



PRESCRIPTION

A Singapore Nurses' Christian Fellowship Newsletter

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They have no more wine. - have you?

One of the joys of attending wedding is the opportunity to feast and fellowship with each other. It is often a joyous occasion; full of sound, sight, and above all food and drink.

Jesus, his disciples and his mother were guests at such a wedding that took place at Cana in Galilee. It is customary to serve wine to the invited guests. Perhaps as oriental wedding lasted for several days, the supply of wine was used up. Now when the wine was gone, Jesus's mother was informed and she brought the matter to him "They have no more wine" (John 2:3).

Mary turned to Jesus in the hope that he could solve the problem. She reckoned the importance of serving wine on such an occasion, for without it would bring embarrassment to the family of the bride and bridegroom.

Although Jesus told her "his time has not yet come" (John 2:4), yet Mary is confident that Jesus will answer the request, so she promptly told the servants to "do whatever he tells you". She revealed her submission to Jesus even though she did not fully understand she trusted him. The result led to the comment to the bridegroom by the Master of Ceremony "everyone brings out the choice wine first and then the cheaper wine, after the guests have had too much to drink; but you have saved the best till now" (John 2:10).

Taken literally, at this wedding, there was a short supply of wine. On the other hand, no more wine can mean that there is no more life in Christ, no real abundant joyful life in being a Christian during some transition period of our life. It may be due to pressure and toil of life from the home, workplace, or you may be experiencing spiritual dryness. Christian life can become routine and mundane. You feel empty,

dry, tired, disappointed or even depressed at all the happenings around you. Others are expecting "wine" to come out of you. However there is nothing to squeeze from you, so what comes out from you is only anger and for some even bitterness.

Have you encountered a time or period in your life when you have no more wine left? Recently one member wrote to me in regard to the recent Influenza A (HINI) situation at her workplace "I am currently overwhelmed with managing the H1N1 situation at work in addition to all existing activities and frequent audits. Hardly had space to breath and time to sleep, and my head is constantly working, thinking and trying to be prepared ahead of time. Managing all enquiries, handling situations, replying to various feedback/complaints, giving directions, designing and re-designing work flow, managing PPE supply etc. Really tired. Told by my boss that I can take a day or two to rest but not proper annual leave allowed within this period. Haven't been on leave since April 2008".

Yes, we are so busy; we have endless urgent tasks to do and people to meet. The demands will always be there. Yet Christ has called us to a fulfilled life not just a full life. Perhaps we need to consider a pause at this juncture - **creating a space for God** - to be near to Jesus.

Mary brought her need to Jesus as she was close to him. Are you close to him, to hear his heartbeat? Has he spoken to you through his words? Have you drawn near to pause and listen; spending time to read his words and in prayer? Come, hear him reminding us in whatever situation we are in, not to lose heart.

"We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not

**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.

Continue from page 1...

**abandoned; struck down, but not destroyed.....
Therefore we do not lose heart".** (2 Cor 4:8,16).

This was the first of Jesus' miraculous signs performed. He revealed his glory and his disciples put their faith in him. May you be challenged like Mary and

the disciples to put your faith in him again as you recommit your life to him.

*Ms Ng Kim Choo,
SNCF Ministry Staff*

SOUL LISTENING

by Anthony

I ask myself a series of questions each day that help me focus on the spiritual instead of relying on the material parts of my life

Questions like,
How can I slow down?
How can I simplify things?
How can I bring silence into my life?
How can I savour this moment?
How can I speak up ? (Tell the truth)
How can I settle in ? (Establish roots and rituals).
How can I shed my armour and masks?
How can I soften my approach to life?
How can I serve the community

These questions help me to touch my soul, listen to my soul, and bring me closer to God. As J. Heinrich Arnold said, "**Christian discipline is not a question of our own doing, it is a matter of making room for God so that he can live in us.**"

Yancey, P. (2006) Prayer: Does it make any difference?

CHILD OF MY LOVE

"Child of my love, lean hard,
And let me feel the pressure of thy care;
I know thy burden, child, I shaped it;
Poised it in mine own hand; made no proportion
In its weigh to thine unaided strength,

For even as I laid it on, I said,
'I shall be near, and while she leans on me,
This burden shall be mine, not hers;
So shall I keep my child within the circling arms
O my own love'.
Here lay it down, nor fear
To impose it on a shoulder which upholds
The government of worlds. Yet closer come:
Thou art not near enough, I would embrace thy care;
So I might feel my child reposing on my breast.
Thou lovest me? I knew it. Doubt not then;
But loving me, lean hard".

Streams in the Desert

ANNOUNCEMENT

SNCF Monthly Prayer Meeting

Every first Monday at 7pm
at SNCF workbase, #02-03,
The Salvation Army
Territorial HQ, Bishan

Health Screening For Elderly

Every first Wednesday at 9.15 am
at Social Hall, The Salvation Army
Territorial HQ, Bishan.

NURSING FROM THE BOTTOM OF THE HEART

St. Luke's Hospital prides herself in having a team of professional and qualified nurses who are knowledgeable and well equipped to handle patients with wound complications. Many of our clients with complex wound problems, requiring comprehensive nursing care are referred to us from acute hospitals. St. Luke's Hospital has seen a steady increase in the number of patients, coming to the hospital to address their wound problems over the years.

Mr Sim Kok Hoe, a 54-year-old patient, said, "I must applaud the medical skills that the staff hones. In 2008, when I was admitted, the wound on my leg was as large as the size of my hand. The nurses took great care of me and the wound eventually healed completely." Not long after, Mr Sim Kok Hoe was well enough to be discharged.

Training & Development

Believing in delivering the best to our patients, our nurses are regularly sent for training and upgrading of their skills. In 2008, a total of 11 staff nurses and enrolled nurses benefitted from the Healthcare Manpower Development Programme (HMDP), attending advanced wound courses and being clinically attached to acute hospitals locally and abroad. These local and overseas clinical attachments gave our nurses the platform to learn more about Orthopedics, Diabetes Pain and Wound Management, thus improving their ability to give advice to patients experiencing these conditions. Two of our staff nurses, were sponsored by St. Luke's Hospital, to undergo training for the Advanced Diploma in Gerontology and Orthopedics. Staff nurse, Ms Tan Mui Lan, did St. Luke's Hospital proud as she was awarded the Tan Tock Seng Hospital Award for Outstanding Student.

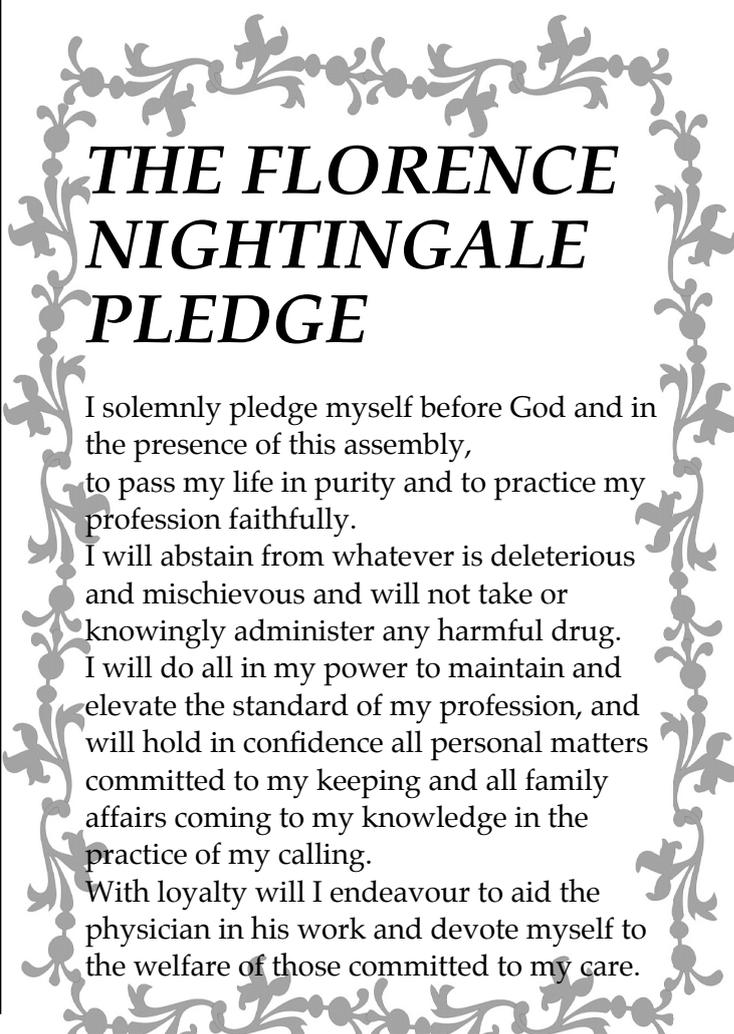
Wound Conference

Following the good reviews for the past two years, St. Luke's Hospital ran her third Wound Conference, in collaboration with the Wound Healing Society (Singapore), on 7 and 8 March 2009; welcoming healthcare practitioners, overseas participants and companies from the healthcare industry. The two-day seminar attracted more than 170 participants and it was a fruitful learning session as speakers shared their findings and experiences with the audience.

Our two main speakers for the Wound Conference were Prof Vijay Viswanathan and Prof Jean-Francois, both being wound experts. Topics covered included management of patients with diabetes and treatment of venous ulcers. Ms Susie Goh, our Director of Nursing, also gave practical tips on dressing applications. Following the Wound Conference, St. Luke's Hospital also held a Wound Management Course which has been accredited by the European Wound Management Association, for local and overseas nurses.

Are you interested in being one of us?

Join the St. Luke's family and be part of our team. Over here, we provide a warm and pleasant environment where we truly believe that our staff are our best asset. Believing in grooming the best, we provide plenty of training opportunities. You could also log on to our website www.slh.org.sg to check out other positions available within the hospital.



THE FLORENCE NIGHTINGALE PLEDGE

I solemnly pledge myself before God and in the presence of this assembly, to pass my life in purity and to practice my profession faithfully.

I will abstain from whatever is deleterious and mischievous and will not take or knowingly administer any harmful drug.

I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling.

With loyalty will I endeavour to aid the physician in his work and devote myself to the welfare of those committed to my care.

Beatitudes For Nurses

Blessed are the nurses, who treat others with dignity and respect, seeing them as the image of God. They humbly learn from others, even the lowly and willingly teach others. They will grow in understanding and knowledge. Phil 2:3

Blessed are the nurses who do not mourn the lack of time, but make the most of time with their patients. Their gentle words comfort those who suffer. They too shall be comforted. Eph.5:15-16.

Blessed are nurses who consider new ideas for better care. As they advocate for their patients, they shall obtain mercy. Isaiah 43:19.

Blessed are nurses who consistently strive for excellence despite the challenge they face. They will be satisfied with their profession. Phil. 4 : 8-9.

Blessed are those who support and forgive one another. Helping one another to learn from mistakes. They too will be forgiven. Mt 6:14.

Blessed are nurses who maintain personal integrity, resisting temptation to take shortcuts that would endanger patients. As they seek , consistency in all they do, they shall receive the respect and trust of their patients and colleagues. I Pet.3:8-12.

Blessed are nurses who help one another and work as a team. They resolve conflicts quickly and fairly. They listen to each other and value each other's contributions to the team. They shall be called servants of God. Mt 25:40.

Blessed are you when you take courage, persisting in quality care even when you are misunderstood or under valued by others. Many were persecuted before you. Rejoice and be glad, for great is your reward in heaven. Mt 5:11

Stegmeir, D. (2004) *Journal of Christian Nursing*, Spring, 21(2)38

Oh Lord, in your grace let me live

- 1) Oh Lord in your grace let me live
Let your power and Spirit renew me.
Let your peace o'er flow
And your hope bestow
That every heart may know Thee

Chorus :

*Come and walk with me
Come and talk with me
And touch other lives through my own
Give me joy to share as I love and care
For others I've never known.*

- 2) Oh Lord, bless my hands and my feet
Fill my life with light ever gleaming.
Let that light shine bright
In the darkest night
Then your love I'll be revealing.

Chorus:

- 3) Oh Lord, in my heart make your home
Let my spirit within me keep singing.
Of your love for me,
So the world will see
I give my life in serving Thee.

Chorus :

(Lyrics written by Major Isobel Robinson to the tune of COME TO THE GARDEN - Composer and lyrics by Mr C. Austin Miles)

NURSES

For bringing warmth and
comfort into everything you do,
For finding time to add
An extra touch of kindness too,
For patience in the midst
of busy hours with little rest,
For taking pride in all you do
and giving it your best,
May you be forever blessed.

HAPPY NURSES DAY

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