

Faith Community Nursing Interest Group newsletter)))

**Summer
2021
Issue 2**

President's Message

I welcome you! My name is Olayinka Babalola, commonly known as Ola. I am the president of FCNIG. Prior to assuming the role of FCNIG president, I have been serving as the Financial Executive Network Officer and secretary for FCNIG for the past eight years. I am not a parish nurse, rather I practice as a Registered Nurse (RN) at the Critical Care Unit in Lakeridge Health Oshawa hospital and I practice as a Nurse Practitioner (NP) at Kendalwood Clinic in Whitby, Ontario where I work within the full scope of practice as an NP. My career objective is to empower individuals facing mental, physical, psychosocial, and spiritual health challenges in obtaining optimal health and wellbeing.

My long-term career goal is to lead a non-profit community-based clinic for families who are less privileged in rural and impoverished neighborhoods, and build an orphanage home where excellent care will be provided to the orphans. I care deeply about the inaccessibility of primary health care services such as diabetes and maternal care, especially among aboriginals, recent immigrants, homeless and people with mental health illness.

As FCNIG president, I represent FCNIG at RNAO meetings (including RNAO assembly, AGM, and Queen's Park Day) as well as in the public and the media. I will serve you by disseminating information on educational events and resources to support your practice as parish nurses. In addition, I will provide mentorship and support as you assume executive positions within FCNIG. I produce Members' Voices reports to share the amazing work that FCNIG members do!

Networking

On March 9, 2021, I attended the RNAO Durham Chapter meeting which was an opportunity to learn of political activities and network with nurses in the Durham region.

On March 10, 2021, I attended Mindfest education via Zoom which was insightful in understanding the impact of the COVID pandemic on the mental health of individuals.

On March 10, 2021, Gloria Wiebe (Communications ENO), Maria Lipka (Social Media ENO) and I attended the FCNIG website training that was organized by

Highlights

President's Message

FCNIG New Executive

National Nursing Week

Political and Policy Action Updates

CAPNM Conference and AGM 2021 Review

Congratulating message to Anne-Marie Mohler and Windermere Champions

In Memory of Charlotte Noesgaard

Celebrating 20 Years of Achievements

Faith Community Nurse Census

Resources & Inspirations

Serious Illness Conversation Guide

CLINICAL HISTORY

D Did up

- Tiredness or weakness
- Anxieties?
- Completed approach
- Reason for previous therapy
- Allergic history

C Current illness related

S Symptoms and course

A An

- Allergic conditions
- Family conditions
- Associated conditions
- 7 questions
- Family communication
- Goals

CONVERSATION GUIDE

Understanding	What is your understanding now of what you are with your illness?
Information preferences	How much information do you think is likely to be shared with your illness would you like from me? not enough Have patients like to know about this, others like to know what to expect, others like to know less.
Progress	Share progress, related to information preferences
Goals	If your health situation worsens, what are your most important goals?
Mean/ Wishes	What are your biggest fears and worries about the future with your health?
Function	What abilities are so critical to your life that you can't imagine living without them?
Trade-offs	If you become sicker, how possible are you willing to go through for the possibility of getting more time?
Family	How much does your family know about your priorities and wishes? Designate living things and/or health care agent to not call to discuss together

NOTES

© 2012 National Alliance for Caregiving
 The National Cancer Institute
 The National Hospice and Palliative Care Organization

I encourage Faith Community Nurses (FCNs) to use the FICA Spiritual History Tool in their nursing practice. The FICA tool assists nurses in performing a spiritual assessment and in providing appropriate nursing interventions. Click on the link for the FICA tool: [_s2.0-S0885392410003258-gr1_lrg.jpg \(2953x3639\) \(els-cdn.com\)](https://els-cdn.com/s2.0-S0885392410003258-gr1_lrg.jpg).

On April 28, 2021, NPAO Black NP CoP meeting which was an opportunity to discuss with NPs regarding issues of racism and discrimination.

On May 4, 2021, I attended the RNAO Best Practice in Virtual events that provided informative tips on running a successful Zoom meeting.

On May 14, 2021, I attended the Canadian Association of Parish Nursing Ministry (CAPNM) annual general meeting.



On May 29, 2021, I visited the BMO bank accompanied with Gloria Wiebe (Communications ENO) and May Tao (Financial ENO) to do the name change from PNIG to FCNIG, set up signing officers, register for online banking, obtain bank card and order cheque books.

FCNIG Network Meeting

Our **FCNIG Network Meeting** will be held on **June 26, 2021**. It will be an opportunity to network with other FCNs, get reports from the CAPNM AGM and Westberg Symposium, reports from Executive Network Officers on Communications, Social Media, Political Action, and Financial reports, and reports from regional representatives. In addition, we will be having an excellent guest speaker Kathy Murtha, who presented at CAPNM AGM, and she will discuss about the various faiths and religions. At the FCNIG Network Meeting, I will bring up the motion to increase the Education Fund amount from \$250 to \$1000, which will provide more funds for FCNIG members to further their education in parish nursing.

Executive vacancies

Communications ENO, Membership ENO, President-Elect, and Co Political Action and Policy ENO are the executive vacancies. Please contact me (divine_love25@hotmail.com) or Gloria Wiebe (gloriawiebe@sympatico.ca) if you are interested in any of these positions.

Members' Voices

Members' Voices is an opportunity to report your activities as a FCN or parish nurse. The submission of Members' Voices is done online and can be found at: <https://myrnao.ca/membersvoicesform>.

Proposed goals for 2021

The proposed goals for 2021 include increasing our revenue and membership numbers, advancing our IG profile through Social Media platforms, and developing best practice guidelines for spiritual care.

I appreciate all you do as parish nurses/ faith community nurses and I am proud to be part of FCNIG!

Ola 😊

FCNIG New Executive

Student ENO: Dominic Stewart

I am going into my 3rd year of the collaborative nursing program at Ryerson University. I am gaining so much experience through this program not only educationally but also through the network connections I am making which are constantly giving me perspective on where I feel my niche within this field would be.

I dedicate a lot of time to this field but when I take the time to step away, other things I tend to enjoy are travelling, reading, trying new foods and immersing myself into learning about other cultures.

In terms of the specialties I see myself in, I would love to have the opportunity in the OR, CVICU and on a transplant unit. I also see myself more involved in community/public health nursing in the scope of advocating for BIPOC individuals and in future, creating a clinic geared towards creating trust and opportunities for marginalized individuals with the core focus on the social determinants of health.

I have recently acquired positions within Ryerson's Black Nursing Student Association (BNSA) and the Canadian Nursing Student Association (CNSA), both the Ryerson Chapter and the governing body.

As a member of the Ryerson Chapter of the CNSA, my specific role is as the Safety and Mental Health Advocacy Representative. I discussed implementing a webinar that informs incoming 3rd year students to have the opportunity to learn about the different specialties within nursing for the upcoming year.

As for my position on the CNSA governing body, I am a member of the black caucus and through my affiliation with this organization I plan to encourage more collaborations between FCNIG and CNSA in a logical and efficient way. One of the ideas is to create posts about how religion has aided RNs in various specialties throughout their nursing career. It will touch upon why it is important for them to stay in their faith and how they manage to keep their faith strong not only through such a task intensive career, but especially during the pandemic. If you have other ideas to promote faith community health nursing to undergraduate students, please email me at dominic.stewart@ryerson.ca.

Regards,

Dominic Stewart





This year's theme, developed by CNA (Canadian Nurses' Association) is entitled, **"We Answer the Call"**. According to CNA, "The pandemic brought to light the courage and commitment that nurses work under every day, and showed the important role that nurses play in the community."

I am grateful for all the nurses across our city, our province, our country and around our world, for their commitment, compassion and the care they have and continue to provide for all individuals, including the families, in need of their services towards health and healing.

In turn, as nurses, we acknowledge and appreciate all the sacrifices made by all frontline workers/professionals, in all capacities, and to society at large for their collaboration, during such unprecedented times.

Florence Nightingale, once stated the following on Life, Art, and Hard Work:

"Nursing is an art: and if it is to be made an art, it requires an exclusive devotion as hard a preparation as any painter's or sculptor's work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God's spirit? It is one of the Fine Arts: I had almost said, the finest of Fine Arts."

I would like to dedicate the Hymn, "Brother, sister, let me serve you", and in particular, Verses 2, 3, and 4. You can listen to it [here](#).

Blessings for Peace, Good Health and Safety

Lily Cugliari-Kobayashi,

RN Parish Nurse, Faith Community Nursing Practice Health and Wellness Ministry, Yorkminster Park Baptist Church, FCNIG Membership ENO

Updates from Political and Policy Action ENO

Dot Klein

COVID-19 has influenced the evolution of the RNAO Policy and Political Action portfolio. The need to identify the focus and the parameters for professional nurses, the professional nurse organizations and leadership in advocacy issues has been evident as the pandemic has progressed. The Canadian Nurses Association, the Canadian Association of Parish Nurse Ministry, the College of Nurses of Ontario, and the Registered Nurses' Association of Ontario have worked diligently to provide nurses and the public with guidance as we move forward.

RNAO membership has been represented at the Ontario COVID Consultation Table by Dr. Doris Grinspun who in turn gives detailed digital reports to RNAO members via Twitter, Facebook, Instagram, Webpage and emails on a frequent and regular basis. CNA advises and reports to the Federal government on health and nursing issues every 2 weeks. CAPNM organized a virtual seminar to assist parish nurses to provide professional advice to their faith communities about the transmission of viruses and the precautionary methods to follow to ensure safe health practices during a pandemic. This information can be found on the CAPNM website. The College of Nurses Ontario sends regular communiques to registered members to ensure that members were aware of current safe nursing practices.

RNAO identified that RNAO members should focus on advocacy issues related to LTC, advocacy issues on accidental opioid overdoses and advocacy for safe working conditions for front line registered nurses working in very trying conditions brought on by the pandemic.

RNAO organized a virtual Queen's Park day for RNAO Chapter and Interest Group Policy and Political Action Executive Members. Nursing issues were discussed with the Premier, all political party leaders, and MPPs. Shannon Culkeen and myself (as co-chairs for FCNIG) attended. Both Shannon and I also contacted our MPPs in the area where we live to discuss the issues facing front line workers. Shannon lives and works in the Peterborough area and I live and am involved in health care advocacy issues in Sudbury and NE Ontario. Both Shannon and I were able to give personal stories to our MPPs to familiarize our MPPs with concrete concerns in our respective areas. Shannon was pleased with the response from the MPP. Her MPP welcomed her input. I have a history in health advocacy in my area and write regular columns and letters into local media as well as respond to TV and radio health issues. The MPPs in my area have expressed their appreciation for the work that I do. MPPs want to hear from their constituents (us who live and work in their area).

RNAO would like all RNAO members to feel comfortable and competent to speak publically on issues that affect the nursing profession and public health.

Shannon has accepted a full-time night nurse lead position in the COVID unit at her hospital and feels she cannot continue as the RNAO FCNIG Policy and Political Action Network Executive Officer at this time. A FCNIG member interested in this position would be welcomed. Please consider. I can mentor anyone interested in this position and am available by email, telephone and/or postal mail. It is a very rewarding position You will meet other RNAO members from across Ontario. You will learn what they are doing and get new ideas. Your pride in being a registered nurse will grow. Your self-confidence as a nursing leader will grow.

May we pray for all nurses. Nurses are the foundation of health care. May the Lord bless all nurses (and their families) with the strength, the courage, the physical, emotional and spiritual health to continue to provide the care and the leadership needed during this pandemic and beyond

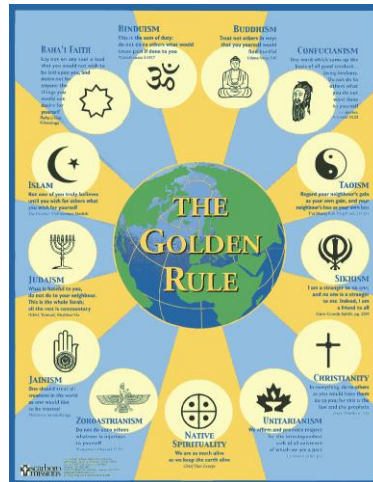
Respectfully
Dot Klein RN BScN
RN Emeritus (RNAO designation)
Chair RNAO FCNIG PPAN Executive Officer

CAPNM Conference and AGM 2021 Review

The Canadian Association for Parish Nursing Ministry (CAPNM) held its conference and AGM on May 14, 2021, and for the second year in the virtual format. This association's mission is "to develop parish nursing as a health and ministry resource within Canada. Their objective to achieve this is "to bring together the individuals and groups that are vital to parish nursing ministry." For those of us who have in the past attended this annual event the 'getting together' with members from across Canada, has always been a highlight. In the usual two-day event, ample opportunity was there to share in the business meetings and committee work, to learn, worship and socialize. Of the 45 attending this year, 1% came from BC, 8%, Alberta, 15%, Saskatchewan, 60%, Ontario, 13%, New Brunswick, and 3% from Nova Scotia.

In spite of the virtual limitations, my expectations for this year's Conference and AGM were met. Particularly, of interest to me was in the chosen theme, *Interfaith Dialogue, Harnessing the Diverse Views of Faith*. The conference did have some time for reflection/worship and ended with networking and social time.

The three speakers were: Margaret Clark, D Min, Faculty St. Stephens College, U of Alberta; Paul McKenna, creator and copyright holder of the multifaith Golden Rule Poster; and Kathy Murtha, MA in Theology, and Retreat Facilitator Mary Ward Centre, Toronto. These excellent speakers helped us to gain knowledge of other faith traditions, increased our understanding of key principles of interfaith dialogue, and to learn from examples of interfaith work. In the breakout sessions we were able to explore and consider how parish nurses might cultivate and encourage conversations with other faiths and religious tradition. The key message was summarized quite simply by Margaret Clark that the focus in our practices is always about “faith and health”.



We look forward to having Kathy Murtha as the guest speaker at our upcoming networking event on June 26th.

Gloria Wiebe, Communications ENO

Congratulations Anne Marie Mohler!!

FCNIG Past President, Anne Marie Mohler, was recognized by MP, Arif Virani, and MPP, Bhutla Karpoche, for her outstanding service over the past year. Her compassionate generosity of time and resources to our community has made the suffering of this pandemic year more manageable for the many people who sought her guidance and care. Supported by the pastoral care team, the emergency response team, the lead pantry volunteers, and the staff, Anne Marie showed exemplary Christian leadership. We are grateful.



Windermere Community Champions



On Monday March 8th, International Women's Day, Rev. Alexa Gilmore, Pastor from Windermere United Church and Anne-Marie, their Parish Nurse, were each contacted by MP Aric Virani and MPP Bhutila Karpoche, respectively, to let Alexa and Anne-Marie know that they are being nominated for Community Champion awards!

The church is so thankful for these two incredible leaders working as staff for the church, and are thrilled to see their tireless efforts and hard work being recognized in this way.

Congratulations, Rev. Alexa Gilmore and Anne-Marie!

In Memory of Charlotte Noesgaard

We are saddened to learn of the sudden passing of Charlotte Noesgaard on May 14, 2021.

Charlotte Noesgaard was guest speaker at our first meeting and present at the inaugural meeting of the Parish Nurse/Faith Community Nurses Interest Group on April 20, 2002. Charlotte provided the members of this fledgling group with the guidance and encouragement they needed to create a strong presence in the Registered Nurses' Association of Ontario. She continued to support and encourage the initiatives of FCNIG with her wisdom and experience, providing guidance in the formation of our latest resolution for RNAO in 2018.



Photo: Courtesy from Lily Cugliari-kobayashi

Mentoring is one of the many gifts that Charlotte provided to the nursing profession. To read more about Charlotte's contributions to RNAO and the nursing profession go to <https://rnao.ca/news/remembering-charlotte-noesgaard-1948-2021>

Celebrating Our Past 20 Years as A Parish Nursing Interest Group!!!

As we officially moved into our next chapter as a Faith Community Nursing Interest Group, let us reflect on the milestone achievements of Parish Nursing Interest Group in the past 20 years. I have the privilege to read through all the previous AGM documents and summarize this piece of history in this newsletter since the development of Parish Nursing Interest Group in 2001.

May Tao

PNIG Presidents from 2001 to Present

Terms	PNIG President
2001-2005	<i>Betty Behm</i>
2005-2008	<i>Jennifer Cameron</i>
2008-2011	<i>Gloria Wiebe</i>
2011-2013	<i>Mary Lynch</i>
2013 –October 2014	<i>Shirley Christo</i>
October, 2014- October 2015	<i>Jeanne Lambert (Acting)</i>
October, 2015- October, 2016	<i>Joanne Jasper</i>
2016-2019	<i>Anne-Marie Mohler</i>
2019-Present	<i>Ola Babalola</i>

Milestone Achievements of PNIG Presented at AGM

April 24, 2001	-A group of nurses in the Kitchener-Waterloo-Wellington areas who were instrumental to establish a Parish Nursing Interest Group (PNIG). They are: Anne Marie Webster, Elsie Millerd, Karen Good, Marion Willms, and Betty Behm. Fifty-six RNAO members indicated to have a strong interest!!
September 22, 2001	-First meeting to draw interested Parish Nurses together as potential members of PNIG at the Augsburg Lutheran Church in Brampton -Charlotte Noesgaard was the keynote speaker and strong supporter to the development of PNIG -Developed Mission and Objectives and Strategic Plan and by-laws

January 3, 2002	-Applied to RNAO to become an official interest group.
March 1, 2002	-Officially becomes an Interest Group of the RNAO Betty Behm became the first President of PNIG
April 20, 2002	-Inaugural meeting for Parish Nursing Interest Group at Holiday Inn, Toronto -56 nurses signed up. Among them that I (May Tao) know are Gloria Wiebe, Ruth Ann Fraser (My PN mentor), Isla Ghent, Nancy Gordon, Elsie Millerd and Mary Lynch. Some of them are still active as members or executives of the Interest group!!
October, 2002	Published the first PNIG newsletter!!
2003	-This was the year that RNAO was forced to cancel their annual general meeting in April due to the outbreak of SARS (No zoom platform at that time!!) PNIG has to reschedule their AGM to Sept 2003. Our Parish Nurses set up precedence to ensure safety and prevent the spread of disease in their congregation!!
2004	-Approval to draft a logo for PNIG. Elsie Millerd's son assisted them to draft the logo, based on the themes of nursing, light, lamb, open hands and caring touch. At that time, they already had the ideas to be inclusive and broadened to include all faiths
2005	-This was the year that PNIG made known God's presence to the RNAO members by bringing the Labyrinth to the RNAO AGM -Gail Brimbecom was awarded the RNAO President's Award for Leadership in Clinical Practice
2006	-Discussed about the challenges that churches would face in the event of SARS influenza pandemic in that year. Parish nurses again play a key role to provide education and support to help the faith communities to prepare for such a health care crisis. -PNIG was also moving forward the resolution to the RNAO about the definition of health to include the concept of spiritual well-being as part of the World Health Organization (WHO) definition of health
2007	-Maria Lippa (Our current executive in social media) was the guest speaker of the AGM to talk about her journey in Karibu, Tanzania: A nurse responds to the Call -Launched new PNIG website -Launched first colour newsletter in the October issue. They were black and white before

2008	<ul style="list-style-type: none"> -PNIG has been active in following up with the status of the RNAO/CNA resolution to have “spiritual well - being” included in the WHO definition of health. Jennifer Cameron, PNIG President, received a letter from Lucille Auffrey, Chief Executive Officer of the Canadian Nurses Association (CNA) assuring PNIG that CNA will continue working with the International Council of Nurses and Health Canada to forward this agenda. -Sponsored 10 nursing students to attend the First Model World Health Organization Conference presented by the Student Nurses Interest Group -First submitted an idea to develop a Best Practice Guideline on Spiritual Care to RNAO
2009	<ul style="list-style-type: none"> -Dr. Joan Lesmond became our newest PNIG member -Started to appoint an executive member to the position of education coordinator and plan professional development events for the interest group -Still lobbying for a Best Practice Guideline on Spiritual Care (This work will continue...)
2010	<ul style="list-style-type: none"> -In June, 2010, CNA released a Position Statement on Spirituality, Health and Nursing Practice. This is the culmination of PNIG’s resolution that Spiritual Well-being be Included in the WHO Definition of Health. PNIG is grateful to Debbie Grisdale and CNA Board of Directors for supporting the resolution in this way. Even though the resolution was turned down by WHO, PNIG is pleased that one outcome has been this statement, clearly establishing that “spirituality is an integral dimension of an individual’s health”. -First sent the spring newsletter through email. Hard copy on request -First time our PNIG AGM took place outside of Toronto, in Benton Street Baptist Church, Kitchener and not in conjunction with the RNAO -Produced a colorful banner and set up at the RNAO AGM to attract interest of the members -Planned an educational event, in addition to AGM, the first time -Simplified the education fund policy and presented the first award to Shirley Christo. -Established a task force to determine how PNIG can support financially CAPNM
2011	<ul style="list-style-type: none"> - Celebrating 10 years as a PNIG -Launched PNIG website

	<p>-RN Journal published an article on what the Past president, Gloria Wiebe did in her practice as a Parish Nurse, at St. James Cathedral</p> <p>-Submitted a draft copy of Best Practice Guideline for Spiritual Care to the RNAO</p> <p>President Mary Lynch accompanied Dr. Doris Grinspun to make an informative presentation to the Nuclear Power Joint Review Panel, speaking out for health and Green environment</p> <p>-Became the Gold Level Sponsorship (\$2,500) to CAPNM for this year. PNIG President is able to attend the CAPNM AGM with this gold sponsorship</p>
2012	-Revised the PNIG By-laws since the RNAO has revised their By-laws
2013	<p>-Mary Lynch was honored with the Diamond Jubilee Medal by MP, Dr. Collin Carrie on January 23, 2013</p> <p>-In this year, advocating the importance of Spiritual Care as the foundational part of health and the essence of nursing as part of the PNIG work!</p> <p>"Spirituality is part of health, not peripheral but core and central to it. It pervades our every thought and action, each caring moment. Spirituality and health are bonded to each other, inseparable companions in the dance of joy and sadness, health and illness, birth and death." Levison, 2009</p>
2014	<p>-First electronic June issue newsletter in the PNIG website</p> <p>-First time to have a breakfast meeting with MPPs and sat in on Question Period at the Queen's Park Day! We were advocating on the renewal for the Canada Health Accord, health system restructuring and investment in Registered nurses and raising of the minimum wage to \$14.00</p>
2015	<p>-PNIG was invited to lead the grace at the formal 90th anniversary dinner of the RNAO AGM</p> <p>-Michelle O'Rourke participated in the panel discussion on End of Life and Physician-Assisted Dying at the RNAO AGM</p>
2016	-Profile the role of Parish Nurse in the introduction of a Twitter site
2017	<p>-Two important resolutions were passed this year at the PNIG AGM:</p> <p><i>Resolution #1, The Parish Nursing Interest Group will maintain its present relationship as an interest group in RNAO with all the benefits.</i></p>

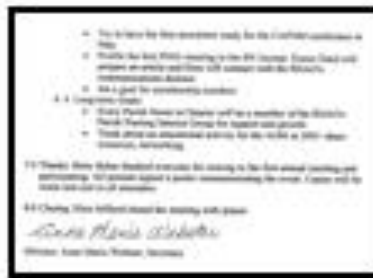
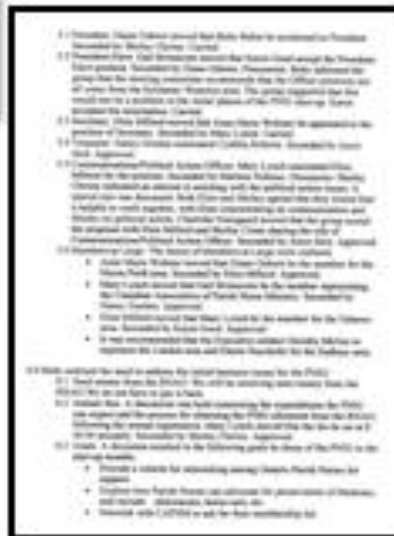
	Resolution #2 <i>The Parish Nursing Interest Group reduce the annual membership fee to \$30 for regular members and \$10 for nurses who are retired and for nursing students.</i>
2018	-Passed unanimously the resolution on Spiritual care at the RNAO AGM. This resolution was crafted by Elsie Millerd and Karen Watson and it was submitted through the PNIG and the Waterloo Chapter. In its final version, the resolution reads, <i>'Therefore be it resolved that RNAO integrates the spiritual dimensions of care in the development of frameworks, practice guidelines and position statements related to client care.'</i>
Nov.9, 2019	-Name change to The Faith Community Nurses Interest Group -Implemented the new RNAO Interest Group (IG) structure and executive guidelines and changed the by-laws for one member one vote -This is the year that we began our 'one member one vote' election. -First student representative as an executive in PNIG: Erica Toth
2020	-First virtual networking meeting in June 2020 due to COVID-19 pandemic. -Some executive members is able to attend the Westberg virtual Symposium -First electronic newsletter to send to members
2021	- Officially did the name change from PNIG to FCNIG in the bank

Photo Galleries



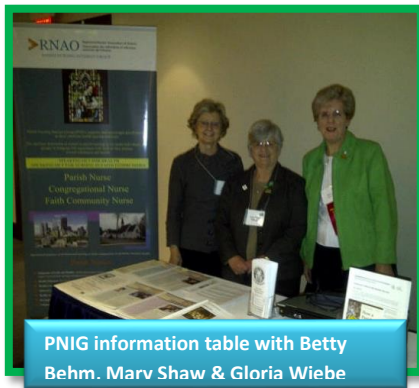
Inaugural Meeting for Parish Nursing Interest Group at Holiday Inn, Toronto

Meeting Minutes



RNAO AGMs

2011



2013



PNIG was Host Interest Group at RNAO AGM 2013

The PNIG had the honour of being the Host Interest Group at the 88th RNAO AGM. Part of the role was greeting, directing traffic, and taking tickets for the President's banquet. The highlight of this role was Past President Mary Lynch's greetings/introduction during the opening ceremony. Our PNIG members rose to the occasion and represented PNIG very well. We met as a group on the Saturday, and had opportunity to share highlights of Parish Nursing, and discuss ways to strengthen our interest group.

Above: Mary Lynch welcomes members and bringing greetings at the 88th RNAO AGM Opening Ceremonies. Right: Members of PNIG present at RNAO AGM April 2013. Photos by M. O'Rourke.



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2015



Jeanne Lambert, Acting President, leading the grace at the RNAO 90th anniversary dinner

2018

RNAO passes resolution on Spiritual Care at AGM

Here's the report from the Waterloo Chapter. Kudos go to all those who helped to prepare this important piece.

From Elsie Millard – In its final version the resolution read

"THEREFORE BE IT RESOLVED that RNAO integrates the spiritual dimensions of care in the development of frameworks, practice guidelines and position statements related to client care."

The resolution was crafted by Karen Watson and myself and before it went to the resolution committee for acceptance it was tested through the PNIG and Waterloo Chapter. Both of these groups gave it strong support and agreed to put the resolution forth so it was submitted on behalf of the Parish Nursing Interest Group and the Waterloo Chapter. Everyone who talked with us was

excited about the resolution, especially the members of the Mental Health Interest Group. This group would like to see us do another resolution on holistic health and so include mental health as they feel that this is also sorely missing in our care planning. Once the resolution got to the floor there was little discussion aside from the above suggestion and it passed unanimously.



PNIG AGMs

2011



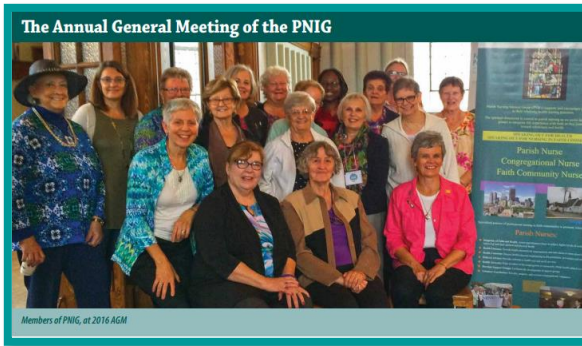
L- R: Past Presidents, Gloria Wiebe and Jennifer Cameron, President Mary Lynch, First President, Betty Behm

2015



AGM guest speaker Joanne Davies, left with PNIG Secretary-Treasurer, Ola Babalola, and Past-President, Jeanne Lambert.

2016



2017

Two Resolutions for PNIG AGM 2017

April 2017

Resolution #1

Whereas, there has been concern expressed over the past 3 years regarding loss of PNIG members (2014:188, 2015:165, 2016:153, 2017:124); and,
Whereas, some of these members were lost due to changes at RNAO and discussions ensued re: clarifying PNIG relationship with RNAO and whether RNs without RNAO membership could be part of PNIG; and,
Whereas, changing our status as anything but a full Interest Group with RNAO will not allow PNIG the privilege of being a Consultation Representative with a vote (see appendix A: Benefits summary from RNAO);

Therefore, be it resolved that

The Parish Nursing Interest Group maintains its present relationship as an Interest Group in RNAO with all the benefits.

Resolution #2

Whereas, the annual PNIG membership fee of \$40 is higher than most RNAO Interest Groups and, this fee was set from the beginning of the Interest Group to help PNIG to establish a solid financial foundation; and,

Whereas, at present levels of member revenue, there is significant financial surplus in the Interest Group and the budget can be configured with lower fees as detailed by the PNIG Treasurer; and,

Whereas, a reduced PNIG membership fee of \$30 would reflect a 25% reduction from current fees, continue to provide value to members without reducing or removing any current benefits (including newsletter and education opportunities), and reduce any hardship for Parish Nurses on low salaries or who volunteer;

Therefore, be it resolved that

The Parish Nursing Interest Group reduces the annual membership fees to \$30 for regular members and \$10 for nurses who are retired or students.



2019



Political Actions

Queen's Park Day

2009



2014



2015



2016



2017



2018





Parish Nurses Speaking out for Health at Pre-Election Rally at Metro Hall Square, Toronto

Queen's Park on the Road November, 2015



2018

Queen's Park on the Road (QPOR) is an effective political engagement activity for members. The opportunity to meet with MPPs to discuss priority nursing and health issues empowers nurses and demonstrates that they can make an impact on public policy and influence healthy change for patients, their co-workers, friends and family alike. QPOR allows us to meet MPP's at their riding offices every year.

Through QPOR, registered nurses, nurse practitioners and nursing students raise issues and make recommendations that matter to them. RNAO provides resources to assist with MPP meetings.

On November 5th, I met with High Park/Parkdale MPP, Bhutla Karpoché in my role as Acting Policy and Political Rep (PAN) for PNIG. Discussions focused on the following key issues: Reclaiming the role of the RN; increasing access to NPs; transforming LTC; anchoring the health care system in primary care; and increase access to Safe Injection Sites (SIS) and Opioid Prevention Sites (OPS).



Take your MPP to Work Day-2017



Education Day



2017 Storytelling as Part of Our Ministries



2018

Spiritual Dimensions in Nursing Care

Cheri DiNovo, ordained United Church minister, and former member of the Ontario legislature was the keynote speaker



Canadian Association Parish Nursing Ministry (CAPNM) Conference

May 29 – June 1, 2008 in Ingersoll, Ontario



2011 in Moncton, New Brunswick CAPNM members from across Canada



June 6-9th 2013 in St John, New Brunswick



June, 2014 in Hamilton, Ontario



June 11-14, 2015 in Saskatoon, Saskatchewan



June 2-5, 2016 at University of St. Michael's College, University of Toronto



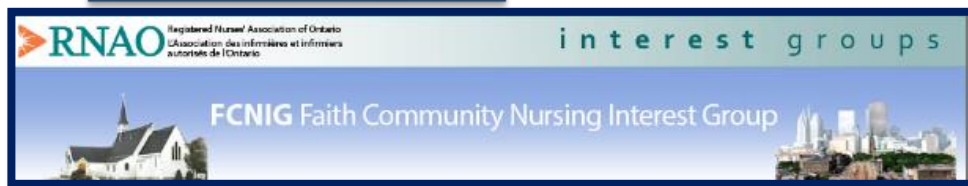
2018



2019



2019 - Name Change



Foundations in Parish Nursing Program at the Institute for Ongoing Formation at St Peter's Seminary in London



Achievements of Parish Nurses

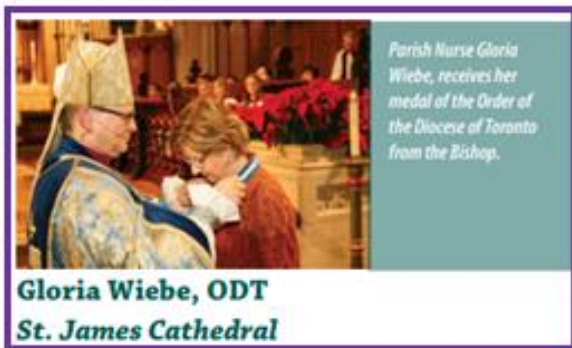
2013

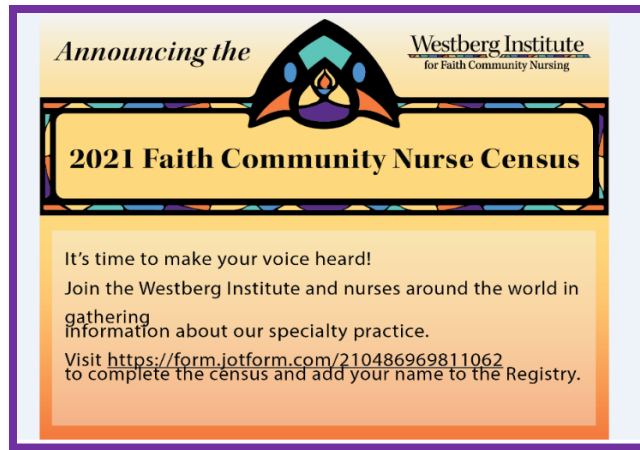
Honouring Mary Lynch with Diamond Jubilee Medal



2015

Gloria Wiebe, receiving the Order of the Anglican Diocese of Toronto for her work in parish nursing





2021 Faith Community Nurse Census

How many Parish Nurses/Faith Community Nurses are there in the world? Are they currently practicing, and if so, what support do they have? Answering these questions is the goal of this census. This data will provide important statistics for support and research to advance our specialty.

You do not have to be a member of the Westberg Institute to be counted. Your data will be held securely by the Westberg Institute and will not be passed on to anyone unless you give permission for that. When the census is done, you will have a further choice as to whether or not you wish to join a worldwide register of Parish Nurses/Faith Community Nurses.

What's the catch? There isn't one!

What's the reward? The reward is knowing that you are part of a big family of nurses working with faith communities throughout the world. By taking part, you can also have the opportunity to view the numerical results. In this way you can find out how many of them are working in a place of interest to you. If you subsequently so wish, you will be able to send a request to be put in touch with them.

So don't delay, fill it in today! And send the link on to any other nurses that you know who are working with faith communities or teaching or managing parish nurses/faith community nurses.

Support your specialty practice - complete the FCN census and encourage your colleagues to complete the census too!

<https://form.jotform.com/210486969811062>

Important Resources and Inspirations

Foundations in Parish Nursing Courses St Peter's Seminary

Upcoming Summer Intensive program for July 2021 and changes that is happening at Foundations



ST. PETER'S
SEMINARY



Greetings from Foundations in Parish Nursing at St Peter's Seminary, London ON.

Summer Intensive program

We are very pleased to share with you our exciting news! All our educational programs will be offered in a virtual format for the 2021 – 2022 calendar year. This change is in response to an increase in interest in the program and to the current COVID – 19 restrictions. Much planning and preparation has taken place for the Summer Intensive (formally Summer Residency) as we will be welcoming 15 nurses to the education program from July 4th to July 10th. The week-long intensive program will introduce nurses to *wholistic* health care, spiritual healing and parish nursing as a ministry. This program will combine simultaneous online learning, instruction with personal reflection opportunities as well as interactive networking giving students an opportunity to develop genuine camaraderie and friendship. Foundations in Parish Nursing continues to attract attendees from across Canada with nurses from Ontario, Manitoba and New Brunswick enrolled in the upcoming summer program.

To learn more about the Foundations in Parish Nursing program at St Peter's Seminary visit:

<http://www.stpetersseminary.ca/Programs/Parish-Nursing/21>

Changes at Foundations

2021-2022 On-line Nursing Courses regarding *Wholistic* and Spiritual Health

In partnership with Dayton University Virtual Learning Community, Foundations in Parish Nursing continues to offer registered nurses affordable on-line courses

(5 weeks in length) regarding *wholistic* healthcare and spiritual health that provides knowledge and support to nurses. These courses are components of the Foundations in Parish Nursing certificate program at St Peter's Seminary and are available for nurses who are not enrolled in the program. The following flyer outlines the content and dates of these upcoming courses (Oct

2021 and March 2022) which are ideal for professional and personal development for all nurses and parish nurses utilizing a virtual format.

Please contact Louise Trapp, Program Coordinator of Foundations in Parish Nursing for more information and to assist with registration for these courses at ltrapp@rogers.com

Course Content



Dayton On-Line Courses: Virtual Learning Community for Faith Formation (VLCFF) <https://vlc.udayton.edu>

On-Line Course: Parish Nursing: Facilitating Wholistic Health Through the Lifespan

Five Week Course Consists of the following topics:

- Session One: Wholistic Health of Children, Adolescents, and Young Adults
- Session Two: Wholistic Health of Middle and Older Adults
- Session Three: Caring for Families in the Faith Community
- Session Four: Impact and Management of Chronic Illness on Families
- Session Five: End of Life Transitions

VLCFF Registration opens: August 25, 2021 to October 6, 2021

Dates for Online Course: October 10, 2021 to November 13, 2021

Course Facilitator: Debbie Belowitz, RN, BScN, Parish Nurse; Elsie Millerd, RN, BN, Diploma in CS, MTS

On-Line Course: The Parish Nurse as Counsellor and Spiritual Companion

Five Week Course consists of the following topics:

- Session One: Pastoral Care / Spiritual Care Giving
- Session Two: Counselling in Parish Nurse Ministry
- Session Three: Wholistic Health Promotion: The Parish Nurse as Facilitator of Wellness
- Session Four: Mental Health and the Parish Nurse
- Session Five: Grief, Loss and Suffering

VLCFF Registration opens: January 19, 2022 to March 2, 2022

Dates for Online Course: March 6, 2022 to April 9, 2022

Course Facilitator: Debbie Belowitz, RN, BScN, Parish Nurse; Elsie Millerd, RN, BN, Diploma in CS, MTS

Cost: \$50.00 (USD) /course. NOTE: 1) individuals affiliated with a partnering diocese/organization (such as St. Peter's Seminary) pay \$50/course; however, an individual not affiliated with a VLCFF diocese/organization partner pays \$105/course, 2) in order to become affiliated with a partnering diocese/organization (St. Peter's Seminary) for life, you must send your completed registration form and \$25 cheque (one-time fee) to the attention of Olwyn Supeene at Pastoral Services, Diocese of London, 1070 Waterloo St. N., London, Ontario N6A 3Y1. 3) If you are registered in the Foundations in Parish Nursing Program at St. Peter Seminary's, you do not pay the one-time affiliation fee of \$25.00 (USD).

VISIT: <http://www.stpetersseminary.ca/Programs/Parish-Nursing/21> to apply. Register early as class size is limited.

Successful completion earns 2.5 CEU's per course

A certificate of completion for successful nurses will be granted by Dayton University & St Peter's Seminary.

The Prayer Course

I am currently taking a prayer course from my church. [The Prayer Course](https://prayercourse.org/about/) is an eight week journey that will help you and your community to grow and deepen your prayer life!! Watch the introduction video:

<https://prayercourse.org/about/>

The Prayer Course is split into eight sessions:

1. Why Pray?
2. Adoration
3. Petition
4. Intercession
5. Unanswered Prayer
6. Contemplation
7. Listening
8. Spiritual Warfare

Each week of the course is made up of:

- A video
- Discussion questions
- Practical prayer activities

You can take the course on your own or run the course with a small group of friends to enrich your prayer life. There are [resources](#) available on the website to help you to run the group.

Contemplative Prayer



Photo: From May Tao, Lake Meraki, New Zealand

In this course, I learned a type of prayer called *contemplative prayer*. In his book, 'Prayer: Finding the heart's true home', Richard Foster expressed contemplative prayer as "a loving attentiveness to God". You are experiencing God's presence without doing or saying anything. He described this kind of prayer as an experience of your heart rather than from your head. It is more like listening to jazz rather than hearing a talk. It is not easy to be still and be in his presence. There is something about stillness that enables us to encounter our divine.

The contemplation journey has three stages:

1. *Meditation*: 'Me and God';
2. *Contemplation*: 'God and me'; and finally
3. *Communion*: 'only God'!

1. Meditation: Try to focus our thoughts on the divine. You may just sit quietly or walk slowly and use something as a prop to help you focus on God's presence. I use my new hobby, birdwatching, as my focus on God's presence. This is my gateway to become more aware of His presence and goodness.

2. Contemplation: in this stage, the centre of gravity shifts, from 'you and God' to 'God and you'. This is the stage in my birdwatching hobby when I looked with wonder at the beauty of these birds that our divine created while trying to listen to His whisper!!

3. Communion: in this stage, the contemplation comes into fullness and that you are in communion with God. You begin to sense more on His grace and presence. This is the stage when I am less aware of myself and the 'birds', but more aware of God only. Richard Foster (1992) described this experience as "a glimpse of the loving heart of God, all full of grace and mercy, welcoming us to the Communion table of the Spirit".

Spending time with the divine in silence can enrich our spiritual relationship with Him. Try to set aside 5 minutes every day this week to engage with God in silence. Reflect on the time that you are with Him; and write down how you felt about it and your aha moment in a journal!!

References

Foster. R. J. (1992). *Prayer: Finding the heart's true home*. New York, NY: HarperCollins Publishers.

24-7 Prayer. (n.d.) *Prayer course*. <https://prayercourse.org/about/>

May Tao, Finance ENO



Pocket Prayer Square Yorkminster Park Baptist Church

'May this become a source of peace, comfort, joy and hope in all situations you encounter. It was made with love and prayer as a reminder of God's presence with you always and His love for you. His precious child!'

Photo: Courtesy from Lily Cugliari-kobayashi

What is Prayer?

James Montgomery

Prayer is the soul's sincere desire,
uttered or unexpressed;
The motion of a hidden fire,
what trembles in the breast.

Prayer is the burden of a sigh,
the falling of a tear, the upward glancing
of an eye,
when none but God is near.



Photo: Courtesy from Lily Cugliari-kobayashi

Prayer is the simplest form of speech
that infant lips can try;
Prayer, the sublimest strains that reach,
the Majesty on high.

Prayer is the contrite sinner's voice
returning from his ways,
while angels in their song rejoice, and cry, "Behold, the one who prays!"

Prayer is the believer's vital breath,
the believer's native air;
the watchword at the gates of death,
one enters heaven with prayer.

Nor prayer is made by man alone
The Holy Spirit pleads;
And Jesus, on the eternal Throne,
For sinners intercedes.

O Thou by whom we come to God-
The Life, the Truth, The Way,
The path of prayer thyself hath trod,
Lord, teach us how to pray!!

♥ Gratitude in Your Heart ♥



My work colleague, Olga Lazaridis, shared this article with me. Olga would make a gratitude jar (above picture) for each staff in her team. She would encourage them to write a message of gratitude and put it into the jar each day. When you are down or stressed out, you can open the jar to read these messages and count your blessings one by one!! May Tao

The most important ingredient for being your happiest, is to have a grateful heart. Gratitude opens doors to endless possibilities. If you can be grateful now for what you have though it is not as much as you'd like, the universe will be more generous with you.

Gratitude does wonders in your life. Here's 5 Ways Gratitude Blesses Your Life

Gratitude Makes you happier

When you are thankful even for little things, you rid yourself of the stress and worries of not having enough. You become more optimistic. Have you ever met a sad grateful person? How about a happy ingrate? Neither have I.

Gratitude Makes you Believe

Gratitude makes you anticipate for more. You know that you have been provided with your needs yesterday and today so there is no way that you will not receive providence tomorrow and the days to come.

Gratitude makes you more generous

Generosity opens your palm so you could be ready to receive more. When you are grateful for what you receive, you will be bursting with gratitude that you cannot help but share it to the world. Sharing what you have whether it is time, talent, or treasure is like declaring to the universe that you want more. Once it sees that you have emptied yourself when you give to others, it will find a way to fill you up again.

Gratitude attracts the right people

Negative people can't stand a happy environment. They resist the cheerfulness in the air. They become drawn to you and want to change or run away from you because you seem to shine too brightly for them. That is good news! You would not want to be surrounded with negativity anyway. So stay grateful and grateful and cheerful people will be drawn to you.

Too Blessed to Be stressed

A grateful person is a healthy person and a cheerful heart is good medicine!! You can never go wrong with gratitude. You lose nothing and yet you gain a lot in the process. May you keep an attitude of gratitude in your heart!

SAVE THE DATE

For our Upcoming Networking Virtual Event

Saturday June 26, 2021, 8:30 - 10:30 am.

Join other Faith Community Nursing Interest Group members to this annual event, which traditionally takes place during RNAO's AGM.

To register use the link

<https://myrnao.ca/civicrm/event/info?reset=1&id=1088>

Agenda will include

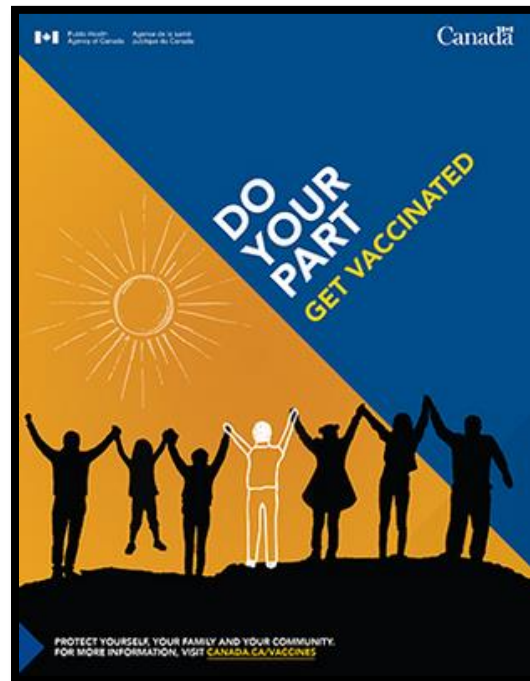
- A short devotional reflection,
- Time to share what is happening in your practice during COVID-19
- Report and update from President Ola, & other Executive Members
- Discovering spiritual treasures in world religions for the benefit of the human family with our keynote speaker, Kathy Murtha.

Kathy Murtha is a Retreat Facilitator at The Mary Ward Centre in Toronto, Canada. The Mary Ward Center was established by Loretto Sisters as a center for Education, Spirituality, Justice and Care for Creation. Kathy has been facilitating Retreats for adults and young people for over 25 years. She has an MA in theology and specializes in interfaith workshops and dialogue, women's history, spirituality, and contemplative practices. She worked for two years overseas among the highland tribal peoples of Papua New Guinea and is passionate about developing a global and cosmic consciousness.



New PNIG website is coming soon!!

Maria Lippa, Social Media ENO and Gloria Wiebe, Communication ENO have been working with Madison Scaini, RNAO Communications Officer/Writer to set up the new platform for our website.



FCNIG Executives: 2020-2021

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

Regional Representatives

Lily Cugliari-Kobayashi/Maria Lippa (Region 6),
 Gloria Wiebe (Region 7), Mary Lynch (Region 8)
 Jeanne Lambert (Region 9), Dot Klein (Region 11)