



Vital Signs

A newsletter to encourage present and emerging leaders for ministry among nurses

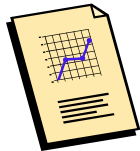
Fall 2009



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Please pass this information along to your group members to connect them with NCF nationally.



Summit '09 report – It was hot in Dallas this past June, but the nurses, students, faculty and NCF staff who attended the conference were hosted comfortably in the air-conditioned conference center. We explored the theme of “Nursing as Ministry: Caring in Context” through large groups, small groups and breakout workshop sessions.

One thing that stood out to me is that **community is important** for our NCF nurse groups.

Meeting together as a community has numerous obstacles – it's not easy. In addition to crazy schedules and trying to balance family life with work, nurses tend to be over-achievers. We are often spread too thin with many good things like church and community activities. We are used to giving and giving and forget that sometimes we need to be open to receiving and replenishing ourselves.

Because of busy lives, communities of nurses often connect by sharing prayer requests via email or blog/discussion groups. Online resources are a great way to connect in our busy world, but should supplement face-to-face community time, not replace it.

The following section will give you some ideas for how to increase community in your NCF group.

Learning from other NCF groups

Cincinnati: This group looked at their obstacles to meeting together and came up with a very creative solution. They meet at Chick-fil-A so their children can have fun in the play area while they talk. The kids have fun while the moms/nurses meet and connect with each other.



REASON groups: REASON stands for Retirees Encouraging and Supportive of NCF. Groups of retired nurses are making a real difference through prayer and financial support. Learn more in the [REASON newsletter \(http://ncf-jcn.org/reason/509.pdf\)](http://ncf-jcn.org/reason/509.pdf).



2 or 20: Recently a group leader emailed her group to give a report on a recent meeting. Only one other nurse had shown up, but the two of them shared stories, laughed and bonded. The encouragement and support that evening were priceless. The leader reminded everyone that they were welcome to come as able and that she was praying for each of them. I was encouraged reading about her love and acceptance of the other group members.

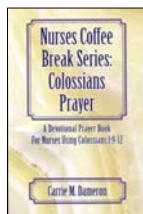
Challenge your group: One leader recently sent her group this email:
In praying and asking God for guidance in our work, I felt led to Romans 12. Please have a moment of silence and ask God to reveal His deep wisdom to you as you read this chapter. Then, let me know what you felt and heard. I'd love to have a group discussion on this. Just "reply all" with your response.

The varied responses led to further discussion.

Plan a service project - The group at Central Baptist Hospital in Lexington, KY held an ice cream social fundraiser for the husband of a co-worker who needed a bone marrow transplant. Some groups gather hygiene supplies or basic needs, like socks, for local shelters or volunteer for a free health clinic together. The possibilities are many. This is a great way to help your group become closer.



New resources



Nurses Coffee Break Series: Colossians Prayer: Carrie Dameron, an NCF nurse leader in northern CA, has written a wonderful devotional guide. The short devotionals are thought-provoking and good for individual or group use. [Learn more at http://www.nurses4him.org/](http://www.nurses4him.org/).

Journal of Christian Nursing: *JCN* is the periodical published by Nurses

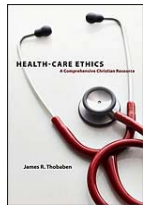


Christian Fellowship. Quarterly issues are a benefit of NCF membership or can be subscribed to separately.

If you use *JCN* articles for discussion in your group or are looking for fresh ideas on a [variety of topics](#) pertaining to nursing from a Christian healthcare perspective, now you can easily access *JCN* articles back to 2002. This is a free benefit of NCF membership or if you subscribe to *JCN*. See the [current issue](#) or search for topics of past issues.

JCN also has CE available. NCF members qualify for a discount on CE. Consider gathering a group to complete your CE credits using *JCN* articles.

If you aren't already an NCF member, learn how to join at <http://www.ncf-jcn.org/meminfo.php>.



Health-Care Ethics

A new publication, available through [IVP](http://www.ivpress.com) (www.ivpress.com), is a comprehensive resource for Christians in the health-care professions who want biblical insights into the complex bioethical issues facing our culture.



Join the [Nurses Christian Fellowship \(NCF\) group](#) on Facebook to connect with other nurses, as well as to learn about resources and events.



NCF Conferences and Events

Many [conferences](#) are planned for this fall and winter. Check to see if there are any upcoming events in your area.

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