



PRESCRIPTION

A Singapore Nurses' Christian Fellowship Newsletter

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BECOMING GOD-CENTRED CHRISTIAN NURSES

All healthcare professionals are caught up in the relentless onslaught of making improvements in the provision of health services. Some of these improvements seem to be disconnecting us from the patients because we spend lots of time documenting our care rather than delivering it. Also there seems to be lots more paper work to fill up and more meetings to attend. Because of this, some nurses claim they are spending less time with their patients.

But the purpose of making these changes is to benefit the patients and to enable health professionals to put the patient first. Consequently, we should be more mindful of the importance of patient safety so that as health professionals we Do No Harm. Are we actually more mindful of patient safety or more skeptical and disillusioned by all these improvement strategies because it is only a show we put up for the auditors when they come once in 3 years?

How should Christian Nurses view and respond to this incongruity in our practice? We begin by asking God what He thinks about us as Christian Nurses and Healthcare. Then our response would be to obey His perspectives on all that is happening around us.

As Christian Nurses, we are first Christians who live out our calling as nurses through health care, not nurses who happen to also be Christians (*Biomedicine vs Biblical Medicine, The Summer Medical Institute, 2010*). What does this mean in practice?

It means to have a God-centred view about our work as Christian Nurses (*Biomedicine vs Biblical Medicine, The Summer Medical Institute, 2010*).

Christian Nurses need to realize that God is the focus of health care and improvement strategies; He is the Great Physician, He is the One Who Heals, He is the Source, and He is the One Who is both working and speaking in the situation, and the only hope for healing (*Biomedicine vs Biblical Medicine, The Summer Medical Institute, 2010*). Christian Nurses are co-laboring with God, under His authority and sovereignty, to heal (*Biomedicine vs Biblical Medicine, The Summer Medical Institute, 2010*).

Ways of co-labouring with Jesus Christ includes inviting Him in prayer to join us in our work place, expressing our dependence on Him rather than ourselves to do the work. By doing so, you will discover that He is there as you give out the medication, organise the staff team or perform a procedure (*The Place of Work at Prayer, Christian Nurses and Midwives News, Issue 7, 2003*). Through prayer we seek to understand God's view of a situation as well as receive His direction to act.

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He will make your paths straight.

Proverbs 3:5, 6

Hence, being God-centred is experiencing what the Lord Jesus said about His work; "Rather, it is the Father living in me, who is doing His work (John 14:10)." How do we know what to say, what to do and how to do God's work? Follow the example of Mary in Luke 10:38-42, by first spending time to read the bible and listen

**SNCF
MOTTO**

One In Christ

**SNCF
MISSION
STATEMENT**

SNCF seeks to bring Jesus Christ to nurses, equipping and helping them find meaning and purpose in their work.

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to God before rushing off to work. Our first priority should be listening to God as Mary did.

"Martha, Martha, the Lord answered, you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

Luke 10:38-42

The work we do as nurses carries with it the risk of doing harm, hence we need to do our work skillfully and wisely. And God promises he will equip us as He did Bezalel and Oholiab, whom He called to build God's Tabernacle. Similarly, you and I were chosen or called to be Christian Nurses, so be diligent in exercising and honing our skills to be wise and safe Christian Nurses.

See, I have chosen Bezalel son of Uri, the son of Hur, of the tribe of Judah, and I have filled him with the Spirit of God, with skill, ability and knowledge in all kinds of crafts..... Moreover, I have appointed Oholiabto help him.

Exodus 31:2-6

What is a God-centered response to the mounting pressures of change in the health care sector? Ask God for wisdom to know how to respond to them. My participation in these changes has drawn me closer to God in seeking His will and wisdom to use the changes to build the team's capacity to be better healthcare

providers, to establish common grounds and objectives, to focus their attention on conciliation and unity not division. Above all else, use these changes as opportunities to learn and demonstrate humility and love. Without these two Christ like graces, the changes would have been all vainglory.

"If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask with faith, with no doubting"

James 1:5-6a

But the wisdom that comes from heaven is first of all pure; then peace loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace raise a harvest of righteousness.

James 3:17-18

Finally, Christian Nurses do not need auditors or even our supervisors to watch over our shoulders in order for us to do our work well. We perform well all the time because we have a higher authority watching over us; our Heavenly Father. We are accountable to Him for our behavior and actions because it is the Lord Christ we are serving (Col 3:24).

For a man's ways are in full view of the Lord, and he examines all his paths.

Proverbs 5:21

Ms Lo Mun Fun

SNCF Excutive Committee Member

THE PLACE OF WORK AT PRAYER

Reproduced with permission from *Christian Nurses and Midwives News*, Issue 7, Autumn 2003. UK.

There are lot of ways we can invite God to join us more closely at work. Many of us may mutter a prayer for help as we walk the last meters to our place of work and are pleased to discover that He is there as we give out the medication, organise the staff team or performing a procedure. We can also thank Him when we go home, even if things have not gone smoothly, that we can learn from our mistakes. If we get the chance, let us commit the day to Him. Having a quiet time before work can set us up for the day and keep anxiety away.

"If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask with faith, with no doubting"

James 1:5-6a.

He will help us to know what to do or say when faced with situations, and He will guide us day by day, or in our career. We may spend hours talking with others about these things and forget that God is waiting for us to talk to Him about them. We suffer anxiety because we have not really given Him our worries and left them in His hands, trusting Him to sort things and thanking Him that He will.

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your request be made know to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

Philippians 4:6-7

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Faith is the antidote to worry, and if that faith is flagging, we need to do something about it. "If God seems far away, guess who's moved!" Growth in faith is our responsibility - reading the Bible, finding a church and going when you can, joining a home group, having fellowship with other Christians, reading books about it and then putting into practise what we are learning. The best thing for growing faith is the tests we go through - trusting in God when things get tough or feeling shaky and simply hanging on.

As well as praying for the strength to get through our shift, there are other opportunities for prayer at work if we look for them (and pray for them!). Offering to pray for another member of staff, there and then if there is privacy, or assuring them you will be praying for them.

Sometimes there is a moment when you can pray with a patient - most of them are anxious about something. Offer to "say a little prayer with them"; most will be grateful and pleased by this act of kindness. Simply put your hand on their shoulder and ask God to bless them and help them in their need. What happens next is up to God, but you have created a doorway for God's touch on that person. Be praying for healing whether it is physical, mental or spiritual, for yourself, your colleagues and especially your patients. We know that illness is God's enemy - Jesus spent most of His time on earth healing people from illness, so by your job as a nurse you are doing something close to God's heart even if sometimes, their ultimate healing is to leave this earth.

Quiet Times

Where do you have yours?

On the loo can be a place for prayer! Shut away in the bathroom gives us the quiet we need. We may be able to go to a quiet place if there is one during our break-it is a good way to switch off from work. Some people can cut themselves off whilst in a crowd travelling to work, and pray. Traffic jams are another place. Whilst walking the dog or in our beds last thing at night.

God does want us for Himself though - let's make sure it is somewhere that the focus can be on "Him and me".

Prayer is our greatest resource, yet can be the one least used. It is hard finding the time for God. We are often

tired, rushing to work or trying to relax after a shift. We know that God should come first "*But seek first the kingdom of God and His righteousness, and all these things shall be added to you*" (Matthew 6:33).

Sometimes He can end up getting the dregs of our day, instead of the first fruits. However, He is a God not looking to condemn, but looking to love. When we can set aside a special time especially for Him, He says "Welcome back!" not "Where have you been lately?"

So, we've found the place, we've found the time, what next? Lots of us have a good plan for our quiet times, or we are able simply to worship and be inspired to pray. What we do in our quiet times may change with time, and there are lots of good Bible notes or books available to help us. But on those days when it's hard to concentrate, or if you are seeking inspiration it is good to have plan B. Here is one pattern: -

Peace - be silent for a minute or so, still your soul, perhaps repeat the name of Jesus or a Bible verse quietly.

Recall - Think of all those things you can be grateful for and thank God.

Admit - Ask the Holy Spirit to convict you of any sin in your life. Say sorry to God, then ask for and accept His forgiveness, remembering that you need to have forgiven others to be forgiven yourself. Do this too if you need to.

Yield - Commit yourself to Him fully, invite Him to be in charge of your day or a particular situation that may be worrying you.

Exalt - Worship God. Reading a Psalm "with great gusto" can help. Using a CD, or concentrating on one of God's attributes.

Relate - Your needs, your family's needs, others needs to God. Pray for the things that come to mind. Using a book to note down your prayer requests can be helpful; as it will remind you to pray consistently for things, and you can also tick them off when the prayers have been answered - very encouraging!

If you don't normally pray out loud - try it - it's helps concentration no end.

ANNOUNCEMENT

Monthly Prayer Meeting

Held at 2 locations: Central and Western Regions

Time : 7:30 pm

Venue :

CENTRAL

Every 1st Monday at SNCF Workbase, #02-03, The Salvation Army Territorial HQ, Bishan

WESTERN

Every 2nd Tuesday at Blk 106 Bukit Batok Central, #04-221 S650106

Prayers items can be submitted to Ng Kim Choo at kimchoo.ng@ncf.org.sg or call 9737-9041

Health Screening for Elderly

Every First Wednesday at 9:15 am
At Social Hall,
The Salvation Army Territorial HQ,
Bishan

RECRUITMENT OF SNCF Ministry Staff (Full-time/ Part-time)

Singapore Nurses Christian Fellowship (SNCF) is looking for a committed Christian Nurse with SNB registration and preferably with Theological Qualification or completed modular Theological Studies. The Ministry Staff is required to be creative, has excellent communication abilities, demonstrates good organising skills and has word processing skills. Be passionate to meet the needs of nurses with international background. Be responsible to lead others in bible studies and prayer meetings. Able to develop personal & spiritual growth, encourage application of biblical principles in nursing practices and strengthen relationship between the Nurse and Christ.

Interested applicant, please submit your CV to Ms Ng Kim Choo, email: kimchoo.ng@ncf.org.sg. Only selected applicants will be invited for interview.

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Gifts through cheques to be made payable to:

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