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Kansas Parish Nurse Ministry
 serving God through wholistic
 ministries.

Stats & Stories

Kansas Parish Nurse Ministry ...
 a Division of Abundant Life Hospice, Inc.

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The Heart of it

"A heart at peace gives life to the body...." Proverbs 14:30

I come humbly and gratefully as your servant to thank you for your prayers, your cards, e-mails, and other acts of kindness shown to me during this vulnerable time of my life. Each of youthe Body of Christ.... has been so present to me as I have experienced first hand the Great Physician at work in my life. I have often shared that I don't sick very well actually I don't like it at all. I don't like being slowed down and I find that I fight it every step of the way. Gee, I wonder what God is trying to teach me? Duh!

I have come to appreciate the wisdom of our state nursing associations as they don't allow us to use the verb "learn" because we can't always measure and document it. So, with my educator hat on I will share my "learning" objectives with you.

At the end of this life experience this participant will be able to:

- Define the power of prayer that people in faith communities have.
- Articulate what a prayer warrior is and does. (Send me your prayer requests!)
- Discuss what it means to slow down...really slow down...
- Define the fullness of joy and peace and what it does wholistically to the person who is able to receive these gifts.
- Converse with others about the refinement process and its effect on life.
- Be thankful for EVERYTHING! (the good, the bad, and the ugly)
- Share with others my personal experience of holding hands with God while He has held my heart in His hand (literally) !
- Express the intimacy of that special relationship with God when I am able to just be held and loved not for what I do but because I am His child ...unconditional love.
- Lighten up! Appreciate God's humor in life. Don't carry so much baggage ...airlines charge extra for it you know!
- Cast fear out of my vocabulary knowing there is not room for it in the heart where God dwells. ("There is no fear in love, but perfect love casts out fear." – 1 John 4:18)
- Allow hope to light its candle and shine everywhere.
- Discuss what it means to s---l---o---w down....really slow down ! ("Be still and know that I am God." ~Psalm 46:10)
- Let go and let God "do" through others ... there are many points of grace.
- Enjoy the experience of "being" and not having to "do" all the time.
- Praise and glorify His name !

JoVeta

"For He will command His angels concerning you, to guard you in all your ways."

Psalm 91:11

Life is a combination of laughter and tears, a combination of rain and sunshine.

Norman Vincent Peale

The best way to cheer yourself up is to cheer someone else up.

Mark Twain

People have been known to achieve more as a result of working with others rather than against them.

Dr. Alan Fromme

Lost time is never found again.

Theolonious Monk

Occupational Hymns

When you go to Church this weekend be sure to smile as you go through your Hymnals!

- Dentist's Hymn.....Crown Him with Many Crowns
- Weatherman's Hymn...There Shall Be Showers of Blessings
- Contractor's Hymn.....The Church's One Foundation
- The Tailor's Hymn.....Holy, Holy, Holy
- The Golfer's Hymn.....There's a Green Hill Far Away
- The Politician's Hymn.....Standing on the Promises
- Optometrist's Hymn.....Open My Eyes That I Might See
- The IRS Agent's Hymn.....I Surrender All
- The Gossip's Hymn.....Pass It On
- The Electrician's Hymn.....Send The Light
- The Shopper's Hymn.....Sweet Bye and Bye
- The Realtor's Hymn. I've Got a Mansion Just over the Hilltop
- The Massage Therapists HymnHe Touched Me
- The Doctor's Hymn.....The Great Physician
- AND for those who speed on the highway - a few hymns:
 - 45mph.....God Will Take Care of You
 - 65mph.....Nearer My God To Thee
 - 85mph.....This World Is Not My Home
 - 95mph.....Lord, I'm Coming Home
 - 100mph.....Precious Memories

Give me a sense of humor, Lord, Give me the grace to see a joke, To get some humor out of life, And pass it on to other folk.

The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems.

- Gandhi

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

-Leo Buscaglia

If Christians can't find a meaningful way to work through the tough stuff without gouging each other's eyes out, it could well be we do not have a hope of modeling anything for the world.

-Bishop Gregory Palmer,

UMC

*May God grant you many
years to live,
For sure He must be
knowing
The earth has angels all
too few
And heaven is
overflowing.*

*ASAP
Always Say A Prayer*

*When you pray,
move your feet.*

African Proverb

BULLETIN BOARD



If you have questions or concerns feel free to contact any member of the Steering Committee.

A special thanks goes to Teresa Sanderson, RN, CEO of Abundant Life Hospice, Inc. of which the Kansas Parish Nurse Ministry is a division. God's timing is impeccable. I understand Teresa kept everyone updated on my health journey and I am grateful.

Christ is risen! Smile!

Did you receive your Educational Brochure for 2007? Please save it and add the dates to your calendar.

Don't forget : We have prayer beads, God's pockets, religious jewelry, porcelain hearts and guardian angels for sale. Contact JoVeta if you're interested. Soon there will be pictures on the website.



BIBLE = Basic Instructions Before Leaving Earth

Subscribe to Stats & Stories Subscribe to Stats & Stories

LAST FREE ISSUE

Receive at least 8 newsletters per year that you can use for your bulletins, bulletin boards, newsletters. The cost is only \$25.00 per year --- what a deal! This price doesn't cover the costs but comes to you as a service of Kansas Parish Nurse Ministry, a Division of Abundant Life Hospice, Inc. Send your name, address, city, state, phone, and e-mail address plus a check made out to "KPNM" and we'll make sure you don't miss a copy! If you are a member of KPNM you will receive the newsletter as a benefit of membership. Let us know if you prefer to get the newsletter by e-mail or hard copyyour choice!

The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.

Euripides (Greek tragic dramatist
484 BC –406 BC)

There is nothing like a dream to create the future.

Victor Hugo

One of the most courageous things you can do is identify yourself, know who you are, what you believe in, and where you want to go.

Sheila Murray Bethel

When we quit thinking primarily about ourselves and our own self-preservation, we undergo a truly heroic transformation of consciousness.

Joseph Campbell

The older you get, the more you realize that kindness is synonymous with happiness.

Lionel Barrymore

A person without a sense of humor is like a wagon without springs, jolted by every pebble in the road.

Henry Ward Beecher

We must not only give what we have, we must give what we are.

Cardinal Mercier

The miracle is this — the more we share, the more we have.

Leonard Nimoy

A little fun with diets

ITALIAN PASTA DIET -- IT REALLY WORKS !!

- 1.. You walka pasta da bakery.
- 2.. You walka pasta da candy store.
- 3.. You walka pasta da Ice Cream shop.
- 4.. You walka pasta da table and fridge.

You will lose weight!



CONCERNED ABOUT TOO MANY CARBS IN YOUR DIET?

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION

Eat and drink what you like. Speaking English is apparently what kills you. (and the Kansas legislature just passed that English is our official language—oh well)

TIDBITS OF RESEARCH

- In the last 10 years, says one recent survey, “Persistent, chronic pain has risen dramatically among full-time US workers.” Workers today practice “presenteeism” – going to work rather than taking a sick day, which has “a negative impact on work despite being physically present at the job.” The information is the result of a 2006 survey, just released, which is profiled on Ortho-McNeil’s “Pain in the Workplace” website, www.painandwork.com. (*PR Newswire US*, 1/30)
 - According to a new study published in JAMA (Jan 24) men who have a fracture triple or four-fold their odds of having a second one while women (who are more likely to have a first one) double their odds. The increased risk of refracture lasts for up to 10 years after the initial fracture. Lower bone density, older age, and smoking are all high risk factors for fractures.
 - According to one well-designed study in Honolulu, coffee may reduce the risk of Parkinson's disease. Men who drank no coffee were two to three times more likely to develop the disease than those who drank one to four cups a day, and five times more likely than those who drank more than four cups a day. The caffeine was identified as the protective substance. No one can adequately explain this, and it's only a single study, with many limitations. But it's worth investigating further.
 - In another study, those who drank two or three cups of coffee daily cut their risk of gallstones by 40%. Again, there's no explanation for this—and it's only one study. It's far too early to recommend coffee for this purpose. Berkeley Wellness Letter
 - Studies are showing that eating nuts for heart health is one of the best foods you can enjoy. It doesn't matter if you eat walnuts, hazelnuts, almonds, etc. just eat nuts. Eating nuts decreases your risk of blood clots and helps the lining of your arteries. Mayo Clinic News
 - Whether it's walking the dog or playing badminton in the backyard, research suggests that joining your kids in activities of their choice not only makes you both healthier, it also boosts their self-esteem. A nationwide survey found that when kids enjoy a variety of activity options -- and their parents play a role -- they are less likely to [smoke](#), [drink](#), skip school, have sex, or [use drugs](#), compared to sedentary 7th- to 12th-graders who watch a lot of TV. Every kind of exercise helped, from organized sports to dance classes. But any activity that involved parents -- even if it was simply strict control of the TV -- had the most positive impact Real Age
 - Researchers tell us that positive people have fewer colds and when they do they are not as bad. Emotions play a big part in our immune system. Real Age
 - **\$ Red Laces Program for your child's life**
For the first time on 100 years a child born today may have a shorter life span than his/her parents. Obesity and other health concerns have grown to pandemic levels in children. The culprit? Lack of physical activity and poor dietary habits. Stride Rite and Saucony are now accepting applications for the Red Laces Program to support communities and nonprofit organizations that provide after-school physical fitness programs for kids. Go to www.sauconyrunforgood.com to download an application.
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Special events for parish nurses/health ministry team

April 5, 2007	Loving Care of the Aging: A Spiritual Approach	Hiawatha (KS) Light-house Conference
April 13,14, 2007	United Methodist Health Ministry Fund Annual Retreat For all involved in UM health ministry	Rock Springs, KS
June 21-24, 2007	Health Ministries Assoc. (HMA) "Navigating the River: Journey with us through Health Ministries' Healing Waters"	San Antonio, TX Hyatt Regency on the River Walk
Aug 31- Sept. 3, 2007	Presbyterian Evangelism conference	Nashville, TN
Sept. 28-30, 2007	21st Annual Westburg Symposium "Called to Action: Strengthening Ministries of Healing"	Adam's Mark Hotel Downtown St. Louis
Oct. 17 & 18, 2007	10th Annual State Parish Nurse Conference "Celebrate What's Right with the World"	Spiritual Life Center Wichita, KS
August 12-18, 2007	Basic Prep Reservations required by July 1	Wichita- Spiritual Life Center

Refer to Educational Brochure for full detail of other workshops held in Wichita. Call JoVeta for details regarding any of these conferences.



Telling someone "I love you" in whatever way is always delivering good news. Nobody will respond by saying, "Well, I knew that already, you don't have to say it again"! Words of love and affirmation are like bread. We need them each day, over and over. They keep us alive inside. - Henri Nouwen



Bill and Helen Wales

Irene Gorman

Connie Dean's grandson

Our parishioners

Eleanor & John Gingerich

Sonja Simpson

Each other and all unspoken needs

The young mother of 4 who is awaiting final diagnosis on thyroid cancer and for her family that they all find joy in the moment and never lose trust in God through this event.

Those who have been affected by adverse weather

The hungry, the lonely, the depressed, the homeless, the sick, the most vulnerable

That we are true servants of the poor

All parish nurses, especially the one who is hurting today

Those who are dying, especially those who have no one to pray for them

Please Pray for:

Things to Ponder

1. Can you cry under water?
2. How important does a person have to be before they are considered assassinated instead of just murdered?
3. Why do you have to "put your two cents in", but it's only a "penny for your thoughts"?--Where's that extra penny going to?
4. Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?
5. Why does a round pizza come in a square box?
6. What disease did cured ham actually have?
7. How is it that we put a man on the moon before we figured out it would be a good idea to put wheels on luggage?
8. Why is it that people say they "slept like a baby" when babies wake up like every two hours?
9. Why are you IN a movie, but you're ON TV?
10. Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?
11. Why do doctors leave the room while you change? They're going to see you naked anyway.
12. Why is "bra" singular and "panties" plural?

Christians are those who have allowed Christ to hold their hearts in his hand. The security Christ offers is found in these words: "My sheep hear my voice. I know them, and they follow me. I give them eternal life, and they will never perish. No one will snatch them out of my hand."

John 10: 27-28, NRSV



A kindergarten teacher was observing her classroom of children while they drew. She would occasionally walk around to see each child's artwork. As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without missing a beat, or looking up from her drawing, the girl replied, "They will in a minute."

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Coming soon:

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