

Lutheran Lay Fellowship of Metropolitan Washington DC



Thursday, June 7, 2012 – 12:00 noon

Saint Luke Lutheran Church
9100 Colesville Road at Dale Drive
Silver Spring, MD 20910

Bob “Sarge” Sargent opened the meeting of the Lutheran Lay Fellowship (LLF) by asking for those who were celebrating birthdays during the month of June. Sarge celebrated his birthday on June 5th and Esther Webber is celebrating her birthday on June 16th. There were a number of wedding anniversaries being celebrated during June: the Bells celebrated their 52nd anniversary on June 4th; Larry and Sue Schmidt are celebrating their 53rd anniversary on June 7th; John and Bonnie Priebe will be celebrating their 35th anniversary on June 17th; and Dave and Dee Lambert will celebrate their 12th anniversary on June 17th.

Sarge announced the slate of officers for the next year: Sarge, President; David Berg, Vice President; Bonnie Priebe, Secretary; and John Priebe, Treasurer. Nominations remained open until the end of lunch today.

Devotions were led by LLF’s Chaplain, Pastor Larry Schmidt. Devotions were based upon the scripture reading from 2 Corinthians 4:14-5:1. Key themes were “do not lose heart”, “fix ourselves on the unseen”, and that we are safe in Christ’s love and protection, which is always there for us. It is easy to become bogged down and preoccupied with the problems that beset us. However, Christ is our comfort, strength and hope. Pastor Schmidt closed the devotional time with a prayer before lunch.

Announcements following lunch were as follows:

1. Sarge announced that nominations for officers of LLF were closed and the candidates listed above should be considered to be elected. Motion was made by Sue Schmidt, seconded by David Berg and approved by all LLF members in attendance. There is a need to recruit and nurture new people for officer positions over the next year as the bylaws put term limits on officers. Also, there may be a need to take the LLF in new directions and new officers might be helpful in this area.
2. Dave Lambert announced that the PayPal system is up and running to enable LLF luncheon attendees to pay for their lunches ahead of time using credit or debit cards. PayPal uses encryption, so it is a safe way of making payments. See Dave if you’ve any questions about this service.

3. Carolyn Sowinski from Gifts of Hope mentioned the gift giving opportunities available on the Gifts of Hope website: <http://www.giftsofhopemetrodcd.org>. Information about this program may also be accessed at Facebook: www.facebook.com/DCGOH. Over 45 gifts are available to select from on this website. Please consider Gifts of Hope for graduation and Father's Day gifts, as well as other gift giving opportunities year-round. See flier for details.

4. Dan Bella announced that applications were still being accepted for \$1,500 LLF scholarships. Deadline for applications is June 15th. We haven't received too many applications so far, so he asked everyone to get the word out about this initiative. He noted that applicants must either be rising college Juniors or Seniors. Extra points are given to those applicants who go to a Lutheran college. See the LLF website for more details.

5. Ruth Manchester announced that there will be a concert on Sunday, June 10th, at Saint Luke Lutheran Church from 3-5 pm to raise funds for Mobile Med, a non-profit that brings medical services via vans to low-income people in Montgomery County. All are welcome to come and support this worthy organization.

David Berg mentioned upcoming LLF speakers: on July 5th, Mr. Greg Roemer from Thrivent Financial for Lutherans; on August 2nd, Dr. Michael Kurtz, Assistant Archivist of the United States (retired); and on September 6th, Mrs. Jana Broughton, Executive Director of Fellowship Square Foundation.

David Berg then introduced our guest speakers for the day, Marilee Tollefson, RN, and Ruth Manchester, RN. Slides for their joint presentation may be found at the end of this report. Both are Parish Nurses in their respective congregations and have come to talk about what a Parish Nurse can do for your congregation. They will define what a Parish Nurse is vs. isn't as well as how they can assist the Pastor. Marilee Tollefson, RN, is the Parish Nurse at the Lutheran Church of St. Andrew (LCSA) and Ruth Manchester, RN, is the Parish Nurse at Saint Luke Lutheran Church.

Marilee served 23 years in the Army Nurse Corps, attaining the rank of full Colonel (06). She received her BSN in nursing from St. Olaf College, Northfield, Minnesota and her MSN from the University of Colorado. She received her certification in Faith Community Nursing at Wesley Seminary in Washington D.C. in 1999-2000. She began her paid staff job at LCSA in September 1999.

Ruth received her RN from the Methodist-Kahler School of Nursing in Rochester, Minnesota; her BSN from the University of Minnesota; and an MA in art history from the University of Maryland. She received her certificate in Parish Nursing from Concordia College, Morehead, Minnesota in 2002. She serves as a paid Parish Nurse at Saint Luke Lutheran since 2001, works very part-time at Holy Cross Hospital and teaches in the art department at Montgomery College in Rockville.

Marilee Tollefson, RN and Ruth Manchester, RN

“A Parish Nurse for Your Congregation?”

Marilee and Ruth began their presentation with Jesus' parable of The Good Samaritan and Matthew 25: 35-36 as scriptural bases for Parish Nursing. Parish Nursing was officially founded by Rev. Granger Westberg, a Lutheran pastor who in 1984, established a partnership between Lutheran General Hospital in Chicago and six congregations. Westberg felt having a nurse on the staff of a congregation would provide a unique forum for health promotion and disease prevention.

Parish Nurses are health care professionals who are concerned about the health and wellness of the congregation. Parish Nurses are nurses who have taken a parish nurse certification training course (FCN certification). Parish Nurses are concerned about the health of the body, mind and spirit and are employed or volunteer in a congregation or congregations. At Saint Luke Lutheran, Parish Nursing was started via a family bequest that funded the ministry.

It is also interesting to note what Parish Nurses do not do – most importantly, Parish Nurses do not perform hands on clinical care. Instead, Parish Nurses perform health-related advocacy, referrals, education, and coordination of volunteers.

Various caring ministries may fall under the responsibility of a Parish Nurse, including Stephen Ministry, caregiver support groups, home and hospital visitation, prayer shawl ministry, senior ministries, sex education, blood drives, health screenings, CPR/Automatic Electronic Defibrillator (AED) classes and end of life education.

Before launching a Parish Nursing program at your congregation, the congregation should conduct a needs assessment of the health issues of that particular faith community.

There are important local networks that Parish Nurses can tap into to increase the effectiveness of this ministry. In Montgomery County there is a Parish Nurse Network operating out of Holy Cross Hospital. This particular network has get-togethers several times a year for Parish Nurses to learn about new referral and other resources. Information about parish nursing may also be found on the website: www.parishnurse.org.

A number of LLF attendees expressed interest in starting their own parish nursing programs. Marilee and Ruth recommended they start small with one or two activities, to obtain resources, network with other Parish Nurses and send their nurse to a Parish Nursing course.

LLF Chaplain Pastor Larry Schmidt thanked Marilee and Ruth for their informative presentation and affirmed the need for volunteers to extend the caregiving ministries of each of our congregations. Simply put, we need more volunteers to be the hands and feet of Christ in our congregations as well as our communities.

LLF Officers were commissioned by Pastor Schmidt, who then led a closing prayer, at which time, the gathering was adjourned.

Respectfully Submitted,
Deborah (Dee) Lambert

A Parish Nurse or a Health Ministry for your Congregation?

The Good Samaritan He Qi



From the Gospel of Matthew

- 25:35 & 36
- For I was hungry and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.”



HEALTH MINISTRIES
ASSOCIATION • INC.

What is Health Ministry?

- Usually-a group of health care professionals who are concerned about health & wellness of the congregation.
- Meet to plan programs
 - Wellness
 - Yoga
 - Prayer and anointing service
 - Healing
 - www.hmassoc.org

How did it start?



- Rev. Granger Westberg (1912-1999) a Lutheran pastor, in 1984, established a partnership between Lutheran General in Chicago and six congregations
- He felt having a nurse on the staff of a congregation would provide a unique forum for health promotion and disease prevention
- He published *Good Grief* in 1971

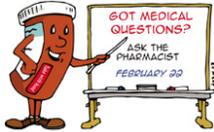
What is a Parish Nurse/Faith Community Nurse?

- A currently licensed registered nurse who has taken a course in Parish Nursing
- Concerned about the health of the body, mind and spirit
- Employed or volunteer in a congregation or congregations
- www.parishnurse.org



What does he/she do?

- Always work closely with the pastor
- Might start by taking blood pressures
- Inform congregation of and publicizing health screenings offered in community
- Provide information regarding prescription and over-the-counter drugs
- Utilize talent in your congregation



Caring Ministries

- Stephen Ministry
- Caregiver support groups such as "Support U"-the LSS sponsored program
- Home & hospital visitation
- Prayer Shawl ministry
- Senior Ministries
- Sex education
- End of life information

More suggestions...

- Assisting in sponsoring blood donor drives
- Arranging vision and hearing screening for children in preschool (if your church has one)
- Arrange for CPR/AED classes; purchase an AED for the church



Assessment

- Who is in my faith community?
- Congregational issues
 - Obesity?
 - High BP?
 - Poor nutrition?
 - Educational problems?
 - Grief?
 - Changing demographics?
 - Losing homes?
- What resources are in your faith community?
 - Physician
 - Nurse
 - Other

Build a Network

- Know Resources
 - Food pantries
 - Clinics
 - Other congregations
- Local Hospitals
- Parish Nurse Network
 - Holy Cross has one-301 754-7066-Carmella Jones



Conclusion

- Start small with one or two activities
- Obtain resources
- Network with other Parish Nurses
- Send the nurse to a PN course
 - Concordia in Moorhead, MN



Gifts of Hope

Gifts of Hope

Metropolitan Washington, D.C. Synod, ELCA

305 E Street NW, Suite 300 Washington, DC 20001

(202) 417-3678

E-mail: carolyn.sowinski@giftsofhopemetrodc.org

Facebook: facebook.com/DCGOH

Twitter: "GiftsofHopeDC"

Year-round gift giving opportunities with special emphasis at Metro DC Synod congregations during Advent season. More than 45 gifts available via Gifts of Hope website:

*<http://www.giftsofhopemetrodc.org>. Merged with **United Lutheran Appeal** in 2011.*

Contributions support 10 social service agencies, 2 church camps, 2 educational institutions, and 3 companion synods:

Community Family Life Services
Fellowship Square Foundation
Good Shepherd Housing Foundation
Lutheran Social Services of the
National Capital Area
Lutheran Volunteer Corps

N Street Village
Northern Virginia Coalition (NOVACO)
Southeast Ministry
The Village at Rockville
Transitional Housing Corporation

Caroline Furnace Lutheran Camp
Mar-Lu-Ridge Lutheran Camp

Lutheran Theological Seminary at Gettysburg
Roanoke College

Lutheran Church in El Salvador
Lutheran Churches in Namibia
Lutheran Churches in Slovakia

VOLUNTEER OPPORTUNITIES:

Conference Coordinator:

Three year commitment with flexibility in volunteer hours

Communicate with Congregation Coordinators

Fall: Pick-up and Distribute Materials for congregations
(approximately 12 congregations per conference)

January: Remind congregations to send reports and checks to Synod and GoH

March: Annual Meeting

Congregation Coordinator:

Each congregation in the Synod has a Congregation Coordinator

Coordinates sales at the congregation during Advent season

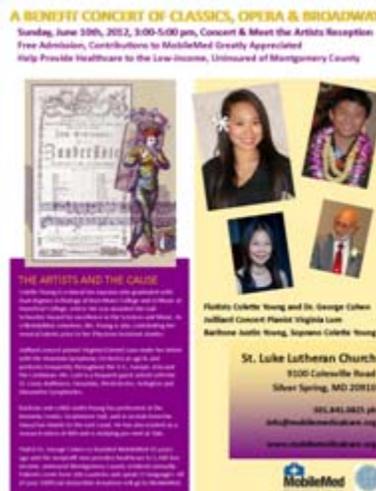
Contact: Carolyn Sowinski, Director

carolyn.sowinski@giftsofhopemetrodc.org

A Benefit Concert of Classics, Opera & Broadway

Sunday 10 June 2012
03:00pm - 05:00pm

MobileMed's octogenarian founder, pediatrician and flutist Dr. George Cohen, and med school bound Hawai'ian soprano and flutist Colette Young (Bryn Mawr and Haverford alum; recipient of the Gail Schweiter Award for excellence in the Sciences and Music), will perform with Juilliard concert pianist Virginia Lum and baritone Justin Young. A Meet the Artists Reception will follow the concert.



St. Luke Lutheran Church
9100 Colesville Road
Silver Spring, MD 20910

Contact: info@mobilemedicalcare.org

Free-Donations Accepted