



Retirees Encouraging And Supportive Of NCF

**INTERVARSITY**  
INTERVARSITY CHRISTIAN FELLOWSHIP/USA

# REASON *Report*

A newsletter to encourage retired nurses and share ways to continue making a difference in nursing

**November 2009**

## Encouraging Words

### *How to Flourish*

Loss of health, position and purpose are experienced by some retired nurses. How can we thrive, not just survive, in the midst of role change and aging?



On August 17<sup>th</sup> some members of the Ohio REASON group received encouragement from God through discussion of Psalm 92:12-15. "Join our discussion" about application of these verses:

*The righteous will flourish like a palm tree,  
they will grow like a cedar of Lebanon;  
planted in the house of the Lord,  
they will flourish in the courts of our God.  
They will still bear fruit in old age,  
they will stay fresh and green, proclaiming,  
"The Lord is upright; he is my Rock,  
and there is no wickedness in him."*

### **Steps toward flourishing:**

- *Anticipate that we will grow*, like palm and cedar trees (strong, durable, fruitful). Expect ways God will help us do what is right, and develop our character in the midst of challenges and opportunities we face.
- *Examine where we are planted*, including being in the Lord's house and courts. An environment for flourishing includes nourishment through worship, interacting with God through the Word and prayer, experiencing community with God's people in different settings.
- *Enjoy fruit in old age*, and staying fresh and green. Multiple life experiences help to shape character, and bring perspective to what may have shaken us in the past. The fruit of the Holy Spirit is beautiful in all seasons of life. Continue to learn new things and to be flexible (green rather than dry and brittle). Recognize new doors of opportunity. Our ministry will look different than in the past, but each of us has a purpose to fulfill.

- *Proclaim God's goodness*, confirming God's protection and strength in our lives. A nurse in Minneapolis who had surgery for colon cancer and now is on chemo states, *When I feel anxious I say "God is in control and I trust Him." Every time I say this I am immediately calm.* Proclaiming God's character, looking for signs of God's love, and thanking God and others also helps us to flourish.

### **Reflection questions:**

- How would I, and others, assess my "extent of flourishing:"  
Absent \_\_\_\_\_ Thriving
- What keeps me from flourishing?
- How can I strengthen my *steps toward flourishing*?

## REASON News

### **Partnership for Publication**

The NCF group in the San Fernando Valley of southern California has met for 37 years! Members are now retired, but their ongoing monthly meetings and prayers for one another provide vital support. A result: thriving personally as well as influencing nursing:

They encouraged group member Dr. Barbara Artinian as she led other nurses in development of a book on qualitative research. Nurses involved in NCF contributed chapters and editing with Barbara. The book, *Glaserian Grounded Theory in Nursing Research*, was published in July by Springer Press, and includes significant examples of spiritual care. I was honored to write a chapter on "Nurturing Hope in Patients with Cancer" (from my masters' thesis). Join us in praying that nurses reading the book will want to learn more about God who meets our spiritual needs, and about nursing research that influences nursing.



### **Retired Nurse Educators Continue to Teach**

The last newsletter informed you of an NCF survey designed to glean wisdom about Christian leadership in nursing education that would guide future generations of leaders. God answered prayer! The 48 page document of survey responses from 14 retired nurses is a wonderful "legacy of knowledge" that represents 447 years in schools of nursing.



During August 18-19 Harriet Coeling, Lenny Chiang-Hanisko and I met in Cleveland to analyze observations and discover themes in the document (a qualitative research method with similarities to inductive Bible study). We were grateful for insights God gave. Please pray for:

- wisdom in completing an article that will be submitted to *Journal of Christian Nursing*
- God using the legacy from retired educators to teach younger nurses to make a difference in nursing

***New Retirees Re-discover Purpose – another example of flourishing***

Two nurses in Texas (who also are sisters) are discovering new avenues of ministry: partnership with an organization that cares for single at-risk pregnant mothers, including sewing clothes for them. Advocacy for abused children is another avenue for volunteer work by one of the sisters. They share: *Nurses can prepare for retirement by recognizing that the call to care God has placed in our hearts can be expressed in different ways.*

**Make a Difference Through Your Prayers**

**Pray for Jane Hall, NCF Interim Director**, as she begins her role following Pat Emery's return to clinical nursing 12/1. Thank God for Pat's ministry as NCF Director. Thank God for preparing Jane for her new role through 12 years on NCF staff. Thank God for guiding NCF over the years.

**Intercede for the InterVarsity Urbana 09 Student Missions Conference December 27-31 in St. Louis, MO.**

Over 20,000 students and young professionals will attend; see [www.urbana.org](http://www.urbana.org)

*Please pray for:*

- **12 health-related seminars**, taught by NCF and other colleagues, that will help students and graduates discover how to serve in God's global mission through nursing and healthcare
- **Ministry at the NCF exhibit**, where students and nurses will talk with NCF staff and discover resources helping them follow Jesus Christ in nursing.
- **Local nurses and physicians serving at the health service**, and that God will keep participants healthy.



**Make a Difference through Legacy Gifts**

The last newsletter addressed passing on your Christian heritage in nursing through including **NCF in your will, living trust, or as a beneficiary of a life insurance policy.**

*I again invite you to consider this vital way of influencing the future of nursing.*

**A Charitable Gift Annuity** is another way to reach a future generation of nurses with the good news of Christ. Mary Ann, a retired nurse in Oklahoma, recently set up an Annuity. She shares her perspectives with us:

*Trying to be a good Christian steward is important to me, because God is the owner of ALL that I have. Jesus instructs us to lay up treasures in heaven, not here on earth (Matt. 6:19). You can't take your treasures with you, but you can send them on ahead.*

*Investing in a Charitable Gift Annuity through InterVarsity Christian Fellowship/NCF is a wise way for me to practice my stewardship. Not only am I investing in the future ministry of Nurses Christian Fellowship, but I get immediate tax benefits and some income for the rest of my life on earth.*

**Other Creative Giving Options** are described in the enclosed brochure.

**Charitable IRA Rollover:** The opportunity to make gifts directly from an IRA to InterVarsity (originally made possible by congressional legislation in 2006) remains available – but currently only for gifts transferred by the end of 2009. More information can be found on our website: <http://www.intervarsity.org/page/rollover-extension>.

Gary Kopan, InterVarsity Director of Gift Planning, will answer your questions about options for legacy gifts. Contact him toll-free: 1-866-734-4823 ex. 3685, or mail the response panel on the brochure in the enclosed envelope. I am very grateful for the ways Gary serves us in NCF.

**You Are Important to Us**

Your prayers and gifts are deeply valued by NCF as we move forward in the opportunities before us. We also want to serve *you* – with NCF news updates, as well as praying for you.

Please send the enclosed form in the envelope, and office staff in Madison, WI will take care of your requests for mailings as well as pass on your prayer requests to me.

You may also contact me directly about your questions and prayer requests.

Thanksgiving blessings,

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