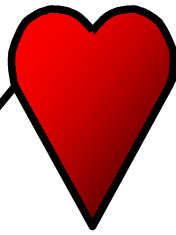


THE



Volume 21 Issue 1
April 2009

PULSE
OF NORTH CAROLINA
BAPTIST NURSING
FELLOWSHIP

Message from the President



A big THANK YOU for all of you that made the 2009 meeting of NORTH CAROLINA BAPTIST NURSING FELLOWSHIP the meaningful experience that it was; especially Cynthia Furr, Program Chairperson and her committee.

The theme: Fill our Cups, Lord... caused the attendees to first empty our "cups" of the things that would keep us from knowing what needs to be in our "cups."

The prayer walk, installation service, continuing education, comedy and the Blessing of the Hands were all instruments of the retreat experience.

NCBNF is seeking one of you to lead a NC BNF-sponsored mission trip. The destination of the trip will depend on when the trip takes place and the needs at that time. WMU NC has a list of places and needs. WMU NC also has already prepared the necessary forms. Please notify me at ncbnf@wmunc.org if you are interested in this volunteer opportunity.

Summer camp is just right around the corner. There are still weeks that need volunteer nurses. In this newsletter is a list of the weeks nurses are needed.

NC BNF has a great opportunity in May. The national meeting of BNF, in conjunction with the national Medical/Dental Fellowship meeting, is in Sevierville, Tennessee. The dates are May 7-9, 2009. This would be in driving distance for most of us and a great opportunity to attend an annual meeting. Ann Graham Lotz will be the featured speaker at the banquet on Saturday night.

It is never too early to plan for the 2010 NC BNF Annual meeting. The meeting in the past has been the first weekend in February, but due to scheduling conflicts the meeting will be FEBRUARY 12-13, 2010.

Donna Rodgers, RN
President

Camp Nurses Needed!

WEEKS TO SERVE - CAMP MUNDO VISTA 2009

JUNE 11-13 (Mother/Daughter Mini Camp)

- 1.
- 2.



JUNE 15-19 (GA Week)

1. Mary McCulloch
2. Doris Sharpe

JUNE 22-27 (Mother/Daughter & GA/Acteen Week)

1. Paula Tutherow
- 2.



JUNE 28-JULY 1 (Angel Tree)

1. Janice Bost
2. Karen Weeks

JULY 6-10 (GA Week)

- 1.
- 2.



JULY 14-18 (Mother/Daughter Week)

1. Barbara Dallas
2. Arlene Foster

JULY 20-24 (GA/Acteens Week)

- 1.
- 2.



JULY 27-July 31 (GA Week)

- 1.
- 2.



August 3-7 (GA Week)

1. Becky Rorex
2. Freeda Hancock

If you are interested in helping, contact Donna Rodgers at ncbnf@wmunc.org.

It's All Inside...

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Educational/Professional Growth

The 24 nurses registered for our one hour accredited Camp Nursing CNE at the NC BNF annual meeting gave excellent or good evaluations for the presentation by Ellen Tabor, Donna Rodgers, Paula Tutherow and Elizabeth Revels.

NC BNF is approved to present “**The Camp Nurse: Enhancing the Camping Experience by Maximizing the Health and Well-Being of Campers and Staff Holistically**” through April 5, 2011, and “**Alzheimer’s Disease: A Practical Orientation**” (1.0 contact hour) through April 5, 2010. If you should need a CNE presenter for either of these topics, contact Ellen Tabor at 336.765.9074 or Ellentabor@netzero.net. You would need to provide the travel and handout expenses. Thanks for your continuing support of Baptist Nursing Fellowship.

The 2010 CNE topic is “**Nursing Care of the Mentally Ill in North Carolina**” - Connie Jeffreys, presenter. The meeting dates are February 12-13, 2010.

Your suggestions for 2011 CNE topic are welcome. Contact Ellen Tabor

REMEMBER THAT NC NURSING LICENSE RENEWALS EFFECTIVE JULY 1, 2008 AND AFTER MUST MEET THE REQUIREMENTS FOR CONTINUING COMPETENCE WHICH YOU CAN CHECK AT <http://www.ncbon.com/practcontcomp.asp>.

Continue to serve God through your nursing endeavors!

Ellen Tabor

Missionary Nurses

Becky Coutts (Bob)
bobcoutts@usa.net
 (retiring in late 2008)
 BP 31
 Adjohoun
 Benin

Evelyn Frost (Jack)
Evelyn.frost@gmail.com
 (Stateside assignment 8/09-12/09)
 Baptist Mission of Uganda
 Box 1310
 Jinja
 Uganda

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 Republic of South Africa

Renee Crane
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 Cherryville, NC 28021

Joy Cox
 PO Box 30405
 Nairobi 00100
 Kenya

BNF Membership Application

Date _____

New Member Renewing Member

Name _____

Employed Retired Inactive

Address _____

City _____ State _____ Zip _____

Telephone _____

E-Mail _____

Church affiliation _____

Church Name/City _____

Check one LPN/LVN RN

NC BNF Membership Dues

Nurse: Active/Inactive \$20.00

Student Nurse Free

Missionary (active retired) Free

Appointed by: _____

Place of service: _____

National BNF Membership Dues

Nurse: Active/Inactive \$50.00

Missionary Free

Student Nurse \$15.00

Retired \$30.00

Amount Enclosed \$ _____

"This Thing Called Prayer" by Paula Louise Tutherow, BSN



I have heard people say they should spend more time in prayer or, "I feel guilty for not spending more time in prayer." Are we focusing on the wrong thing? The word prayer is used 106 times in the NIV Bible, but the word obey is used 165 times. By the way, it is easier to pray than obey. 1 John 2:3 says, "We know that we have come to know him if we **obey** his commands." (NIV)

As a child I prayed at meal times and at bedtime. I had little to ask for, and God was taking care of everything through my parents. Bible reading was for Saturday night, getting ready for lesson on Sunday. We all read the Bible on Sunday at church and prayed together. As I got older I learned Bible verses and The LORD's Prayer. I was hiding GOD's word in my heart. I had godly teachers that were teaching me how to read and obey GOD's word and love Him more with each passing day.

While in school I prayed for upcoming tests and making friends because we moved often, but GOD always went with us and always cared about me no matter what mistakes I made. I learned to love GOD more and more. GOD was the constant in my life. John 3:16 says GOD so loved the world that He sent his Son to die for us (to die for me). Even while I was disobeying and unloving, GOD sent His Son. Prayer: GOD, teach me to love like that and help me see people through your eyes.

Later I got married, had four children and went into nursing. 1 Thessalonians 5:17 says, "Pray **without** ceasing," in the KJV and "Pray continually" in the NIV. I prayed to be a woman like Proverbs 31:10-31 and asked forgiveness for not always doing the right thing. I prayed while I rocked babies and outside patients' doors. There were always tasks to do and one more thing to get done, and I prayed as I went. All those verses I learned came to mind, and I said them back to GOD.

Matthew 6:9-13 in the KJV says,

6:9 - "After this manner therefore pray ye: Our Father (GOD my father) which art in heaven (ruler over everything), Hallowed (holy) be thy name.

6:10 - Thy kingdom (love and peace) come. Thy will (obey) be done in earth, as it is in heaven.

6:11 - Give us this day our daily bread. (desires of the heart and the word to guide me today)

6:12 - And forgive (me when I fail you) us our debts, as we forgive our debtors (help me love and forgive others).

6:13 - And lead us not into temptation (keep me in check, hold my tongue and work on those sins that YOU and I know about), but deliver us from evil (protection from that I do not know about): For thine (GOD) is the kingdom (Jesus), and the power (Holy Spirit), and the glory (GOD), for ever (GOD). Amen. (The end)

Now I am older and there is more to pray about - married children and grandchildren, family, missionaries and friends. I wake up with a prayer, "Rise and shine and give GOD the glory.' LORD help me get out of this bed and serve you only. Help me obey You only and love those around me. Amen."

Some nights I cannot sleep, and I get up and pray for the believers in China, Swaziland and South Korea. I pray when I am waiting in line or at a stoplight. I pray for a person when the Holy Spirit brings the name to mind. I pray when I realize I have done something that displeases GOD.

It is not about the amount of time; it is about a relationship with GOD, a loving Father, a relationship that is from an honest and pure heart. James 5:16 says, "Confess *your* faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man (or woman) availeth much." (KJV) Psalm 21:2 says, "You have granted him **the desire** of his heart and have not withheld the request of his lips. *Selah.*" (NIV)

Mark 12:33 says to love Him (GOD) **with all** your heart, **with all** your understanding and **with all** your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices. God knows what is going on and what our needs are we just need to have the desire to be in GOD's presence. GOD is there the entire time - just take a minute to say "thank you" or make a request. GOD knows your heart. Ephesians 6:18 says, "And pray in the Spirit on all occasions **with all** kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints." (NIV) 1 Thessalonians 5:17 says, "Pray without ceasing." 1 Thessalonians 5:18 says, "In everything give thanks: for this is the will of God in Christ Jesus concerning you." (KJV)

Yes, some people pray long prayers. But, it is not about how long the prayer is: it is about a pure heart that wants to obey GOD and be in His presence at any given time, a person that is willing to invite GOD into his or her life and ask Him to go with them wherever they are going. GOD is right there next to you. Right now, share your life with Him. Do not worry about the amount time. Let us obey and focus on the right thing: the relationship with a loving God.



Faith Community Nurse Basic Preparation Course - May 12th-16th



Carolinas Medical Center-NorthEast will sponsor the Faith Community Nurse Basic Preparation Course during the week of May 12-16, 2009. This course is based on the curriculum developed through the International Parish Nurse Resource Center (IPNRC), St. Louis, Missouri. Registration is limited to 20 participants. Course Facilitators are Hope Yost, RN, MSN, PhD, Parish Nurse and Pam Hurley, RN, BSN, Director of Parish Nursing and Health Ministry at CMC-NorthEast - both IPNRC faculty. The cost of the course will be \$550.00 with deadline for full payment on April 27, 2009.

Please visit <http://parishnursing.northeastmedical.org> to download the flyer and application for this course.

Shelby Chapter BNF

Shelby Chapter BNF met at Jackson's Cafeteria in Shelby on January 8, 2009. Mark Wampler, a Shelby policeman, presented a very interesting and informative program. He taught us about gangs and shared with us pictures he had taken in Shelby of gang graffiti. We were told that there are actually no gangs in Shelby but there are some who are members of gangs in Gastonia and Charlotte. Mr. Wampler discussed some safety measures for us, and we were given the opportunity to ask questions. We also had a new NC BNF member with us.



Meetings are held the 2nd Thursday of January, April, July and October at 5:30 pm at Jackson's Cafeteria. Nurses and student nurses are invited. Come and enjoy an evening of fellowship with Christian nurses. It is a time of sharing and praying for each other. We also sponsor NURSES APPRECIATION DAY in May at the American Red Cross. I hope to see you at next meeting on April 9th! For more information contact Lib Revels at 704.482.5003, 704.473.2583 or libgr@bellsouth.net.

Annual Meeting Pictures!



February 6-7, 2009

BNF, ARC, CHURCH, COMMUNITY VOLUNTEERS, CRMC Worked Together to Provide Services during Recent Snow Storm

BNF partners with the American Red Cross when emergency shelters are opened. It is one of the ways BNF is able to share God's love through serving others. This story tells about one NC BNF nurse's experience volunteering to help with rescue and aid efforts during a recent snow storm in North Carolina.

During a recent snow storm, shelters were opened in Shelby and Bethlehem Baptist Church. Many were stranded on I-85, and many were without power, including me, in Cleveland County and surrounding counties. I got a call at 11:30 pm to come help, and an ARC VOLUNTEER picked me up at midnight. My work was nonstop with many different tasks until I got back home that Monday afternoon. I really was not tired until the shelter was closed, but when I got home, I fell in bed, piled on covers and crashed since the power was still off. Later that evening, one of my sons called and woke me up to check on me. I assured him I was warm and not hungry, but he decided to pick me up to stay at his house. The temperature in my house was already down to 52 degrees, and the outside temperature was expected to drop into the teens that night. My son got me something to eat on the way to his house. When we got there, I was hardly awake to eat and then went immediately to bed and passed out. It had been a busy night and day!

It was a wonderful privilege to serve as ARC VOLUNTEER in this local disaster. I was the first at the shelter in Shelby. The first person I encountered was a male nurse from Atlanta brought in by a volunteer fireman. A neighbor who had brought an ARC VOLUNTEER TO CHAPTER had helped him out of a ditch after his car slid off the road. I gave him some crackers, drinks and water.

Most of my time during the night was spent talking with people stranded on I-85. I would return their calls and try to reassure them we would rescue them as soon as we could and take them to our shelter. Of course, it took a little while for ARC VOLUNTEERS to get to the shelter at Bethlehem Baptist Church because of the heavy snow still falling and other problems with traffic, etc.

My greatest concern was those with babies and children. I had to decide whom to tell ARC VOLUNTEERS to rescue first based on priority of situation. The first rescue was a 4-month-old, a 16-month-old and their parents. What a sigh of relief it was when it was reported that they were safe in the shelter. ARC VOLUNTEERS and volunteer firemen continued bringing clients to the shelter at Bethlehem Baptist Church until all were rescued. They were given crackers, cookies and beverages immediately as well as hot Bojangle's biscuits provided by ARC as soon as they were ready. My other main responsibility during night was to coordinate with CRMC and individual health care workers in county transportation to places of employment. ARC VOLUNTEERS transport volunteers during bad weather.

Monday morning I was transferred to the shelter at Bethlehem Baptist Church to relieve two ARC VOLUNTEERS who had to go to work. There I met and talked to some of the clients with whom I had talked during night, and I got to check on "my children." They were all as fine as they could possibly be. The clients were very thankful for a warm place to lie down and food to eat, but they were all really tired. As soon as I-85 began to open up, clients began leaving the shelter. How happy we all were when this news came because they were really on the road to recovery and could go home.

A challenge to all you nurses and others: ARC VOLUNTEERS NEEDED. Whatever your skill, ARC HAS A PLACE FOR YOU!! Contact your local chapter for training or contact me at 704.482.5003, 704.473.2583 or libgr@bellsouth.net.

Lib Revels



Prayer Chain Information

How it Works - Prayer Chain by Phone or Email

For prayer needs, please notify Karen Weeks at 828.423.7859 or junglennurse1@yahoo.com to activate either phone or email. The phone Prayer Chain is initiated upon request otherwise all prayer requests are sent through the email prayer chain which is 46 strong to date.

The Email Prayer Chain

Updated 10/3/2008

Karen Weeksjunglennurse1@yahoo.com
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 Lenora Arnoldlm_arnold@yahoo.com
 Barbara Bengebbenge2@adelphia.net
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 Suedel Bedsaul 704.434.9085
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 Helen Boone 336.427.5807
 Mary McCulloch 910.245.4401

The NC BNF Endowment

The NC BAPTIST NURSING FELLOWSHIP ENDOWMENT fund provides financial resources for missionary nurses to use for continuing education, special training and materials, and other educational needs. The fund also gives Baptist Nursing Fellowship (BNF) members financial support for health-care missions or ministry projects.

BNF has set a goal of \$25,000 for the principle of the endowment fund by 2008—NC BNF's 25th Anniversary Year.

You can help BNF meet that goal by giving a tax deductible contribution to the endowment fund. Send donations to:

NC BAPTIST FOUNDATION
 201 Convention Drive
 Cary, NC 27511-4257

NCBNF ENDOWMENT FUND Account Number: 08-9495.

You may wish to honor someone with your donation. A letter recognizing your tribute to that person can be sent if you include the name and address of the honoree with the donation. This is a wonderful way to recognize a special nurse or friend. If you wish to recognize someone with your gift, cut out the box to the right and send the information with your donation.

Donation to the NCBNF ENDOWMENT FUND (Account Number: 08-9495)

Your Name and Address:

I am donating \$ _____

In honor of _____

Address

I am donating \$ _____

In memory of _____

Address of Family

Woman's Missionary Union
of North Carolina
PO Box 18309
Raleigh, NC 27619-8309

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