiritual care. FCNI has created a practice tool-kit for faith community nurses (FCNs) on topics such as advanced care planning and end-of-life, falls' prevention, aging and elder care, mental and behavior health resources. For more information about FCNI, please visit their website: <https://www.fcniinternational.org/>

I attended the RNAO Interest Group and Assembly of Leaders meetings in November 18 and 19th consecutively. Dr. Doris Grinspun, RNAO Chief Executive Officer, discussed the importance of creating a working group to address racism in the healthcare system towards people of color. I accepted her invitation to join this working group.

FCNIG is looking for capable individuals to fill up the following executive positions (President-Elect, Communications ENO, Student Liaison, Politics and Political Action). If you are interested in an executive position with FCNIG, please connect with me (divine\_love25@hotmail.com) or our Communications ENO Gloria Wiebe (gloriawiebe@sympatico.ca).

The proposed goals for 2023 are to advance our Interest Group (IG) profile through Social Media platforms, develop best practice guidelines for spiritual care and increase our revenue and membership numbers. To aid in the recruitment of members, we continue to make it free for students to join FCNIG.

I appreciate all you do as faith community nurses, and I am proud to be part of FCNIG! Have a MERRY CHRISTMAS and joyous holiday. I pray that you have a prosperous new year!

Respectfully submitted on December 16, 2022

Ola Babalola, Nurse Practitioner- Primary Health Care, MN, BScN, Critical Care Nursing

## Canadian Nurses Association Memorial Book:

### Mary Teresa Lynch



FCNIG is delighted to announce the achievements and tributes of our Parish Nurse, Mary Teresa Lynch, has posted in the Canadian Nurses' Association Memorial Book. A letter was written from the CNA President, Sylvain Brousseau, to inform the success of our nomination to include Mary Lynch in the CNA Memorial Book.

Each page of the memorial book describes the contributions of one of Canada's most honoured nurses who, in service to their fellow Canadians, elevated the nursing profession and health care. Mary will be honored through CNA's website and various social media channels.



*May this small tribute to Mary help to bring her the honor as a Registered Nurse*

## **Introduction Our New Communication ENO:**

### **Michelle Solomon**



Michelle Solomon is a Registered Nurse in Ontario, Canada. She has practiced mental health nursing for 12 years in acute care and community settings, worked as a course instructor in nursing, and as a researcher in mental health nursing. She has provided leadership in peer support, working with volunteers and community agencies to promote recovery in individuals affected by mental illness. Michelle received her BScN and MScN from Western University and is currently a PhD candidate at Western. Her research interests include spirituality and religion in youth living with mood disorders and psycho-social-spiritual factors affecting youth mental health.

## **Updates from Communication ENO:**

### **Michelle Solomon**

We're planning to start an Instagram and Twitter account. I reached out to Anakul [athakur@rnao.ca](mailto:athakur@rnao.ca) to help with this. He spoke about social media tips at the Interest Group Chairs meeting on Nov 18th. Maria and I will be connecting in January to work on the plan for social media.

Michelle

## **Updates from Political and Policy Action ENO**

### **Dot Klein**

RNAO Policy and Political Action Network continues to advocate for more responsive government action to address the needs of the homeless, those with mental health issues, those with addictions and those living in Long Term Care, Retirement homes and other congregate living situations. RNAO home office wants nurses to know what these issues involve and how they impact on the health of the individuals, on the health of the families and on the health of the community where they live. All levels of government are involved and the leaders of Federal, Provincial and Municipal governments need to be aware of the determinants of health and the actions recommended by the RNAO. Every RNAO member must take every

opportunity (big or small) to advocate for the vulnerable members of their community and focus on the impact unmet needs have on the health of individuals, families and communities. This advocacy can be on a 1-1 basis, writing to the editor of local newspapers, on social media or participating in Town Hall meetings or group rallies. I personally joined the rally to support the education workers in Sudbury. The rally was held to pressure the provincial government to withdraw the "notwithstanding clause", return to the bargaining table and to give the education workers a fair wage. This dispute was having a serious impact on the health, security and safety of the education workers, the children in the public school system, their families and all the communities in Ontario. I held up health care signs to make it known that this is not just an education issue but a health care issue. Two to three thousand people joined in this rally in Sudbury as well as 2 of our local MPPs and all the media. It was exciting to see the community coming together in solidarity. What happens in education and what happens in health care affects all of us. Nurses must join community groups that advocate for the needs of marginalized populations in their communities and support the need for equal public services for all. Nurses must also be part of the solutions and take every opportunity to lead with compassion and conviction that "we must do the right thing for the right reason". Every person and every living being needs to be respected and valued.

As an RNAO FCNIG member involved with 5 different faith communities, I am involved in the support for the COVID vaccine and boosters, the flu shot and the wearing of facial masks when in areas where people will be in close proximity (stores, malls, and gatherings). I assist the members in their understanding of the health care protocols issued by public health and by their faith community leaders. I have just completed the Virtual facilitator's training for offering the Chronic Conditions Self-Management Program in NE Ontario. This is a project funded by the Ministry of Health through the regional hospital in NE Ontario for rural and northern participants. This will increase the accessibility for those persons (and their families) who want and need information and support to self-manage their chronic conditions. This is a wholistic and well researched approach to self-manage and supported internationally. I had been involved with this as it was conducted in "in-person" venues. COVID has forced us to explore virtual methods for knowledge and skill practice transfer. This is giving us the opportunity to extend this into the "hard to reach" areas (rural and northern settlements). Faith community nurses are always looking for ways (action plans) to "bring the Word to the people" and to "Serve".

FCNIG invites its membership to consider a term (2 years) as the FCNIG PPAN ENO. My term was completed in September 2022. I am willing to mentor a member to this position. It is an exciting position with many learning opportunities to explore political action within a network. You will learn how nurses influence the adoption of wholistic health care within communities and at the political levels. RNAO home office is supportive and patient with our learning curves. They know that this was not part of our formal nursing education but that this is very important to our nursing profession as we move forward.

## **Region 11 Representative Report**

### **Dot Klein**

Many of our faith communities in region 11 have moved back into in person services and programs. But most have also kept some of the virtual programs/services. COVID numbers in NE Ontario have continued in the "red" and "yellow" zones for the past 2.5 years. Masks are recommended by public health when attending gatherings indoors. The uptake of the COVID vaccine and boosters as well as the flu vaccine has been good in Region 11. My role has been to support the uptake of these preventative measures proposed by public health and offer information to individuals and groups that want an opportunity to ask questions. I spoke to a Northern Rural Women's Institute on October 16. It was held in a very rural community building down a long gravel road. Several women in their 80's walked a few miles to come. Everyone was wearing winter coats, hats and mitts although it was only mid October. It was a wonderful meeting - full of lively chatter and laughter. The topic was advocacy for better and inclusive health care for all. A report has been sent to the MOH of the Public Health Sudbury and District as well as the provincial MPPs in Sudbury and in Nickel Belt Ridings

## **Reflection on the 21<sup>st</sup> Annual General Meeting**

### **Gloria Wiebe**

FCNIG held its 21<sup>st</sup> Virtual Annual General Meeting on November 5, 2022. Following a successful business meeting we heard two informative and inspirational presentations.

Elsie Millerd and Jeanne Lambert are members of the Research Team of the Canadian Association for Parish Nursing Ministry (CAPNM). They reported on their significant research project, *What Are the Characteristics of the Parish Nursing Research Literature and How Can it Inform Parish Nurse Practice and Research in Canada? A Scoping Review*. This was recently published in the *Canadian Journal of Nursing Research*, 2021.

These registered nurses come well qualified for this endeavor. Elsie Millerd is the Education Coordinator for the *Foundations in Parish Nursing Program* at St. Peter's Seminary, London Ontario. She has extensive experience as a parish nurse and as an active member of CAPNM and FCNIG. Jeanne Lambert practiced as a faith community nurse in the Bishop's Mills region in Ontario. She chairs the Research Committee, served as president of FCNIG and continues on the executive as a Region 9 representative. Also noteworthy is her work as editor of our newsletter for several years.

In their report they provided a summary of the "Scoping Review" and discussed the implications of the review for parish/faith community nurses in Canada. They also identified opportunities for further research. They identify three research themes; firstly, practice roles of the parish nurse according to the CAPNM Standards, secondly, role implications, such as barriers, opportunities for parish nursing education, and opportunities for enhanced parish nursing ministry support. The third theme was program evaluation and research.

It is not surprising that the research findings highlight the significant roles of parish nurses in facilitating spiritual care, providing wholistic nursing care, and in health promotion. Some of the recommendation for moving forward in parish nursing research made were, to support

international research, assess the impact of parish nursing on healthcare system outcomes, and research related to ethical practices.

This research project provides a comprehensive and readily accessible resource on many topics related to parish/faith community nursing practice and spiritual care.

The keynote speaker was Dr. Immanuel Joseph, a former cancer scientist, who has become a passionate teacher of human compassion. He created the *9-Pillars of compassion training framework* for teaching compassion in the workplace. In his presentation he revealed an understanding of the compassion fatigue nurses are experiencing today in all healthcare settings. His insights helped to validate our personal struggles.

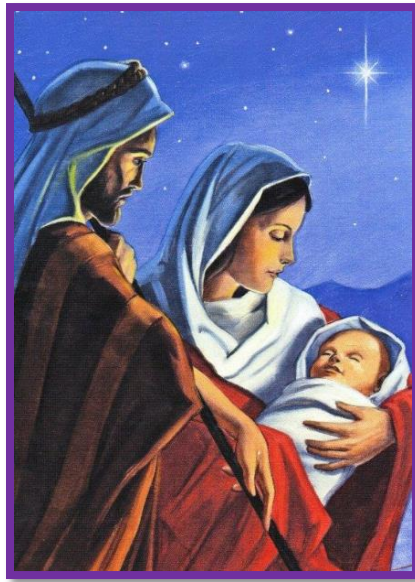
Dr. Joseph spoke about “healing the heroes”, and that “some heroes don’t always wear capes”. From his experience he has seen how caregivers take on the emotional role, becoming over-extended that can lead to emotional exhaustion. In today’s health care settings, nurses are experiencing prolonged stress, having to care for more patients, working longer hours, and in more complex roles. He continued by describing the factors leading to stress and burn-out, such as systems issues, professional hazards, and interpersonal and individual challenges. In these situations we feel helpless and hopeless. However, we can acknowledge that pain and suffering are part of our life, it is valid and worthwhile. This response is more sympathetic of our feelings.

Dr. Joseph reminded us that we can decrease our moral distress in every given set of circumstance by choosing the right attitude and our own actions. Caregivers often find it difficult to nurture themselves. Self-compassion is not self-pity, self-indulgence, or selfishness. He gave examples of ways to nurture ourselves, to give ourselves personal time, an escape, just doing simple things, enjoying music, spiritual practices and rituals. Self-care means getting enough exercise, forgiving ourselves and others.

He encouraged us with the final advice to take on a “perspective of gratitude, that we are more than our circumstances”. We should avoid negativity, there is more good in the world than bad.

## A Reflection of "Mary, Did you know that your baby boy?"

May Tao



Mary, did you know that your baby boy  
Would one day walk on water?  
Mary, did you know that your baby boy  
Would save our sons and daughters?  
Did you know that your baby boy  
Has come to make you new?  
This child that you delivered, will soon deliver you...

This is part of the lyrics of my favourite song, *Mary, Did you know?* I will listen to this song every year during the Christmas season. Every time I heard the song, I would wonder if Mary knew her baby boy would turn out to be a remarkable 'man' that saved the world, *for those that believe in Him should be saved*, and we would celebrate His birth every year!!

Have you ever thought why God chose Mary as the mother of Jesus? I am sure Mary probably had this same thought when the angel, Gabriel approached her on that day and told her that God has chosen her to carry His son!! Mary must have wondered in her heart, "Why me? I am just an ordinary girl living in an ordinary place called Nazareth." Nothing good could come from this town. Mary was also a virgin, and a typical young lady with little knowledge and education. So why would God pick Mary as the mother of Jesus?? No one really knows the answer except God himself!! However, it is clear that Mary was not aimlessly selected for this task!! A task that she would carry for this divine burden, bring Him up to prepare for His ministry, and finally experience the loss and sacrifice of her child. This is the ultimate Christmas gift that God gave to all of us, His only begotten Son, Jesus Christ!! When Mary knew God's call for this task, she unconditionally obeyed her calling; faithfully trusted Him; and courageously completed the job!! She was the ideal woman to provide a home for Jesus to live, and to prepare him to begin his ministry work that eventually has a tremendous impact to our human race. God used Mary as a vessel to complete a task that was humanly impossible. This way, He will get all the glory!!

Have YOU ever thought that our Lord also used us in our nursing practice to complete His tasks, which at times, also felt humanly impossible? Tasks such as organizing a medical mission trip in three months; praying for someone to heal that was medically impossible; and mobilizing a team to build a homeless shelter!! Each one of us are called and chosen specially by God to do this parish nursing ministry. We may feel incapable at time, but God has equipped us with the following five 'B' strategies to complete His tasks:

1. Be bold: Accept His task faithfully and unconditionally;
2. Be prepared: Prepare for the task by reading His words, consulting with the saints (other Parish Nurses) and by praying;
3. Be available: Admit our weakness, but welcome to His calling with an opened arm;
4. Be present with God: Know that God is in our presence or even walked before us when we are doing His work; and
5. Be real: Know the limit of yourself and be genuine and honest towards the task. We may be weak and insufficient to work on the task, but God is strong and nothing is impossible with Him.

My fellow Parish Nurses: The Son of man has come!! Jesus is the incredible gift that brought **HOPE**, **JOY**, **PEACE** and **LOVE** to those who believe in Him. We don't deserve any of them, but this is given **FREE** to us!! Through our work as Registered Nurses, may we encounter Jesus in a new way this Christmas season; may we shine to others of the hope, joy, peace and love that He brings to us; and may we celebrate this Christmas with His goodness and His love!!

Joy to the World!! Our Saviour has come!!

Reference

Jeremiah, D. *Why Mary?* <https://davidjeremiah.blog/why-did-god-choose-mary/>

## **Important Resources and Inspirations**

### **Save the Date!**

***June 30, 2023: One-Day In-Person Workshop preceding the ICN Congress in Montreal, Quebec, Canada***

***Theme: Suffering & Spirituality: What are the Clinical Practices that Promote Healing?***


***Sponsors: Canadian Association for Parish Nursing Ministry and Nurses Christian Fellowship Canada***

Plans are under way for a summer workshop for nurses from around the world to gather to learn and be encouraged by one another. Watch for more details in the New Year.




## Parish Nursing Continuing Education

Health and Wellness Update | Lunch and Learn Session



**SAVE the DATE**  
Sunday, January 15, 2023 - 1:00 to 2:15 p.m.



**WHERE:**  
Heritage Room

**GUEST SPEAKER:**  
Siobhan Carlin

**TOPIC:**  
**ICE SHEET**  
What to do in case of an emergency

Please Register no later than Sunday January 8th  
Call 416-922-1428 or email Lily Cugliari-Kobayashi, our parish nurse  
at [parishnurse@yorkminsterpark.com](mailto:parishnurse@yorkminsterpark.com)

**REGISTRATION IS FREE – Donations are Welcome**

Please bring your own Lunch | Beverages will be provided  
Masking will apply as per Toronto Public Health Recommendations  
at time of Presentation.

In November, 2022, Lily Cugliari-Kobayashi, Parish Nurse from the Yorkminster Park Baptist Church organized a very successful BASIC CPR class. Participants are ranged from ages 17 up to age 80 plus! They had a wonderful learning experience. There will be a repeat class/workshop offered some time in late winter/early Spring 2023!



## Join the Talk with Alive and Well Theme Packs



ICHM Canada presents its first Alive and Well Theme Pack on DEMENTIA.

*'Faith communities play a vital role in offering supportive and welcoming environments for people touched by dementia.'*

Host an event for your group.

Choose a Date

All the materials you need are provided in the theme pack.

Theme Pack Includes:

Digital poster - to advertise your event,

Promotional graphic and A/V clip - to share, promoting your event.

Presentation Video - interview with Dr. John Swinton.

Resource/Discussion Guide - to facilitate a discussion with your attendees.

**All the necessary resources to advertise and host an event on Dementia, only \$25!**

**Purchase your Alive and Well Theme Pack on Dementia:**

**BUY NOW - DEMENTIA THEME PACK**



## **Introduction to the Foundations in Parish Nursing Program**

### **St Peter's Seminary London, ON Canada**

#### **Mission Statement**

Foundations in Parish Nursing education program is committed to the healing ministry of the church providing programs that promote the health, healing and wholeness in faith communities. It seeks to provide education to registered nurses for personal and professional growth and ongoing formation opportunities to parishioners and parish leaders who seek to establish ministries supporting physical, mental and spiritual health in their communities.

#### **Vision Statement**

**"Bringing the healing love of Christ to those we serve"**

## Description of the Ecumenical Educational Program

Introduce the fundamental concepts of parish nursing to registered nurses which has its basis in the Christian faith tradition

Provide a comprehensive learning experience to meet and exceed the standards and competencies by the Canadian Association of Parish Nursing Ministry

Course is flexible and virtual format, approximately 14 months

## Summer Intensive Virtual Program

Focus on the nurse's own spiritual formation as to the "call to parish nursing" along with introducing the nurse to the history of health ministry in our faith communities and the role of a parish nurses

Incorporate knowledge sharing using interactive learning, webinars and some self-directed learning modules and personal growth opportunities

Receive a certificate of completion



## Foundational Plus

Provide further studies over the next 13 months for those interested in working towards a Certificate in Parish Nursing Ministry

## Components

A unique mentored practicum of 100 hours in a faith community as there is a mutual growth with both nurses

The Parish Nurse as Counsellor and Spiritual Companion 5-week online study

The Parish Nurse: Facilitating Wholistic Health through the Lifespan 5-week online study

Final three-day weekend of virtual instruction

Reading and assignments

Ongoing support from Foundations in Parish Nursing leadership team



## For More Information

Check out the link to the St. Peter Seminary: [Parish Nursing - St. Peter's Seminary \(stpetersseminary.ca\)](http://ParishNursing-St.Peter'sSeminary.stpetersseminary.ca)

## **Recent Graduation**

### **From the Foundation of Parish Nursing Programme**

Our Parish Nurse, Lily Cugliari-kobayashi has recently graduated from the Foundations in Parish Nursing Education Program in 2022.



**Congratulations, Lily!!**

## **UPPERR OTTAWA VALLEY PARISH NURSE**

### **JOB DESCRIPTION 2023**

#### **Position Summary**

Reporting to the Health Council of the Upper Ottawa Valley Parish Nursing Ministry, the parish nurse provides mental, physical, emotional and spiritual care to people in church communities through direct ministry, as well as community-based health advocacy and education. According to a rotating weekly schedule, the nurse travels to and works initially in the ministry hubs in Chalk River and in Pembroke. At all times, the Parish nurse operates in accordance with the United Church of Canada's stated commitments and ongoing efforts towards right relationships, anti-racism, and reconciliation, as well as existing Workplace Discrimination, Harassment, and Violence Policies.

#### **Scope of Practice**

##### **Healthcare Ministry**

- Schedule and conduct individual appointments with church community members for the purposes of consultation and wholistic assessment of health conditions using evidence-based assessments
- Visit church members with limited mobility in their homes for maintenance healthcare (ex. diabetes management, memory care)
- Conduct screenings and assessments at drop-in, church-based health clinics
- With patient consent, participate in hospital discharge planning and advocate on behalf of patients with relevant members of their healthcare teams
- Complete referrals, where appropriate, to specialized healthcare and local mental health services
- Assist church community members in the integration of faith and health

##### **Community Relations and Health Advocacy**

- Network with allied healthcare professionals in the local communities of practice



- Educate the general public on preventative healthcare through wellness workshops
- Professional/Administrative duties as assigned by the Health Council
- Support facilitators of self-care support groups i.e., compassionate caregiver, mental wellness

## **Performance Requirements**

### **Educational Qualifications**

- ✓ BScN – Bachelor of Science in Nursing
- ✓ Be a member in good standing with the College of Nurses, and therefore be permitted to legally practice as a nurse within the province of Ontario
- ✓ Have completed (or be willing to complete) an eligible Parish Nursing Education Program, including ongoing Continuing Education requirements
- ✓ 3 years' previous experience working in a healthcare setting

### **Core Competencies**

- ✓ Strong clinical, organizational, and interpersonal skills
- ✓ Understanding of the social determinants of health, as well as learning the context of community healthcare services available in the Upper Ottawa Valley
- ✓ Demonstrated abilities to:
  - “utilize one’s personal and role authorities to enhance quality life for others”
  - “carry out a spiritual assessment with individuals and families, working with them towards spiritual wellness and practices
  - “conceptualize and communicate the meaning of health, healing, wholeness, and health promotion as these relate to persons in a faith community setting” (CAPNM Standards of Practice and Core Competencies 2007 have been copied with permission of the Canadian Association for Parish Nursing Ministry and have not been altered in any way.)

### **Additional Requirements**

- ✓ Must be willing to work flexible hours, including periodic weekends and evenings
- ✓ Must possess a valid “G” class drivers’ license and have access to a reliable vehicle
- ✓ Experience working with seniors and/or working in a faith community context is an asset
- ✓ Willingness to take training regarding mental wellness
- ✓ Willing to integrate into their practice of work the United Church of Canada’s values of inclusion and diversity
- ✓ In addition to English, fluency in French and Indigenous languages is an asset

Registered nurses who are interested in this exciting and unique community-based healthcare/parish nursing setting are encouraged to apply to: Rev. Tiina Cote at [tiinacote@gmail.com](mailto:tiinacote@gmail.com) before January 2, 2023.

## A Song for you to Listen and Celebrate the Purpose of Christmas

### Come, Follow **ME**

<https://www.youtube.com/watch?v=sLbLPNtwRts>

Come, follow **ME** and live  
Do not be afraid  
Believe and trust in me  
Your faith will give you strength  
Leave all your fears behind you  
Let your heart be free  
For I will be your guide  
O come and follow me

Come follow in these footsteps  
I'll meet you gently home  
No shelter, food or money  
will you need you upon this road  
Come follow **ME** and live  
Do not be afraid  
Believe and trust in me  
Your faith will give you strength  
Leave all your fears behind you  
Let your heart be free  
For I will be your guide  
O come and follow me

Come walk across the water  
Place all your faith in me  
Cast all your doubts behind you  
To the wind and raging sea  
Come, follow **ME** and live  
Do not be afraid  
Believe and trust in me  
Your faith will give you strength  
Leave all your fears behind you  
Let your heart be free  
For I will be your guide  
O come and follow me

If you remain within me  
My words remain in you  
Whatever you may ask of me  
That is what I will do  
Come, follow **ME** and live  
Do not be afraid  
Believe and trust in me  
Your faith will give you strength  
Leave all your fears behind you

Let your heart be free  
For I will be your guide  
O come and follow me




Reference: [https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.amazon.ca%2FNativity-Assorted-Christmas-Envelopes-1008105%2Fdp%2FB00XZ5V8R6&psig=AOvVaw2DW6cpofLF31e-KT384wTe&ust=1671200165808000&source=images&cd=vfe&ved=OCA0QjRxqFwoTCPDZl\\_fn-\\_sCFQAAAAAdAAAAABAF](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.amazon.ca%2FNativity-Assorted-Christmas-Envelopes-1008105%2Fdp%2FB00XZ5V8R6&psig=AOvVaw2DW6cpofLF31e-KT384wTe&ust=1671200165808000&source=images&cd=vfe&ved=OCA0QjRxqFwoTCPDZl_fn-_sCFQAAAAAdAAAAABAF)



**Hymn #635:**  
**Brother, sister, let me serve you**

1. Brother, sister, let me serve you;  
let me be as Christ to you;  
pray that I may have the grace to  
let you be my servant too.
2. We are pilgrims on a journey,  
and companions on the road;  
we are here to help each other  
walk the mile and bear the load.
3. I will hold the Christlight for you  
in the nighttime of your fear;  
I will hold my hand out to you,  
speak the peace you long to hear.
4. I will weep when you are weeping;  
when you laugh I'll laugh with you;  
I will share your joy and sorrow,  
till we've seen this journey through.
5. When we sing to God in heaven,  
we shall find such harmony,  
born of all we've known together  
of Christ's love and agony.
6. Brother, sister, let me serve you;  
let me be as Christ to you;  
pray that I may have the grace to  
let you be my servant too.



Cecilia, the patron saint of music  
VPBC Memorial Window | Henry Regnier

**THREE WAYS TO KEEP SAFE**



**WASH HANDS**

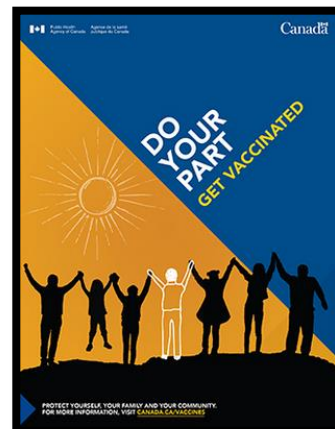


**PHYSICAL DISTANCING**



**WEAR A MASK**

**RNAO** #Maskathon #TogetherWeCanDolt



## FCNIG Executives: 2022-2023

President/Chair: Ola Babalola  
 Finance Executive Network Officer (ENO): May Tao  
 Membership ENO: Lily Cugliari-kobayashi  
 Communication ENO: Michelle Solomon  
 Social Media ENO: Maria Lippa  
 Policy and Political Action ENOs: Dot Klein  
 Student ENO: Dominic Stewart

## Regional Representatives

Lily Cugliari-Kobayashi/Maria Lippa/Gloria Wiebe  
 (Region 6),  
 Jeanne Lambert (Region 9), Dot Klein (Region 11)