



WELS Nursing Today

WELS Commission on Special Ministries

On September 9th, Sue Bolha and I had the gracious opportunity to meet with the district coordinators for the WELS Commission on Special Ministries at their annual meeting. The Commission on Special Ministries offers spiritual and other services to people who have special needs that are not easily met by traditional ministries. They have eight special committees to address these areas:

- Health and Wellness Committee
- Military Services Committee
- Prison Ministry Committee
- Intellectual and Developmental Disabilities Ministries
- Mission for the Deaf and Hard of Hearing
- Mission for the Visually Impaired
- Care Committee for Called Workers
- Committee on Mental Health Needs

The Commission on Special Ministries wishes to work together with our nurses in a variety of ways and wants to make the names and contact information of the district coordinators available to you should you have any questions about the resources available to our members with special needs. The WELS Special Ministries district coordinator contact list is now posted on www.welsnurses.net under the "WELS Resources" tab. If you looked at the Southeastern Wisconsin District, for example, you would see that Rev. Richard

Waldschmidt is the district coordinator along with his contact information. If you are in this district, you would be more than welcome to contact Pastor Waldschmidt with questions regarding any of the above committees. The district coordinator's would also love to have the name of a parish nurse in each district who would be willing to answer questions about parish nursing to

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their area pastors and congregations. Are you willing to serve as a potential resource for your district? Let your district coordinator know! If they have a question that you can't answer, feel free to contact us. Considering a WELSNA Meet & Greet Event? Your district coordinator might be able to suggest a guest speaker and help you spread the word about your "Meet & Greet" to your area congregations. Please see the WELSNA website to access the contact the information for the District Coordinators. This is a wonderful opportunity to collaborate and further the mission of the WELS nurses.



Respectfully,
Amy Taglienti, WELSNA Council Coordinator

Building Faith in Unexpected Places

As I grew up, I was blessed with an environment that encouraged my faith wherever I went. I had a family who would take me to church every weekend, a Christian grade school and high school where daily chapel sessions were built into the curriculum, and friends who shared the same beliefs and morals as I did. I was living in a sheltered, Christian world, and I loved it. When I started college at St. Olaf two years ago, I didn't give two thoughts to the challenges I might face as a Christian. For the first time I was living on my own, apart from the strong foundation of faith I grew up on, and surrounded by thousands of people whose views and morals were very different than my own. It was an eye-opener. I have friends who are Buddhist and friends who are atheist. I have friends who believe in pro-choice and friends who believe in same sex marriage. My head and heart were being pulled in several different directions.



While I never lost my faith, I could feel the passion I had in high school slipping away. I no longer had the continuous support surrounding me wherever I went. After a while of feeling lost, I started questioning myself: Who says we need a daily chapel service or weekly church sermon to grow our faith? While it certainly helps, and should be taken advantage of, the opportunity doesn't always present itself. I was using the lack of opportunity as an excuse to let my faith lay dormant. Thankfully God had a different plan for

me. Although I was mostly in the nursing program for the cliché "I want to help people" attitude, the Spirit helped me to realize that God had placed the path to nursing in front of me as an opportunity to continuously grow my faith—an opportunity that I desperately needed. Each patient I serve, I am serving God. Some patients teach me law; they keep my humility in check and remind me that I am a sinner like everyone else. I make mistakes of which I must be held accountable. Others teach me gospel, their gratitude and faith a constant reminder of the gratitude and faith I humbly place in God. Each patient is a new sermon, each room a new place to worship my Savior. While the days can be long and the work can be tiring, we remember the passage in Matthew: "For I was hungry and you gave me something to eat, I was

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thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me." Use this as motivation to fill yourself up after long days. If you go into work drained and empty, you are harming both yourself and your patient. Nursing is difficult work, but you must remember to take time for yourself. You cannot give to your patients unless you begin each day filled and overflowing with love, compassion, and positive energy, and what better way to fill yourself up than with the love of God? Every time you see a new patient, remember that you are serving God. Let his

Work in such a way that when the end comes, you can say, 'I served you, using the gifts you gave me, to the very best of my abilities,' and he will bless you beyond anything you can imagine.

love overflow from you unto those who are sick and in need. Work in such a way that when the end comes, you can say, 'I served you, using the gifts you gave me,

to the very best of my abilities,' and he will bless you beyond anything you can imagine.

Erin Riley is a junior nursing student at St. Olaf College in Northfield, Minn. and is a member of Mount Olive Lutheran Church in her hometown, Appleton, Wis.



Blessed vs. Stressed

By the time you read this you will have celebrated Thanksgiving at church and with your family. For some of you the stress has already begun. Getting the children ready for church, singing in the choir, grocery shopping, preparing the Thanksgiving dinner, cleaning the house, working overtime, traveling to relatives, packing and the list goes on and on. And then there's Christmas. You are probably feeling stressed just reading this!

If stress is inevitable, what can be done to manage it? Here are some proven suggestions. Listen to music, use relaxation techniques such as deep breathing, exercise regularly, write it down, talk about your feelings with a trusted person, do something you enjoy, and focus on the present.¹

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So, are you ready for Christmas? The following suggestions to manage stress will not be found in any medical textbook, but in God's Word.

1. God reminds us to "Cast all your cares upon Him and He will sustain you." (Psalm 55:22).
2. To be in God's Word, "Let the peace of Christ rule in your hearts, since as members of one body you



were called to peace. And be thankful. Let the word of Christ dwell in you richly..." (Colossians 3: 15-16)

3. And to pray, "Devote yourselves to prayer..." (Colossians 4:2)
4. And finally to set your priorities, 'Where your treasure is, there your heart will be. All that you possess will never set you free. Seek the things that last; come and learn from me. Where your treasure is, your heart shall be.—What do you gain from all your worry? What you should eat or what to wear? There is no peace in stress or hurry. Do you not know you are held within God's care?' (Where Your Treasure Is - Christian Worship Supplement - Hymn 757 v.1)

May you be blessed not stressed,
Anne Mackey, RN, FCN

¹ <http://www.webmd.com/balance/stress-management/stress-management-relieving-stress>

As a parish nurse, Anne writes a health/wellness newsletter article for her churches' newsletter. The above article is just one example. More articles are downloadable from www.welsnurses.net under Church/School PN Articles on the parish nurse page. Feel free to use them as you need to. A great way to begin parish nursing!



• Fall/Winter 2014 News & Notes •

- **The 2015 WELSNA Spring Conference Committee** is working hard to offer a great conference for our WELS Nurses Association. Mark your calendars for the **March 20th & 21st** gathering at the beautiful new **WELS Center for Mission & Ministry**. This is going to be the first time for the Friday night and Saturday conference, allowing for more and flexible opportunities to learn, grow in faith, and encourage one another as WELS nurses. The senior Wisconsin Lutheran College nursing students will bring their poster presentations of their research projects. We'll also announce the first recipient of the \$1000 WELSNA/WLC Nursing Scholarship award to a junior WLC nursing student! **You'll have an opportunity to talk to Dr. Carlo Piraino, the WLC adjunct professor who will be teaching the online parish nurse course to be offered in the fall of 2015. Bring your questions for him.** By then we should know whether we have been awarded an Antioch II matching grant to help with the course tuition costs. Our theme for the day: **"The Heart of Healthcare—The Heart of the WELS."** More information coming soon.
- **2015 Christian Leadership Experience** On January 9-11, 2015, in Scottsdale, Ariz., there will be a leadership event to support and enrich Christian leaders in their businesses, communities, and church. This event, hosted by several WELS organizations, is called the 2015 Christian Leadership Experience. As WELS nurses, serving God's people in a wide variety of roles in the community and in our churches, you are especially invited to this event. **Kathie Wendland RN, BSN, one of our CAMM nurses and also active in the WELS Women's Ministry is one of the featured speakers, talking about "Christian Women in Leadership within the Church and in the Secular World."** Several nurses from WELSNA are

attending and we urge you to also consider joining us. For full information and to register, go to the conference website at www.christlead.com.

- **New Beginnings**—A Home for Mothers has officially moved to Milwaukee, Wis. all the way from Denver, Colo. They are located near Wisconsin Lutheran College and right across the street from Children's Hospital. We have a four-unit apartment complex that will house a total of four mothers and their babies.

New Beginnings is much more than a home for mothers; the program provides mothers with a Christian atmosphere to prepare these women to live Christ-centered lives, as well as offers Christian counseling, parenting classes, opportunities for continuing education, and a variety of other resources these mothers need for a new beginning. We hope that our new location will open the door for continued and growing support, as we connect with the numerous resources available in the area. They have a "Wish List" of needed items available on the website. www.homeformothers.com

Interested in a tour of New Beginnings? Please feel free to stop in or call (414) 376-0595 to set up a group tour. We are located at 9215 W. Wisconsin Ave. Milwaukee, WI 53226. We look forward to seeing you soon!

- Prayerfully consider a year-end donation to the WELSNA/Wisconsin Lutheran College Nursing Scholarship Fund! Why? More information is available at www.welsnurses.net.

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