

cnm news

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Whatever Next...?



This year's Christian nurses, midwives and allied health professions joint conference was, by all accounts a great success. Held on the 3rd -5th of March at the Quinta conference centre in Shropshire, nearly 100 delegates from all over the UK came together to share teaching, worship, discussion and prayer for the purpose of discovering more of who God wants them to be in their professions.

The theme of the conference was *"Whatever next...? Developing a biblical response to current healthcare trends"*. Issues such as; assisted dying, human rights, technological advances were all discussed, along with issues such as patient centred care, and how Christians should approach healthcare, patients and colleagues in a world of change.

The main teaching sessions were lead by someone well qualified to talk of such issues, neonatologist professor John Wyatt of UCH, London. In his book, "Matters of Life and Death," John has explored in depth the issues surrounding modern healthcare ethics and how Christians can respond in love, righteousness and compassion. Coming away from the conference, I was impressed how we had been given such a comprehensive overview of the very important issues affecting us, leaving us with ample food for thought, further discussion and learning.

One aspect of John Wyatt's main talk is worth mentioning here, and I start by quoting him; "God-like knowledge leads to God-like responsibility." In a world where science has advanced to discover much of the workings of God's creation, mankind has come to a point where the knowledge we have can influence many things, especially in healthcare. Great knowledge coupled with mankind's wider theories about existence and who we are combine to make some very influential trends in healthcare that can contradict the Word of God. In short these are;

- **Machine thinking** – the thinking that we are machines simply made of flesh, not metal.
- **Technology** – says, "We can solve mankind's problems with our new advanced technology."
- **Consumerism** – The individual is the god of their own lifestyle choosing to do what they please.
- **Ethical relativism** – The individual alone can choose what is right and wrong.
- **Centralised command** – The government controls every single worker.
- **Enhancement** – We can potentially improve on our human limitations.

As John Wyatt said, "consumerism says 'I want,' relativism says 'why not,' and technology says 'we can do it at a price'".

As we move on in the 21st century, mankind's ways of repeating the original sin of Adam increase in many different ways. As Christians in a healthcare system that is run and swayed by these similar values, we must be diligent and most of all AWARE ►

▶ of what it is we are doing and whether it contradicts the Word of God. A point I must stress here though, is John Wyatt's wise call to Christians not to simply reject the wrong way, but to also offer a better way at the same time, being light and showing the world how things should be.



Another major part of the conference worth mentioning was the small group sessions. These allow for people from the same professions to discuss and look more in depth at how they are affected by the issues raised and what they as individuals can do to put God's Word into action more in their lives in their workplace.

Of course, the whole reason why Christians of the same professions should meet together is magnified in the effectiveness of the small groups. As someone said in the course of the conference, "there was a time when preachers would preach and the people would listen and be converted, but now people want to see Christ before they will listen." In a world that increasingly chooses to do "what is right in their own eyes," those who do not know Christ are looking for a visible demonstration of the reality of Christ Jesus. Coming together as people who face the same challenges, we can more effectively encourage and support one another in living for Christ.

Times have changed, and a new day is dawning for God's people and God's church. The call to every Christian is that they be full time ministers and missionaries in their workplaces, reaching the lost by living the Life. This is one of the reasons CNM exists.

Together with Christian nurses from many other countries, we will be going to the Nurses Christian Fellowship International European conference in The Netherlands in August. Join us and be encouraged and strengthened in how God can use every one of us as His witnesses in the workplace.

By *Richard Greenall*

First Aid for *Spiritual Emergencies*

1. **Keep calm.** 'Be still and know that I am God.' Rushing about trying to correct the injury usually causes greater damage.
2. **Apply direct pressure of understanding to the wound.** What caused the incident? Could you have prevented it? How does the offending party feel? What if things were reversed?
3. **Wash the wound thoroughly with kindness,** to remove all hardness and vindictiveness.
4. **Coat liberally with the ointment of love.** This will protect from infections of resentment and bitterness.
5. **Bandage the injury with forgiveness.** This will keep it out of sight until the wound is healed.
6. **Don't take the scab off.** Bringing up the subject will re-open the wound. Serious dangers from infection still exist which could prove fatal spiritually.
7. **Beware of painful and touchy self-pity.** This is often referred to as withdrawal pains, as the symptom is with-drawing from others, especially the one inflicting the injury. The remedy – accept apologies.
8. **Prescription.** Take a generous dose of antibiotics from the Word of God several times daily, using prayer each time. This has a soothing effect and acts as a good pain killer.
9. **Stay in close contact with the great physician at all times.** Depend on his strength, joy and peace to help you during convalescence.
10. **Full recovery is reached** when the patient is restored to complete fellowship and harmony, especially with the offending party.

From "No Turning Back" by George Verwer, 1998, OM Publishing

Editorial

At the start of March, I found myself in a large, draughty old house with about a hundred people, running around organising all manner of things, stopping to chat for a minute here and there, before running off to the next thing. Such was my experience as one of the organisers of the national conference this year, and I loved every minute of it – especially meeting members, and a large number of non members (many of whom have now joined us – welcome!).

Just meeting together and chatting was so refreshing and encouraging, and several people came up to me at the end to say how much they had been blessed just by spending time together.

Earlier this week, I was at the CNM London Central meeting, with two new members and half a dozen regulars, and we had a rich time of prayer, fellowship, Bible study and cakes (thanks Angela!). This time it was good just to sit and be rather than rush around doing.

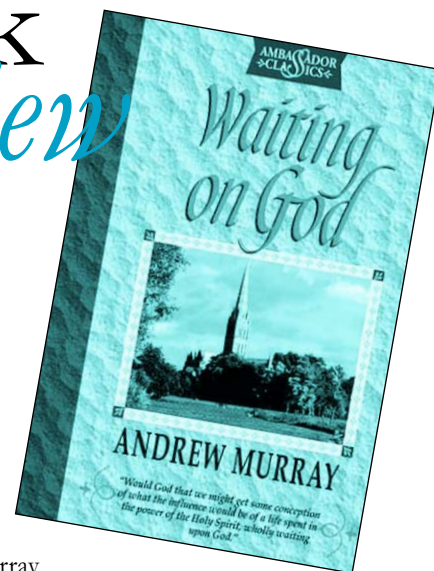
Recently I was reading Luke's gospel, and the story of Martha and Mary jumped out at me. Martha, complaining that Mary has been sitting at Jesus feet while she has been run ragged getting supper ready, is gently chastised by Jesus *"Martha, Martha, you are worried and bothered about so many things; but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her."* (Luke 10: 41b-42, NASB).

Nurses and midwives are, by and large doers. I am – I get irritable if I cannot get on with things, and once I am focussed on a task, everything else fades into the distance. But even great multi-taskers (and, as a man, I hold my hands up and admit I am not naturally one of them) tend to focus on the tasks in hand. It is in our nature – we want to do our job well, we are focussed on the people, the needs, the situations that must be confronted and dealt with. And that is all well and good, and we are never happier than when we see a good outcome to all our work. Much like Martha in some ways.

That is why we all need the time to stop, to be, to sit at our Master's feet and listen like Mary. No doing, no sitting there planning the next ten tasks ahead of us. No sitting in church thinking about the off duty rota, or "did I remember to hand over about Mr Jones new drug regime to the day staff?" We need at times to lay all these things to one side, and against our nature, just be. I find that very hard; I guess that is true for most of us.

In this edition of CNM News there are encouragements about how God speaks to us in different situations, and I hope that you can use the time you spend reading this to reflect on what the Lord is saying in your life. Whether it is Freya reflecting on all God showed her in Uganda or Richard being challenged by John Wyatt's talk at the national conference. Also, for those who are CNM members in England and Wales, you will also have a copy of the NCFI European Newsletter giving you some news of what God is doing among Christian Nurses across the continent. We hope that these items give you encouragement and give you a chance to sit and listen at the Master's feet for a few minutes ■

Book Review



Book: Waiting on God

Author(s): Andrew Murray

Publisher: Ambassador Publications

Price: 4.99, Paperback, 112 pages

ISBN: 1898787875

Other books by the same author: Absolute Surrender, The Practice of God's Presence, With Christ in the School of Prayer, Like Christ, Abide in Christ

Reviewer: Richard Greenall

Short description: A 31 day devotional on waiting for God. Murray's insights into what God does when we wait for him is astounding and will encourage and spur on any who find waiting on God a struggle in daily life.

The Review

This review can start at no better place than the back cover description... "Cease from expecting the least good from yourself, or the least help from anything there is in man and yield yourself unreservedly to God to work in you: He will do all for you... He can do new things, unheard of things, hidden things. Let us enlarge our hearts and not limit him." Murray's writings continue to astound me. The main thrust of his understanding of who we are as humans, is that we are so helpless to do or want anything right. This is counterbalanced by his grasp on who God is, and how much God can and will do in us as we let Him have His way. Let us enlarge our hearts and not limit Him is Murray's trumpet call for Christians to look to God for everything – a new life, and new heart, new desires and hope that God will do all He wants to do in our lives. This devotional focuses on our duty of waiting on God in areas of our life we may never thought of before, encouraging us and showing us how God will work in us, a humble, expectant, continual, waiting on Him in all circumstances. This book is not just for your quiet time, although the short chapter lengths make it ideal for just this. It's about all of life, all situations, addressing our need to wait on God in all things, before we act, work, or even pray.

Hold on . . .

If you're looking for something to start the day, I can recommend no better place than the bible, and then this and other Andrew Murray devotional books. There are however, other resources out there. The Doctors Life Support 1 and 2, available from CMF and bookshops are medically based devotionals, My Utmost for His Highest by Oswald Chambers is a classic, quality yearly devotional, and Our Daily Bread by Selwyn Hughes is also a widely read popular yearly devotional. ■

Elective *Report*

Freya Sema at Makonge Health Clinic, Uganda



As a very nearly qualified midwife, I had the privilege to complete my elective placement in Uganda. Despite my love of travelling, I had never been to Africa. I now understand why you meet very few people who have been to Africa once. Although I can speak only for Uganda, I found it to be a beautiful country full of rich vegetation, delicious fruit and sincerely friendly people. It was very humbling that they seemed honoured to meet white people (Muzungu –as they

called us!) and the women would actually kneel at our feet out of respect!

So apart from eating crocodile steak, getting my hair braided, visiting the source of the Nile and placing my feet either side of the equator, what did I do??!

I went out with a team of 12, organised by International Needs, a Christian charity that works in some of the world's poorest nations. In Uganda, they are doing some

fabulous work, at a health clinic and two schools, employing locals to reach out to other locals. Going out with a team was so much fun and God really blessed us with unity and new friendships. It was so evident how God used each individual and their personal skills to enrich the work.

I worked with the midwife, at the health clinic, which was situated right in the sticks, on the shore of lake Victoria (Africa's largest lake). There I helped with numerous antenatal clinics, immunisation clinics (where we weighed babies from the branches of a tree!), health promotion work and the occasional postnatal visit. I met three Traditional Birth Attendants (TBA - women with no qualifications, but years of experience of delivering babies). They told incredible stories, such as once when a woman was giving birth to a baby, deep in the back of beyond, the TBA suddenly realised that a twin was to follow the first child and was possibly stuck in the birth canal. This prompted the TBA to take the still pregnant woman and her minutes old newborn to the International Needs clinic to complete the delivery. The only transport available was a bicycle, along a bumpy track. Amazingly all survived!

God's love and grace shone through the eyes and actions of the midwife at the International Needs clinic. One example of this was when a young girl arrived for her first antenatal check, looking depressed. She was a teenager and still had three years of school to complete. Her hopes of an education and future had been shattered by the pregnancy. The midwife sat and talked to the teenager (in their native tongue, Lugandan) and suddenly the girl thanked the midwife and left with the beam of a Cheshire cat. The midwife explained she had offered to foster the baby while the girl completed her studies. She would simply strap the baby to her back and continue to work!! This was not the first time the midwife had sacrificed years at a time fostering the newborn of a teenager.

I learnt numerous midwifery skills that involved using only my hands – we rely on technology so much in this country. The midwife from the clinic taught me a great deal and yet somehow, I felt I had encouraged and enthused her about her profession.

A highlight there was meeting the little boy whom my husband and I sponsor at the International Needs School. There are so many orphans in Uganda chiefly due to poverty and HIV/AIDS. Thanks to International Needs, many of them are gaining a Christian education and a hope for their future. I found that the following verses from Habakkuk to be true of the situation of many Ugandans I met: "Though the fig-tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my saviour" (Habakkuk 3; 17-18).

The team left for GB and I continued my adventure in the busy capital city, Kampala – quite a contrast. I experienced delivery suites in two hospitals. There I assisted at numerous births and was simply wowed by the goings on – entire lack of privacy, lack of equipment and wonderfully, the lack of paperwork! I became very aware of the sheer scale of HIV/AIDS in Uganda, as women shared their tragic stories - many of them widows in their mid 20's. Death seemed to be a part of life.

On a positive note, I showed a very excited midwife how to deliver a baby with the woman on her hands and knees. Surprisingly the majority of women give birth on their backs – the hardest position for the mother. The midwives were really excited about this 'new technique' and went on to try it for themselves! Nothing prepared me for the scene I found in one hospital. I am used to a busy Midlands hospital that conducts approximately 15 births a day. Malago hospital in Kampala has up to 70 births a day!!! Women were literally giving birth left, right & centre...in the corridors, under beds, everywhere! I could not double-glove fast enough! I will never again complain about a busy shift!

At the airport in Entebbe, I began to count my blessings. I had escaped with three mosquito bites when I am usually eaten

alive. I met other Brits travelling home who told stories of catching malaria, insects burrowing into their feet and laying eggs, Ugandan friends being killed in a car accident... God had so evidently had his hand of protection upon our lives.

Whenever I have visited a developing country I have found the culture shock to be greater on my return. I go out expecting everything to be different but return

knowing where to call home can be used by God. Surely our home is not anywhere on earth – not Africa nor England. As Peter puts it, we are "aliens and strangers in the world" (1 Peter 2:11). Our true home is in heaven. Peter also refers to our body as a "tent" (2 Peter 1:13). This image appeals to my itchy travelling feet and helps me feel that setting up camp back in GB for a while, is not so bad after all! The events I experienced in Uganda will stay with me for



expecting familiarity and normality. However somewhere in transition, normality becomes a different climate, unusual food, a toilet consisting of a hole in the ground surrounded by flies, and bumpy roads. England felt sterile, cold and somehow unfamiliar. I found myself craving potholes in the road, a dusty atmosphere and dogs barking at night! I felt unsettled in my own home. I was reminded of a conversation with one of the team who had grown up as an MK (missionary kid) in Africa. We discussed that not

life and I hope to return one day – if only to collect the piece of my heart I left behind.

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inuk@inter-nationalneeds.com*

Webwise

Long night shifts? Not much to do? Chill out and relax while checking out the best the Internet has to offer on Christian nursing

(Please note, CNM are not responsible for the content of these websites)

Personal pages

Annie's "Nurse Day" Page

<http://www.annieshomepage.com/nursesday>

This anonymous site is interesting because of its links. One is a link to 9 Bible verses with the word "Nurse"!

Margaret Hutchinson

http://members.tripod.com/%7eMarg_Hutchison/nurse

Again, interesting for its links but also has a few articles that make light reading. These are especially focused on the holistic side of nursing in a Christian context.

Organisations

Christian Nurses and Midwives

<http://www.cnm.org.uk>

If you haven't already, make sure you do. With up to date info on Christian Nursing in the UK, conferences, meetings and a whole range of resources and contacts to aid you in your walk with God as a nurse.

Christian Medical Fellowship

<http://www.cmf.org.uk>

Another essential look for those interested in getting to grips with healthcare, God's part in our lives as health professionals, and current issues affecting Christians in healthcare. Though from a different profession, the massive library of resources and articles are well worth a look.

University and Colleges Christian Fellowship

<http://www.uccf.org.uk/resources/index.php>

Although focused on students, this is a website with something to offer for all. Are you a student? Then check out what's on offer to support you through Uni and the articles and links to many other relevant websites. Are you a qualified nurse or midwife? Then you must work with students – check out the current theological issues students have to deal with and update yourself!

International focus

HealthServe

<http://www.healthserve.org/>

Mobilising Christian healthcare mission, HealthServe seek to mobilise and support Christian healthcare professionals and students serving throughout the world. The website is packed with links and resources about serving God in healthcare on a global level, including vacancies for Christian student electives and qualified professionals needed overseas.

EHA

<http://www.eha-health.org/index.html>

Emmanuel Hospital Association works in Northern India, serving people from poor backgrounds as a service to the Lord. Can you give time to teach / nurse / work longer term on a voluntary basis? Are you a student looking for an elective, which EHA are familiar in coordinating? Check out their website.

Journal of Christian Nursing

<http://ncf.intervarsity.org/jcn/>

JCN is an internationally distributed journal of Christian nursing, with articles on current issues in nursing especially those faced by Christians in the profession, but also encouraging focused articles on how we can live and work for Christ in the professions.

Nurses Christian Fellowship International

<http://www.ncfi.org>

With links to all its member fellowships round the globe, news on upcoming events and conferences, this is the newsletter of our umbrella body.

Also check out the website of:

The European region of NCFI

<http://www.ncfieurope.org>



Meet the Council

At the CNM AGM on March 5th, a new Council was voted in for the next twelve months. Several members have been on the Council the past year, but we have one new member, and in the coming months we also hope to appoint a couple of student representatives.



Liz Capper – *Chair*

Liz Capper is a nurse and midwife and trained 1963-1968. After 2 years in Kenya as a VSO, worked in London specialising in Gynaecology as Sister, nursing officer, Patient services manager then Chief nurse and Director of Quality at a West London Trust before retirement. At all stages seeking to be faithful in following Jesus and making

Him known. She heads up the CNM Cardiff prayer group, has sat on the board of UCCF and was integral in setting up CNM.



Angela Thavaraj – *Treasurer*

Angela started training at Guys Hospital almost 14 years ago and after qualifying went straight into Oncology. She has worked in cancer and palliative care settings for 10 years and is currently working as a Macmillan Palliative Care Clinical Nurse Specialist in a Southeast London Hospital. Angela handles CNM's finances and budget. She also co-ordinates the London Prayer meetings.



Tim James - *Student Liaison*

Tim is the voluntary student liaison worker for CNM and head of the student team and ministry for nursing/midwifery students in England & Wales. Tim works full-time as a staff nurse on Paediatric Intensive Care Unit (PICU) within the new Evelina Children's Hospital at Guy's and St. Thomas' Trust in London. He is also an avid musician playing the piano & guitar and enjoys leading worship when he has any spare time!



Richard Greenall

After completing studies in adult nursing, earlier in 2006, Richard now works at The Royal London Hospital in renal surgical nursing. He attends City Gates Church in Soho, a young congregation supporting many students. As well as participating in the CNM Council, he is a Trustee and Secretary of Micah's Call International - encouraging people to act justly for the worlds poor, in response to the calling of the Gospel in Micah 6 vs. 8.

Just so that you have an idea of who we are, what we do and what we look like, here is a quick profile of each of us.



Steve Fouch – *Secretary*

Steve handles most of the day-today administration and editorial tasks for CNM. He worked for several years in community palliative care and HIV in London after district nursing for several years in Battersea. He trained at the University of Surrey, and studied Medical Anthropology at Brunel University. He now works for the Christian Medical Fellowship in

mission mobilisation and support for allied health professionals. He lives in Kent with his family, where he is active in the lay leadership and mission committee of his local church.



Rachel Bowen

Rachel has just become the seventh member of the Council for CNM and says she is finding it all a little new at the moment. She was a member of CNM as a student and has been a part of the Birmingham group since its launch last year. Rachel qualified as a staff nurse from Birmingham University in September 2005 and is

currently on a one-year rotation programme at the University Hospital Birmingham NHS Trust. It has been a challenging but definitely exciting and joyful few months!



Sally-Ann Jenkins

Sally trained as a nurse at St Bartholomew's Hospital in London and is a founding member of CNM. She spent four years working for UCCF as the student nurses and midwives staff worker and is currently the Women's Worker for The Bible Talks in Mayfair. God willing September 06 will see her starting at a Bible college in north London.

noticeboard

Upcoming Events

NCFI European Regional Conference 2006

The European Region of Nurses Christian Fellowship International (NCFI) invites Christian nurses and nursing students to the **7th European NCFI Conference**, to be held in Ede, the Netherlands, from **August 22 - 26, 2006**. The conference will be hosted by the nursing departments and the Lectorate Ethics of Care Research Institute of the Christian University Ede, and the Reformed University of Zwolle, in cooperation with the Prof.dr. G.A. Lindeboom Institute, a Christian centre for medical ethics, in Ede, The Netherlands.

This four-day conference is a wonderful opportunity to meet with other Christian nurses and international speakers, and explore the heart and soul of the nursing profession: ethics and spirituality. It will enable nurses to share the relevance of Biblical teaching to nursing practice so that they can be a Christian presence in health care.

To book a place at the conference, either contact the CNM office or visit the NCFI European website at www.ncfi-europe.org

Developing Health Course 2006

For Christian doctors, nurses & midwives working overseas or about to do so. CMF's annual clinical update and spiritual refresher course for Christian healthcare missionaries will be held this year between July 23 - August 4 at Oak Hill College, Southgate, North London.

Cost: £480 residential (full bed and board for two weeks) £80/day for day visitors
Concessionary rates available.

For more information, and to download a programme and booking form, please see www.healthserve.org/developing_health/ or telephone Laura Risdale on 020 7928 4694

Resources

CNM Pens

The average pen in an NHS hospital changes hands up to fifteen times a day! If you can lose a few CNM pens at work so that more Christian nurses & midwives get to know about CNM, then order some from CNM - 30p each, four for £1.

CNM Posters

A3 and A4 sized posters for your staff

notice board, available for **free!** Contact CNM to order your copies today.

HealthServe

If you are thinking of taking an elective placement overseas as part of your training, or are considering short-term overseas mission work, contact the HealthServe team at the Christian Medical Fellowship who have a range of resources for nurses and midwives interested in healthcare mission overseas.
Email: healthserve@cmf.org.uk
or visit www.healthserve.org

Saline Solution

Every Christian nurse or midwife has a unique opportunity to improve both the physical and spiritual health of our patients, but we can often feel frustrated by the challenge of integrating our faith and practice.

Saline Solution is a day long course that is aimed at helping us draw patients in a natural way one step closer to a relationship with God through recognising God-given opportunities to touch them with the love of God without being pushy, forced or offensive.

Saline Solution events will be happening across the UK this spring and summer. Dates and venues so far confirmed include:

May 20, Chinese Church, London
June 7, Stockton-on-Tees

Other events are planned, and more details can be found at www.cmf.org.uk/outreach/ **or by contacting CNM on saline@cnm.org.uk**

Contacts

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www.ncfscotland.org.uk/

Nurses Christian Fellowship International

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ncfi-admin@ntlworld.com
www.ncfi.org

Journal of Christian Nursing (USA)

www.ncf-jcn.org

Christians in Caring Professions
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office@cihp.org.uk
www.cicp.org.uk

Healthcare Christian Fellowship

(multidisciplinary)

Jeff Dyas: hcfwales@hotmail.com
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Christian Therapists Network (CTN)

6 Lambourne House,
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CNM News

Issue 16 due out in the Summer.

CNM News is published four times a year in winter, spring, summer and autumn.

Please send any articles, letter or news items to CNM at the address below. We reserve the right to edit any items we receive.

Feedback

If you want to contact us about anything in this newsletter or with feedback, enquiries or ideas for CNM in general, please contact us:

Tel: 07941 800637

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