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Save the Date

NACN-USA 2014 Conference, Nashville, TN, March 21-23, 2014

"The Art of Nursing: Beyond the Technology" (Call for abstracts p7)



President's Message

Dear Colleagues,

The summer is rapidly coming to a close as Labor Day signals the beginning of all the busy-ness that fall means. I sincerely hope that the summer months have provided you with an opportunity for spending sacred time with your family and loved ones.

On behalf of the NACN Board of Directors we are excited to announce the launch of the new redesigned website. I hope that this enhanced site will meet your needs and continue to bring you updated news and events.

The NACN board members have been busy finalizing the program for the 2014 "The Art of Nursing: Beyond Technology". What makes this conference unique? We not only have excellent speakers who share our same faith and values but nothing can take the place of networking with fellow Catholic nurses. We all felt this unity and camaraderie at the 2013 conference.

As we go on our daily lives let us continue to pray for the people of Syria, that the Holy Spirit will guide the leaders for a peaceful resolution.

Blessings Always,
Alma Abuelouf, BSN, RN
President



Our Mission:

The National Association of Catholic Nurses, U.S.A. gives nurses of different backgrounds, but with the same Roman Catholic values, the opportunity to promote moral principles within the Catholic context in nursing and stimulate desire for professional development. This approach to Roman Catholic doctrine focuses on educational programs, spiritual nourishment, patient advocacy, and integration of faith and health. As we continue to share our faith and values with each other, and with other healthcare providers, we simultaneously reach outward to the larger Church and also our communities, as we offer support to those in need.

Objectives of NACN

- To promote education in Catholic nursing ethics
- To nurture spiritual growth
- To provide guidance, support and networking for Catholic nurses and nursing students, as well as other healthcare professionals and non-healthcare professionals who support the mission and objectives of the NACN-USA
- To advocate for those in need through efforts which integrate faith and health

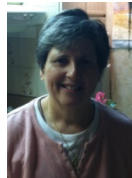
Committees:

By-laws; Membership & Elections; Ethics & Spirituality; Newsletter & Publicity; Awards; Education, Practice & Research

On which committee are you called to serve?

Volunteer at www.nacn-usa.org or catholicnurses@nacn-usa.org

**First “Meet and Greet”
For the Development of a
Council of Catholic Nurses in the
Diocese of Trenton
Maria V. Arvonio RN BSN MA**



The first “Meet and Greet” gathering of Catholic Nurses was very successful. Thirty Two Nurses attended the gathering. They included both active and retired nurses as well as those attending schools of nursing. Dr. Marie Hilliard’s, RN PhD presentation was the highlight of the gathering. She presented on various Catholic health care ethical issues and the “right of conscious”. Her presentation was so informative and well accepted by those in attendance, that the meeting was extended an extra hour to accommodate their questions. Ms. Patricia Sayers RN DNP offered a brief summary on the history of the National and International Catholic Nurses Association (NACN-USA). Her presentation enabled those present to understand the importance of belonging to a “Catholic” professional nursing organization. Many were amazed that the NACN is a nursing organization that is represented both nationally and internationally. Mrs. Maria Arvonio RN BSN MA offered information regarding the steps towards developing a council of Catholic Nurses in the Diocese of Trenton. She gave them insight as to what a council of Catholic Nurses can offer them.

Father Krzyston celebrated Mass in honor of the National Catholic Nurses Association. Those in attendance were blessed by his homily and discussions regarding issues that Catholic Nurses are confronted with on a daily basis. He confirmed the importance of Catholic Nurses standing strong for their faith and being patient advocates. Patricia Sayers and Maria Arvonio, facilitators for the first “Meet and Greet” were truly blessed that Father allowed them to utilize his parish’s (St Vincent de Paul) auditorium for the meeting. All those in attendance were also surprised and grateful that Father Krzyston gave them each a beautiful potted flower to take home.

Patricia Sayers RN DPN and Maria Arvonio RN BSN MA are discussing plans for future gatherings. Their hope is to obtain signatures of at least 40 Catholic Nurses interested in joining a council of Nurses in the Diocese of Trenton. This is the target number assigned by The Most Rev. Bishop O’Connor as a means of determining a desire for a council to develop in his diocese. There were a total of 35 Nurses who declared an interest to join a (cont’d page 3)



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Fall River Diocesan
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Hyannis, MA

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Council of Catholic Nurses
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Mary Anna Gercius
Chicago, IL

The Fall River (MA) Diocesan Council of Catholic Nurses will present "Updates on Cancer" . 9A - 3P.

Registration at 8:30 on Saturday, October 19 at White's Restaurant in Westport, MA. 5 C.E.U.s given. Cost \$45.00. Lunch is included. For information call Betty Novacek (508) 678-2373

The Fall River Council recently awarded 5 scholarships to students in the Medical field. Four were for \$500. each and one for \$200. This Council maintains a membership of 100 nurses.

The San Francisco Council held their 1st "meet and greet." The next meeting will be in Nov. Contact Mary Anne Haeuser at 415 454-0979 for more information.

MIDWEST REGION (cont'd)

Council of Catholic Nurses
of Lake County, IL
Ginny De Reu
Libertyville, IL

Madonna University Council
of Catholic/Christian Nurses
Sister Victoria Indyk, CSSF,
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San Francisco Council
of Catholic Nurses
Mary Ann Haeuser, MSN, RN,
FNP
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Haeuser@sbcglobal.net

SOUTHWEST REGION

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Local and regional Councils are affiliated with NACN-USA, yet are independent entities. For information about our affiliated councils currently under formation, or to inquire about starting a local council, please contact us at

catholicnurses@nacn-usa.org

LOCAL COUNCIL NEWS (cont'd)
First “Meet and Greet”
For the Development of a Council of Catholic Nurses
in the Diocese of Trenton



Council of Catholic Nurses: 29 attended the first “Meet and Greet” and 6 sent emails in order to attend future gatherings. The facilitator’s goals are to offer future meetings at the four corners of the Diocese of Trenton to allow Catholic Nurses the opportunity to become familiar with a council closer to where they reside.



Patricia Sayers RN DPN and Maria Arvonio RN BSN MA, would also like to thank the Most Rev. Bishop O’Connor for his support towards the development of a Council of Catholic Nurses for the Diocese of Trenton. They are also appreciative of the support and ideas shared by Ms. Terry Ginther (Executive Director of Pastoral Life and Missions along with Mr. John M. Kalinowski (Director of the Dept. of Pastoral Care). Through Ms. Ginther and Mr. Kalinowski, information was released throughout the diocese regarding the first “Meet and Greet” session for Catholic Nurses. They enabled Ms. Sayers and Mrs. Arvonio (facilitators for the development of a council of Catholic Nurses in the Diocese of Trenton), to be interviewed on



Jim and Cheryl Manfredonia’s Catholic radio station, WFJS 1260 AM, 89.3 FM. They were also interviewed by Ms. Patti Staley RN, who also has a show on WFJS Catholic radio program. In addition, information pertaining to the development of a council for Nurses was highlighted in *The Monitor*, May 9, 2013, by reporter, Ms.Dottie LaMantia





Marylee Meehan, Vatican Swiss Guard, H. E. Monsignor Zygmunt Zimowski, President of the Pontifical Council for Health Care Workers and Dr. J. M. Simon, President, World Federation of the Catholic Medical Associations

CICIAMS UPDATE

(Comité International Catholique des Infirmières et Assistantes Médico-Sociales=International Catholic Committee of Nurses and Medico-Social Assistants) by Marylee Meehan

All members of CICIAMS will be invited to attend the Pontifical Council for Health Care Workers (PCHCW) Annual Conference in the Vatican City, November 21-23, 2013. It will be on the topic of the elderly. The formal information will be sent to our national president for distribution in October 2013.

The PCHCW's IV International Study Meeting on *The Child as a Person and as a Patient: Therapeutic Approaches Compared* was held in the Vatican City, June 14-15, 2013 and I attended this wonderful meeting. The General Sessions addressed PEDIATRIC MEDICINE FACED WITH MALAISE AND DISTURBANCE IN CHILDREN and THE SUFFERING CHILD: EXPERIENCES COMPARED. There were 36 presenters from around the world with every continent represented.



<http://www.ciciams.org/> ; General Secretariat, St. Mary's Bloomfield Avenue, Dublin 4, Ireland, Email: ciciams@eircom.net

THE WAY OF ST. JAMES: NURSE'S STYLE

Part 2: The Basics – How to Begin

by Jeannine Gaudet

My previous article about the Camino of St. James in Spain gave an overview of what it is like to make a walking Pilgrimage. For some of you, a seed has been planted. With God's Grace, the seed may grow and the dream of walking the Camino may become a reality. I have been asked to give some basic information on how to plan such an adventure. My belief is that God has a unique gift for every pilgrim who walks the Camino. Because of that belief, I don't recommend reading the accounts of other pilgrims before making your own. However, there are many good books that offer practical and helpful advice that will make your journey safe and enjoyable.

The first book I bought was "A Pilgrim's Guide to the Camino de Santiago" by John Brierley. This book has it all; information about preparing for the walk, advice about equipment, spiritual questions for you to consider, historical information, and most important, it contains maps, information about places to stay and to eat and distances between accommodations. I carried my Brierley book with me so that I could decide each day how far I would walk to the next albergue (pilgrim hostel). If you order this book, get the latest edition because there are new albergues being added every year.

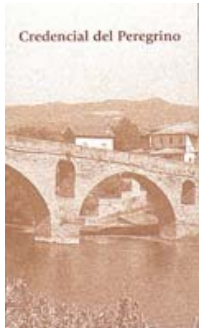


For in-depth practical information, here are some books that I found useful:

- Camino de Santiago: To Walk Far, Carry Less by Jean-Christie Ashmore and Amy Scott
- Seven Tips to Make the Most of the Camino de Santiago by Cheri Powell
- Camino de Santiago-Practical Preparation for the Camino De Santiago, its history and culture by Gerald Kelly.

My decision to make the walk was a process. First I imagined doing it. Then I began exploring the possibilities. I prayed about it, talked about it and even began buying equipment before I made a firm decision. Finally I decided that I would be walking the Camino alone.

Under normal circumstances, it will take at least 6 months to prepare for the Camino. The first step is to get an American Passport. An application can be obtained at your local post-office. They may require an appointment for the actual filing of the application. Complete the application at home but do not sign it until you are in the presence of the postal official. You will need a passport photo, a Certified copy of your birth certificate (they will mail it back to you) and one other form of government identification with a picture (drivers license or state ID card). The fee for the passport is about \$135.00 and it takes up to 6 weeks to receive it.



The next step is to apply for your Pilgrim Passport. You can get one from www.Americanpilgrims.com. This is the credential that you must have in order to stay in the albergues (hostels) along the Camino plus you will be required to get a sello (stamp) every day in your passport. You will obtain the stamp from the albergue where you spend the night. When you arrive in Santiago, you will present your pilgrim passport at the Pilgrim office near the Cathedral. Once they are assured that you have indeed walked at least the last 100 km of the



Camino, they will present a Compostela, which is a beautiful document that will forever identify you as a PILGRIM. Be aware that if you are injured and have to stop at any time after you pass the 100km mark (Sarria), you will not be eligible for a Compostela. You must walk the last 100km!

Preparing for the physical demands of the trip will depend on your conditioning. If you are already walking or running 5km races, the only thing you will need to do is add some hills to your path. It is also helpful to get an exercise program that strengthens your back and thighs. I started out by walking 2 miles at a time and gradually added more miles and some hills. It is important to do this at least 3 or 4 times a week. About 3 weeks before my departure, I started wearing my empty backpack and slowly added the weight that I would carry. I was able to keep my pack at about 15 pounds. You will climb many hills and some of them are over 5000 feet. You will be glad that you exercised your thighs! Do not race as you work out. Walk at a comfortable pace because no one is going to be chasing you! Most days on the Camino I walked 12-15 miles.

The equipment you need will cost you some money. If you are on a tight budget, put your money into a high quality back pack, trekking shoes and walking poles. Poor quality in any of these items could prevent you from finishing the Camino because of injuries. I went to a hiking web site and learned how to measure my back for the right sized back-pack. Once I knew that I needed a size "small" I looked for packs that were ultra lite and designed for women. I purchased a 35 liter pack and it was big enough for all of the things I had to carry. Once my bag arrived, I studied the various straps and snaps and learned what they controlled. Then I wore my full pack for several days as I did my usual chores. I learned how to adjust the straps for comfort and weight distribution. If your pack feels heavy on your back, you need to adjust it some more. I did not wear boots. I bought waterproof trekking shoes that were meant for someone walking long distances, carrying a pack. Go to a good hiking store even if you have to drive some distance. They have people in the shoe department who know what you need. I wore my shoes for several months before starting the walk so they would be broken-in.

I did the Camino in September and October. I took two pair of pants that converted to shorts, two tee shirts, one thermal long sleeve sweater, a fleece jacket, a wind jacket and a skull cap and gloves. I also had a sun hat and a rain poncho (the type that covers you and your back pack). I did not take night clothes. You will need a light weight sleeping bag or sleep sack. You don't need a sleeping pad or pillow. Keep your personal hygiene supplies to the minimum and get a size similar to what you get in a hotel. You can buy more supplies as you need them. I kept my supplies in zip lock bags. I also took extra bags so I could take my clean clothes and my money belt with me into the shower. Theft was not a problem but my passports and credit card were so essential, I didn't want to take a chance. Be sure to take a camping towel.

You will be washing every day. At a camping supply store I found a clothes line that consisted of two elastic ropes twisted in such a way that you could push your clothes between the ropes and didn't need clothes pins. I also took a supply of large safety pins so I could pin any items that didn't dry to the back of my pack so they would dry as I walked. It is worth the extra money to buy clothes that list "quick drying" on their label. You don't need a bucket or sink stop but you will need a bar of laundry soap. Your goal should always be to keep it simple and light weight.

You will need a foot-care pack. Here is the process I followed and I only had one blister. Every morning, rub your feet with Vaseline and put on a clean pair of socks. At least every two hours (more often if you are walking on hard surfaces) take off your socks and rub your feet again with Vaseline. If you feel a hot spot, wipe it with a skin prep pad (ask your pharmacy). Let the area dry and cover it with a blister pad. There are many different ways to care for a blister and you will find them in your books. I used the needle and thread treatment and it worked great.

I took a pair of high quality hiking sandals to use at the end of the day and in the shower. Flip flops are not for hiking! I walked in my hiking sandals for at least 200 miles, including the time it took for my blister to heal. They were a God-send.

In addition to all of the above, take a small flash light, some pens and a journal. I used my iPhone as a camera. If you intend to call and send messages home, be sure to talk with your carrier so you don't end up with huge charges. I never hit a spot without cell service!

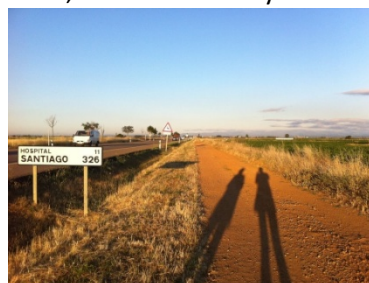
I took several cheap cotton scarves. I used them for hot sweaty days and I used them as a picnic cloth. I also carried a spork (spoon/fork/knife). You will enjoy stopping along the way to eat some good bread, some cheese and perhaps some wine. Life is good on the Camino!

Hydration is essential. I carried two 500ml water bottles. I always drank about a liter of water before I started walking and refilled my bottles frequently along the way. Clean water is available at every village. However, there are not a lot of bathrooms on the route. You will get used to the natural bathroom. I carried handwipes and a plastic bag so I wouldn't have to leave a trail of paper behind me.

A night at an albergue cost about \$10 to \$12 in US money. Meals per day averaged \$20. Most people take 30-40 days to complete the entire 500 miles plus I highly recommend that you stay a few extra days in Santiago. Air fare, connections to your starting and ending point and an

occasional stay in a "real" hotel will add to your costs.

Preparing for the Camino is part of the pilgrim experience. Relax, pray and enjoy. God will guide you. Buen Camino!





WORLDWIDE DAY OF PRAYER FOR PEACE SATURDAY, SEPTEMBER 7, 2013

Pope Francis called for a day of **fasting** and **prayer** for peace in Syria, in the entire Middle East Region, and throughout the whole world.



“On the 7th of September in St. Peter’s Square, from 7pm until midnight, and all around the world the faithful gathered together in prayer, in a great spirit of penitence, to ask from God this great gift of peace for the beloved Syrian nation and for all the situations of conflict and violence in the world.”

The Holy Father invited non-Catholic Christians and non-Christian believers to participate in ways they feel are appropriate.

(FROM THE POPE’S ANGELUS ADDRESS, SEPTEMBER 1, 2013, THE VATICAN, <http://en.radiovaticana.va/index.asp>)

To keep abreast of events, actions, announcements and daily homilies from our Holy Father link to Vatican Radio on your computer or Smart Phone at <http://en.radiovaticana.va/index.asp>; Daily messages also available on Twitter @pontifex.



PRAYER OF SAINT THOMAS AQUINAS

By Gloria Escalona

Here is my rendition of a prayer I think St Thomas Aquinas could have written. I like the arrangement or configuration of the words. I think it looks like the wings of an angel for the "angelic doctor."

Grant me, O Lord my God, a mind with which to know You
Grant me, O Lord my God, a heart to ever seek You
Grant me, O Lord my God, a conduct pleasing to You

Grant me, O Lord my God
A faithful perseverance
In waiting for Your coming Lord
And the hope of finally embracing You

Grant me, O Lord my God, the wisdom I need to find You
Grant me, O Lord my God, the joy of being near You
Grant me, O Lord my God, a clearer vision of You

Grant me, O Lord my God
A place within Your heaven
A thankfulness You draw me, Lord
And a hope for Your mercy, I pray, O Lord my God

VOLUNTEER OPPORTUNITIES

As the board moves forward to accomplish this year’s goals, we cannot stress enough the need for each NACN member to be actively involved. Members are who help our organization to achieve its full potential.

Conference Planning & Preparation:

Contact Hours

Silent Auction

Publicity

NACN-USA Standing Committees

By-Laws / Membership & Elections
Ethics & Spirituality / Newsletter & Publicity
Awards / Education, Practice & Research

Board Position:

SE Region Rep.

Volunteer at catholicnurses@nacn.org

UPCOMING EVENTS

SEPTEMBER

September 9 – 2013-2014- National Catholic Certification Program in Health Care Ethics (12 credits). Begins with 2-day seminar in either New Orleans or Philadelphia & ends with 1-day case studies seminar in Philadelphia.

Weekly readings & assignments (3-4hrs/week). Teleconferences & online discussions with instructor & fellow students. Register by Aug 31, 2013 www.ncbcenter.org or 215-877-2660.

OCTOBER

October 13-19 – North American Lourdes Volunteers, Special Needs Lourdes Pilgrimage; To serve as a nurse, companion, caregiver, or as a pilgrim, contact: info@lourdesvolunteers.org. Special Needs Pilgrimages are held annually April/June/Oct.

October 15 – NACN Abstract Submissions Due (See “Call for Abstracts” on page 11).

NOVEMBER

November 1-3 – The National Catholic Partnership on Disability (NCPD) Conference, Houston, Texas. *The Partnership 2013: Where Faith and Disability Meet*, www.ncpd.org. Dr. Marie T. Hilliard, Northeast Regional Representative to the Board of Directors, is one of many nationally known experts who will be presenting at this significant national event on the Church’s ministry with, and to, persons with disabilities. Dr. Hilliard will be presenting on how society is fostering a culture that is hostile to those deemed to be less than perfect: The New Eugenics: Eliminating the “Undesirable.”

2014

JANUARY

January 17 & 18 – North American Lourdes Volunteers, 4th Annual Medical & Leadership Meeting, New Orleans, LA. For medical professional who may want to volunteer to accompany special needs pilgrims to Lourdes. www.lourdesvolunteers.org

MARCH

March 21-23, 2014 – NACN-USA Conference, The Art of Nursing: Beyond Technology, Nashville, TN, www.nacn-usa.org

We invite your submissions of **UPCOMING EVENTS** that would be of interest to Catholic Nurses.





CALL FOR PAPER/POSTER ABSTRACTS

The National Association of Catholic Nurses (NACN) invites paper and/or poster abstracts for the Mar 21-23, 2014 Conference in Nashville, Tennessee. The title of the Conference is “The Art of Nursing- beyond Technology”

Presentations should focus on why care is important, with evidence base as appropriate. Abstracts must include a title page, with names and credentials of author(s), organization represented, and mailing address including email of primary author. The abstract must be on a separate page with no identifying information except the title. Abstracts should be one page, no longer than 300 words, including rationale, conceptual framework, methods, teaching strategy, administrative or clinical practice, results.

Abstracts may reflect administrative, clinical, educational, or research projects. Authors must state if this is a finished project, work in progress or student project. Authors must state if they prefer a paper or poster presentation, although final decision will be made by NACN.

All presenters must register for the conference and travel, registration and conference fees are the responsibility of the presenter.

Abstracts must be submitted by November 15, 2013. Notification of acceptance will be on December 15, 2013. Abstracts maybe submitted electronically to Diana M. L. Newman, EdD RN, President elect at dianadoc@comcast.net.

Call for Abstracts

The National Association of Catholic Nurses
Annual conference March 21-23, 2014
Nashville, Tennessee

The National Association of Catholic Nurses-USA (NACN) seeks abstracts relating to pro life pro family nursing and related topics across the lifespan. Abstracts may be completed works or works in progress representing nursing administration, nursing practice, nursing education or nursing research. A title page including name(s) and credentials of authors, title of project, type of organization, date of submission must be submitted. The abstract must be 300 words or less submitted without identifying information except for the title of the project.

Two grants will be awarded in the amount of \$500.00 and \$1000.00. Grant recipients must present their project at the 2014 NACN conference. Acknowledgement of NACN funding must be included in all publications and presentations of the projects. Student submissions are welcomed if accompanied by a faculty support letter.

Guidelines for proposals:

Administration:

Title of Project
Rationale
Conceptual Framework
Problem Addressed
Setting
Population
Intervention (management strategy)
Outcome
Budget

Nursing Practice:

Title of Project
Rationale
Conceptual Framework
Problem Addressed
Setting
Population
Nursing Intervention
Outcome
Budget

Nursing Education:

Title of Project
Rationale
Conceptual Framework
Problem Addressed
Setting
Population
Educational Strategy
Outcome
Budget

Research:

Title of Project
Rationale
Conceptual Framework
Methods
Subjects
Setting
Instruments
Data Analysis
Results
Budget

Abstracts must be submitted by November 15, 2013. Grant recipients will be notified by December 15, 2013. Presenters are responsible for expenses including travel related to the conference. Abstracts may be submitted to Dr. Diana M. L. Newman at dianadoc@comcast.net



National Association of Catholic Nurses-USA
c/o Diocese of Joliet
425 Summit Street
Joliet, IL 60435



*Our Lady of the Immaculate Conception,
Our patroness, pray for us!*

EDITOR'S NOTE: We invite you to submit news briefs, prayer requests, poetry, anecdotes, photos, and/or articles that would be of interest to Catholic nurses across the United States.

Articles must be received by the following deadlines to be considered for the newsletter:

Winter (published in December): November 15

Spring (published in March): February 15

Summer (published in June): May 15

Fall (published in September): August 15

Please send your submissions by e-mail to:
Diana Ruzicka, RN, MSN, CNS, COL,
USA (Ret.) Newsletter Editor at DianaRuzicka53@aol.com,
or you may mail submissions to: Diana Ruzicka, 185 River
Walk Trail, New Market, AL 35761



NACN MEMBERSHIP:

Membership dues are \$35/yr and can be paid via the website <http://www.nacn-usa.org/> or a check mailed to the treasurer at: Denise Quayle, 564 Franklin Farms Road, Washington, PA 15301. Please enter the year the dues are for on the check. Thank you for renewing. Welcome for those joining.

