

THE PULSE

NOVEMBER 2023 NEWSLETTER



WHAT IS THE PULSE?

The PULSE is the newsletter of North Carolina Baptist Nursing Fellowship. If you have news about what you or your fellow Christian nurses are doing we would love to share with all the Christian nurses in North Carolina. Please send your information to Donna Rodgers at drodgers54@gmail.com.

WHAT IS BNF?

Baptist Nursing Fellowship is a professional organization that seeks to minister to nurses and student nurses. BNF also ministers to Missionary Nurses. By being a part of this organization, you will have the opportunity be involved in different mission activities including mission trips, virtual prayer meetings, and special activities.

BNF MEMBERSHIP

To join go to: baptistnursingfellowship.com
By completing your membership you will *automatically* become a member of NCBNF!

You can also visit: wmu.com/bnf OR
wmunc.org/bnf

PLEASE CONSIDER JOINING THE
BAPTIST NURSING FELLOWSHIP!



Join
Us!

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MESSAGE FROM THE PRESIDENT

As a little girl watching the Wizard of Oz, I would think how sad the lion was who needed courage. He was afraid; and I asked myself, “How can a lion be afraid when he is the “King of the Jungle?” Likewise, on reflection, “How can I be afraid when I am the daughter of the Most High King?”

When considering life's struggles – temptations, peer pressure, losses, stressors, and world events – it is no wonder depression, fear and anxiety have increased not only in adults, but also children and youth as well.

Joshua 1:9 states, "Haven't I commanded you: be strong and courageous? Do not be afraid or discouraged, for the Lord your God is with you wherever you go."

Being strong and courageous is BOLDNESS. Christians today have allowed Satan to deter our hearts and minds. Our hearts are becoming fearful, weak, discouraged. In Nursing, Health Care requires more and more be done with less and less, leading to discouragement, lack of Boldness. Christian Nurses are facing more challenges in our world today, and discouragement is a serious issue.

Are you at risk of burnout?

Answer these questions:

1. Are you constantly fatigued?
2. Are you feeling overworked?
3. Are you feeling under-appreciated?
4. Do you have a lack of enthusiasm related to work?
5. Do you feel like you are more overwhelmingly anxious?
6. Do you lack compassion?

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All of these can lead to burnout, which, if not careful, can lead to decreased quality patient care. At graduation, we recited the "Nightingale Pledge". This included, "I shall do all in my power to maintain and elevate the standard of my profession ... I shall be loyal to my work and devoted towards the welfare of those committed to my care".

How can we avoid burnout, fear, weakness and anxiety? First of all, Faith in God. Accepting Christ as our Lord and Savior gives us power to overcome circumstances that Satan uses to pull us away from our safety net in God. The Holy Spirit gives boldness to witness, stand firm in our faith, teach us, lead us and guide us in our lives. We have the power, we have the resources, and we have all we need to be BOLD. God said He will be with us wherever we go. Stand on God's promises.

Boldness in Nursing requires us to maintain our professional pledge recited upon entering the call to Nursing. It requires a nurse to be Brave, Fearless, Courageous, and Determined; ready to advocate- for patients. Don't be afraid to ask for help for yourself or your patient.

Nurses advocate, are compassionate and good communicators. Boldness is required to improve the skills needed for providing quality care. When there is a warning sign that you are becoming inattentive, less compassionate, less caring, less competent, less committed, STOP and " look unto Jesus, the author and finisher our very faith" (Hebrews 12:2). Be Bold in preventing burnout. It is important to set boundaries, get enough sleep, have a special friend to talk out frustrations, exercise, prioritize, take time to meditate, pray, and study God's Word.

Don't forget who you are in Christ, YOU are the King's Child!
Be the Bold nurse who stands Bold in Faith, and firm in Competence, Care and Compassion!

Love in Christ,
Penny Jones

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"PRAY FOR ARMENIA"

Armenia, located between the Black Sea and the Caspian Sea and surrounded by Iran, Turkey, Georgia, and Azerbaijan is slightly smaller than the state of Maryland. Even so, it is a shining light on the crossroad between Europe and Asia. In 301 AD, it was the first country to adopt Christianity as its official state religion and has been known as a Christian nation ever since even when it was part of the Soviet Union. Over 95% of Armenians belong to the Armenian Apostolic Church; however, many Armenians are Christian in name only and do not have a personal relationship with Jesus.

North Carolina Baptists have been in Armenia for over 20 years working along side Armenian Baptists, helping to construct a seminary and several church buildings, holding medical and eyeglass clinics, encouraging believers, preaching, teaching, and sharing testimonies of how God has worked in our lives.

I recently joined a group of 12 volunteers sponsored by Baptists on Mission. The 4 women in the group led Women's Conferences, gave testimonies, prayed with and encouraged our sisters in Christ. The men led construction crews, preached in churches, and taught in the seminary. It filled my heart with joy to see Christian sisters and brothers including a doctor and nurses from previous trips.

During my last trip to Armenia in 2019, we had visited the Nagorno-Karabakh area which at that time had its own government. I have a video of the Baptist church members there singing "Thank you Jesus." Their church building contained a bomb shelter and evidence of bombing surrounded the area, but despite that the people were praising Jesus.

Over 120,000 Armenian Christians live in Nagorno-Karabakh. In 2021, after an armed conflict with Armenia, the area was given to Azerbaijan. The Azerbaijan government blockaded the area so that nothing could go to the people there. This included food and medical supplies. This broke my heart as I remembered the faith of the strong Christians there. On September 19, 2023, the day after we left Armenia, Azerbaijan attacked the area and over 100,000 Armenian Christians fled into Armenia. Armenian Baptists and NC Baptists are helping to find homes and supplies for these refugees. Please pray that God will protect His people and allow Armenia to be a Christian light in the midst of a world that does not recognize Jesus as Lord and Savior.

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“ANNOUNCEMENTS”

YOU ARE NEEDED!

Cindy Cook, Educational Growth Chairperson has done an excellent job in planning our programs for the past 4 years, sadly the 2024 will be her last time. As stated, Officers can serve for two (two year) terms and she will be finishing her second term.

Would you consider serving NCBNF as Educational Growth Chairperson? To meet educational requirements, the Chairperson need a minimum of a Bachelor's Degree. Please prayerfully consider serving.



SAVE THE DATE

Mark your calendars for the Annual 2024 Meeting that will take place March 1-2 at Caraway Conference Center. There will be fellowship, worship, and continued education! Look for more information in January

