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peg.olson@att.net

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## **President's Message**

Greetings Colleagues,

As we begin the New Year NACN is thankful to God for the blessings and progress we have made during the past year. NACN progress includes the beginning development of Councils in Trenton, NJ, Baltimore Md, and St. Louis Mo. We are especially thankful for the

Albany, NY Council of Catholic Nurses who will celebrate their 70<sup>th</sup> year as a Council in 2016! Congratulations to Albany! We are grateful that the conference planning for our conferenced in June 24-26, 2016 is well underway. We are accepting abstracts until February 1, 2016. Conference registration, brochure and call for abstracts are available on our website, <a href="www.nacn-usa.org">www.nacn-usa.org</a>. The conference, cosponsored by NACN and Marcella Niehoff School of Nursing is titled, Family Nursing through the Life Span; a Catholic Perspective.

The NACN-USA Board of Directors is working very hard to improve services to our members. Specifically, we are working on better communications and improved office services. We are very grateful to Mr. Richard Zazycki, a member of the Albany Council of Catholic nurses for accepting the position of NACN Treasurer. Richard brings extensive business and financial experience to the position of NACN Treasurer. The updated Bylaws will be circulated in December or January for your approval. Response to the bylaws is required within 30 days of their circulation. A dues increase will be enacted beginning in spring 2016 to support the improvement of services to NACN members.

Elections for NACN Board of Director Officers will occur in spring 2016. NACN seeks nominations for the following positons: President Elect, Recording Secretary, North East Representative, and South West Representative. The positons are for the July 1, 2016-June 30 2018 time period. Please consider nominating an NACN member for one of these important positions. Self- Nominations are encouraged. Please reply to elections Chair Maria Arvonio at <a href="Maria.arvonio@yahoo.com">Maria.arvonio@yahoo.com</a> or Dianadoc@comcast.net. Don't miss the chance to be part of a dynamic growing Catholic Nursing Organization.

I would be remiss if I did not Thank God for the wonderful work of NACN. The Board of Directors and membership are hardworking professionals, many full time employed, with families and volunteering extensively. As the old year ends and the New Year begins, let us pray that the Holy Spirit will continue to enlighten NACN on the path to fulfilling God's Mission for Catholic Nursing.

With best wishes for a Happy, Healthy and Holy New Year,

Diana M. L. Newman, EdD RN President NACN-USA.

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#### **UPCOMING EVENTS**



March 4, 2016 - the Pontifical Academy of Life is preparing a new workshop "Virtues in the Ethics of Life". It will take place in the Vatican. For more information go to http://academiavita.org/\_articles/506838740-workshop\_virtues\_of\_life.php

May 12-18, 2016 – Annual Warriors to Lourdes, A Pilgrimage for military personnel for the 57<sup>th</sup> International Military Pilgrimage to Lourdes, France. For more information: Lourdes@KofC.org; Register by Jan 2016- www.warriorstolourdes.com

**June 19-25, 2016-** St. Marianne Lourdes Assisted Pilgrimage for Sick & Disabled. Register by 21March. www.LourdesVolunteers.org; 315-476-0026

June24-26, 2016-Association of Catholic Nurses USA Conference in Chicago.

July 26-31, 2016 - World Youth Day, Krakow, Poland

## NACN-USA CONFERENCE- LOYOLA UNIVERSITY June 24-June 26

Whether you are coming to Chicago for the first time, or are a return visitor to the Windy City, you have a treat in store. Chicago, on Lake Michigan in Illinois, is among the largest cities in the U.S. Famed for its bold architecture, it has a skyline bristling with skyscrapers such as the iconic John Hancock Center, sleek, 1,451-ft. Willis Tower and neo-Gothic Tribune Tower. The city is also renowned for its museums, including the Art Institute and its expansive collections, including noted Impressionist works.

As with the conference the planning committee, has created a program that will explore the emerging trends and the moral challenges inherent in healthcare today, specifically for Catholic Nurses. We hope you discover many magical opportunities to learn, collaborate, network and have fun at this year's conference

For more information& registration: https://nacn-usa.org/conference

## **Catholic Nurses Global Outreach**



By: Marian Nowak

## CICIAMS Executive Board and US Delegates Meet in Rome

Two United Nations delegates from the United States, along with Maryleee Meehan, RN,MS (Past President of NACN-USA and activist for Catholic Nurses worldwide) met with the executive board of **The International Catholic Committee of Nurses and Medico-Social Assistants (CICIAMS)** in Rome this November, to plan for the upcoming UN projects. In addition to 12 hr. days of professional workshops, meetings and events. A unexpected invitation was extended to NACN member Patricia Sayers, RN, DNP to read scripture during mass at St. Peters Basilica. Dr. Sayers explained "I was surprised and humbled to receive this honor, reading scripture in such a holy place was a high honor and a chance in a lifetime".

During their stay the US team focused of the projects for the UN for the 2015-2016 years were discussed and planning meetings ensued. The specifics of these reports will follow in the next newsletter as they are being finalized for publication with the United Nations Department of Public Information web location. The US Nurse Delegate to the United Nations (UN) members Patricia Sayers, DNP and Maria Arvonio, RN, MSN discussed the projects the four member US team developed over the past year. The UN regulations require all non-government organizations to submit three projects each year of participation in the UN.

The program for this year US delegates include the development of resource list for health care providers that reflect the Catholic viewpoint related to sustainable development goals as they relates to population health. The resource list will disseminate worldwide information on fertility, woman's health and related issues. Included on the resource list will be videos, PPT and web links resources for health care providers and for the general public.

Once approved the information will be posted on the following locations: DPI (United Nations web location), CICIAMS web and NACN USA newsletter.



A nurse's prayer (Author unknown)

Give me strength and wisdom,
When others need my touch;
A soothing word to speak to them,
Their hearts yearn for so much.
Give me joy and laughter,
To lift a weary soul;
Pour in me compassion,
To make the broken whole.
Give me gentle, healing hands,
For those left in my care;
A blessing to those who need me,
This is a Nurse's prayer.

#### **TOOLS FOR CATHOLIC NURSES**



## FREE CONSULTATION ON BIOETHICAL ISSUES

THE NATIONAL CATHOLIC BIOETHICS CENTER (NCBC) offers a free consultation service, by a credentialed bioethicist, who can share with you the Catholic principles for addressing an ethical dilemma involving health care or the life sciences. If you have a specific time-sensitive question concerning such a matter that cannot wait until regular business hours, please call: (215) 877-2660, 24 hr./day,7days/week.

Follow the prompts to leave a message and an ethicist will be paged and respond to your call as soon as possible. If your question If your question is not related to a time sensitive matter please call the same number during regular business hours 9am - 5pm Eastern Time or use the online Consultation at: http://www.ncbcenter.org/page.aspx?pid=1174



#### **Catholic Nurses Resources**

Resources of interest to the Catholic Nurses can be found at the following web location: <a href="https://www.chausa.org/nursing/nursing-nursing-nursing-nursing-nursing-resources">https://www.chausa.org/nursing/nursing-nur

Here is an example of some of the information you may find of interest:

- Prayer for Parish Nurses
- Catholic Health Association Information
- Elder and Continuing Care Contains links to webinars and resources concerning the spiritual care of the older adult
- Mother Angeline Ministries of Care
- Nurses Link Health, Spirituality in the Parish

#### **Catholic Psychologists Offer Hope and Healing**



By: Marylee Meehan

The April edition of the *Catholic Digest*, features testimony on the part of three outstanding Catholic psychologists. This report brings attention to the holistic, faith-integrated care that these psychotherapists, deeply committed to their Catholic faith, are providing to their patients. I am sure that these three impressive care-givers would welcome messages of encouragement from fellow Christian healthcare professionals, as well as consultations and referrals.

Christina Lynch, PsyD drchrispsyd@earthlink.net Catholic Psychotherapy Association infocatholicpsychotherapy@verizon.net http://www.catholicpsychotherapy.org

Gregory Bottaro, PsyD drgreg@catholicpsych.com Catholic Psych Institute http://www.catholicpsych.com/ http://www.catholicpsych.com/catholicpsych-blog/

Timothy Lock, PhD timothylock@sbcglobal.net Courage International – Move beyond the homosexual label to a more complete identity in Christ http://couragerc.org/resources/medical/

Institute for Psychological Services http://ipsciences.edu/

Reference (Catholic Digest, 2015; 80[2]: 44-47)

### REGIONAL & LOCAL COUNCILS



We have Councils throughout the U.S.A. Resources for starting a local council are at <a href="https://www.nacn-usa.org">www.nacn-usa.org</a> under: "About Us" / Local Councils

#### NORTHEAST REGION

(PA, NY, CT, VT, NH, MA, ME, RI, NJ) NE Regional Representative Marie Hilliard, RN, PhD, JCL, Philadelphia, PA MHilliard@nbcenter.org

#### **Albany Council of Catholic Nurses**

Joan Ribley-Borck, RN, BSN, President jborck@nycap.rr.com
Betty Novacek, Acting President, Somerset, MA

#### COUNCIL(S) IN FORMATION:

#### **Diocese of Trenton Council of Catholic Nurses**

Maria Arvonio, RN, BSN, MA & Patricia Sayers, RN, DNP, Trenton, NJ maria.arvonio@yahoo.com & sayers\_patricia@ymail.com

#### Mid-South Area Association of Catholic Nurses (MSAACN)

Jackie White, Bartlett, TN, presbred@aol.com

## Council(S) in Formation:

#### **Baltimore Council of the NACN**

Judie Boyle, RN, MSN, Baltimore, MD, tbboyle@aol.com

#### **North Central**

(WI, IL, IN, MI, OH)

### Council of Catholic Nurses of the Diocese of Joliet, IL

Margaret (Peg) Olson, RN, BSN,CHTPI/I peg.olson@att.net

## Council of Catholic Nurses of the Archdiocese of Chicago (CCNAC)

Sheila Coogan, MSN, RN, Chicago, IL sheilarn22@yahoo.com

#### Council of Catholic Nurses of Lake County, IL

Ginny De Reu, Libertyville, IL catholicnurses@nacn-usa.org

#### MIDWEST REGION

(ND, NE, OK, KY, MO, AR, SD, KS, LA, IA, MS) MW Regional Representative Mary Lee Barron, PhD, APRN, FNP-BC, FAANP Fenton, MO, barronml@gmail.com

#### **NORTHWEST REGION**

(WA, OR, ID, MT, WY, AK, HI, CA) NW Regional Representative Suzanne Srmmers Spence,RN suzannespence@comcast.net.

#### **SOUTHWEST REGION**

(NV, UT, CO, AZ, NM, TX) SW Regional Representative Jennifer Cook, PhD, MBA, RN, CNS San Antonio, TX, cook@uiwtx.edu

### **Issues & Trends**

### Spiritual Tools for Nurses By: Maria Arvonio

Have you ever started your work day thinking to yourself, "How will I ever get through this day"? Maybe you can relate to the Medical/Surgical Nurse who was asked by their charge nurse to accept another admission despite already having medications and assessments to complete on your 5 to 6 assigned patients. Call bells are ringing, X/ray is calling for your patient and the only ancillary aide on the unit is off the floor at lunch. What if you are a Nursing Instructor or Professor who was asked to attend another meeting by the Dean of the School of Nursing, despite the pile of papers on your desk which still need to be graded and recorded before the end of the day? Maybe you can relate to the Nursing Supervisor who receives a call from the ER admitting clerk with another admission despite that your hospital has no rooms available and is already on ER divert. How can you get through these difficult and busy stressful days and still minister to all the needs of your patients?

Enriching our spirituality is a way and a necessity for "Catholic" Nurses to best address these situations. The saying, "you can't give what you don't have" correlates to the ministry of Nursing. Victoria Osteen, an Evangelical, confirms this need by associating it with the Biblical story of Martha and Mary. She identified how in Luke 10, Martha complained to Jesus that she was doing all the work while her sister Mary was sitting with Him. She failed to see the importance of spending time with Jesus. "Every person needs to take time to receive to be refreshed...so we can become more like Jesus and live more effective lives....Sometimes we think we are doing good...staying busy all the time, but we are

encountering Almighty God...we are cheating ourselves ...and the people around us because we aren't able to give them our best or minister to their needs the way God intends". (Osteen, n.d.).

Cultivating our spirituality by frequent reception of the Holy Eucharist; attending the Sacrament of Reconciliation; Adoration of the Blessed Sacrament; praying the Holy Rosary as well as fasting are some of the tools we can utilize to provide the spiritual enrichment we need in our lives especially as Catholic Nurses. Another spiritual tool Catholic Nurses can utilize for enriching their spirituality is to complete the preparation prayers centered on consecrating themselves to The Blessed Mother. St. Louis de Montfort's "Total Consecration: To Jesus Through Mary" emphasized that the benefit of consecrating oneself to Blessed Mother leads one to a more perfect pathway to Jesus. It is a means to guide "...us to perfectly reach Jesus Christ, to love Him with tenderness and to serve Him with fidelity" (Father Gillespie, SMM, 2011).

There are many books dedicated towards preparing for consecrating oneself to The Blessed Mother. Preparation for Total Consecration to Jesus Christ, Through Mary according to St. Louis de Montfort, is just one of the many. I believe this book benefits those who have never undergone a preparation process because it is filled with the richness of devotional prayers/ meditation and scripture. Another reference is one authored by Father Michael E. Gaitley's 33 Days to Morning Glory. He describes his method of preparation as geared to those who are seeking to come closer to Blessed Mother but do not feel they can complete the intense regime of prayer that is involved

in the traditional books on consecration such as *Treatise on True Devotion to the Blessed Virgin,* by St. Louis de Montfort. Father Gaitley's book demonstrates the importance and means to consecrate oneself to Blessed Mother through the eyes so to speak, of four great saints: St. Louis de Montfort,St. Maximillian Kolbe; Blessed Mother Teresa as well as St. Pope John Paul II. A challenge to all Catholic Nurses is to reevaluate our spiritual lives in preparation for this upcoming year as well as seeking how we can best serve Him through our ministry as Catholic Nurses.

References: For references contact the editor.

## Respect Life Resources By: Karen Cassedy

RESPECT LIFE... Because of the Catholic Church's fundamental teaching that human life is sacred from the first moment of creation, the NY Catholic Conference strongly supports pro-life legislation. For documents regarding respect of life documents access this web location:

http://www.nyscatholic.org/cate gory/issues/respect-life/



## The National Catholic Bioethics Center

6399 Drexel Road, Philadelphia, PA 19151 • Tel 215-877-2660 • Fax 215-877-2688 • www.ncbcenter.org

## Bioethics and Public Policy Report. September 2015

**By:** Dr. Marie T. Hilliard, MS (Maternal Child Health Nursing), MA (Religious Studies), JCL (Canon Lawyer), PhD, RN/Director of Bioethics and Public Policy

The National Scene: The NCBC's Director of Bioethics and Public Policy is on the Board of Directors of the National Association of Catholic Nurses-U.S.A. (NACN). The NACN works to foster a vibrant nursing organization for nurses who recognize their vocation as a health care ministry; it has successfully engaged in a number of public policy initiatives for the good of consumers of health care as well as their providers. See the most recent newsletter at https://nacn-usa.org/news- events/news/newsletters/.

The U.S. House of Representatives has voted to defund *Planned Parenthood, Inc.* (H.R. 3301), due to its activities around the selling of fetal body parts from their abortions. To have your voice heard in the Senate go to: http://nchla.org/actiondisplay.asp?ID=319.

**The State of Conscience/Religious Liberty**: In response to the 5th US Circuit Court of Appeals ordering *Wheaton College*, a private evangelical college, and *East Texas Baptist University*, to offer emergency contraception coverage to its employees and students under the U.S. Dept. of Health and Human Services (HHS) Contraceptive Mandate, Wheaton has decided to drop its student health plan and at the same time is seeking recourse to the US Supreme Court.

- The 7<sup>th</sup> US Circuit Court of Appeals has reversed an injunction granted to the Christian-based Grace Schools and the *Diocese of Fort Wayne-South Bend* in Indiana from having to comply with the HHS Contraceptive Mandate.
- The 2<sup>nd</sup> US Circuit Court of Appeals has ordered two Catholic high schools and two Catholic health care agencies to comply with the *HHS Contraceptive Mandate*.
- The 6<sup>th</sup> US Circuit Court of Appeals has ruled that the HHS Contraceptive Mandate does not violate the religious freedom of the Michigan and Tennessee Catholic Charities agencies, Aquinas College, and other church-run institutions.
- A three-judge panel of the 10<sup>th</sup> US Circuit Court of Appeals refused to allow the full court to review their denial of religious liberty to the *Little Sisters of the* Poor, stating that they must comply with the HHS Contraceptive Mandate; however, the decision is awaiting appeal.
- Genesys Regional Medical Center in Illinois is being sued by the ACLU for stating that it will not provide a *surgical sterilizations* whenompleting a caesarian section delivery.
- A Kentucky county clerk continues to seek an accommodation, in her fight for her free exercise of religion, by asking her name not appear on same-sex marriage licenses.
- In North Carolina thirty-two magistrates, consistent with a state law respecting religious liberty, have refused to officiate at all *civil marriage ceremonies*.
- An Oregon County Circuit Court judge is being investigated by the state judicial ethics commission after refusing to perform same-sex marriages.
- An Alabama probate judge has asked the Alabama Supreme Court for an order allowing officials who object to issuing same-sex marriage licenses to be excused from such an activity. The religious conscience protection contained within an Alaska legislative proposal, banning discrimination based on sexual orientation and identity, is in jeopardy.
- An Illinois branch of Office Depot has apologized for initially refusing to print a pro-life flyer.
- After Louisiana's proposed Marriage and Conscience Act failed in the Legislature, the Governor issued the "Marriage and Conscience Order" which will prevent the state

from denying or revoking tax exemptions and deductions, contracts and other agreements on the basis of opposition to same-sex marriage.

**State by State News:** The NCBC, collaborating with the National Catholic Partnership on Disability (NCPD), is petitioning the Governor of *California* to veto the Physician – Assisted Suicide bill passed by the California Legislature.

- An Alabama federal district court judge has issued a temporary restraining order against a state regulation requiring abortionists to have hospital admitting privileges in a nearby facility, for the safety of women seeking an abortion.
- An Oklahoma District Court judge has ruled that a state law requiring prescribers
  of the RU-486 abortion regimen to abide by the US Food and Drug Administration
  requirements for its use, creates an undue burden on women seeking an abortion.

**Recent Good News:** The CNS International Ministries, Inc., Heartland Christian College, Dordt College, and Cornerstone University were granted favorable opinions in the ruling by the 8<sup>th</sup> US Circuit Court of Appeals that their religious liberty had been violated by the HHS Contraceptive Mandate.

- The NCBC and the National Association of Catholic Nurses-U.S.A. (the NCBC Director
  of Bioethics and Public Policy is on their Board of Directors) are signatories to the
  amicus brief that was before this court in support of Dordt College and Cornerstone
  University.
- The March for Life has been granted injunctive relief from the HHS Contraceptive Mandate by the US District Court for the District of Columbia.
- Arkansas, Alabama, Utah and Louisiana have defunded their state-based *Planned Parenthood* organizations due to the exposure of the sale of fetal body parts from abortions.
- The New Mexico Court of Appeals overturned a lower court order which had legalized physician –assisted suicide in that state.



Catholic nurses ....

Share Your Good News and Your Efforts: If there are public policy

advocacy strategies which you wish to share with others, please e-mail mhilliard@ncbcenter.org.The National Catholic Bioethics Center is a significant resource in the realm of bioethics; share your at www.ncbcenter.org. Bioethicists are on call twenty-four hours a day, every day of the week, consultation by calling 215-877-2660.

# Historical Viewpoint The NACU-USA AD Hoc Archives and History Committee. Brief #5

By Marcia Stout, DNP, APN, FNP-C, CWON (A/H Committee Member, and Member of the Archdiocese of Chicago Council of Catholic Nurses)



Catholic Nurses: Someone you should know...

Mary Anna Gercius was born in Chicago, Illinois, December 19th, 1942. She served on the board of the Archdiocese of Chicago Council of Catholic Nurses as president in the 1970s for three terms, as Vice President in the 1980s, and as secretary. Throughout her life, she has been a member of a wide variety of organizations, accepting leadership positions in many of them.

Each year, an alumna from the Maria High School, Chicago, Illinois is honored at their annual *Snow Ball* event. Mary Anna Gercius was inducted into the school's Hall of Fame January 16<sup>th</sup>, 2010.



Pictured here: Left & Right Maria High School Board Members; Center Mary Anna

Mary Anna worked as a registered nurse from 1960 to 2007. She also cared for disabled children. Currently she is the Vice-President of the St. Casimir Auxiliary and is a Sisters of Saint Casimir Associate. Mary Anna's volunteer service and self-giving are exemplary and reflect her dedicated life to nursing, to serving her community, and to her Catholic faith.

## **Background and Early Life**

Mary Anna was one of four children (she had two brothers, one older and one younger, and a sister, Charlotte, 19 months younger). Mary Anna describes her family as "close knit" and a "family of faith." Both sets of grandparents were from Lithuania, and her parents were first generation Lithuanians born here in Chicago. They maintained ties to the Lithuanian community and continued holiday and cultural traditions—particularly Lithuanian folk music. Mary Anna continues these traditions and participated in the 9<sup>th</sup> Lithuanian Song Festival held In Toronto Canada in 2012.

Mary Anna was born at Holy Cross Hospital here in Chicago—she realized years later, that a strong bond and association with the Sisters of Saint Casimir was formed at birth and continued throughout her adult life. The Sisters of St. Casimir continue to be the religious sponsor of Holy Cross Hospital, and to this day, she remains closely linked as a Sister of Saint Casimir Associate. Mary Anna observed that "The nuns lived a plain—thrifty life—they were depression babies. They consistently provided genuine, authentic leadership and humility." This influenced her greatly throughout her life.

Her mother and father were members of the south side Chicago parish of the Immaculate Conception. When Mary Anna was 6 years old, she recalls relocating to Marquette Park, when her family went to live in her grandfather's home and became members of Chicago Nativity Blessed Virgin Mary Parish (B.V.M.). She remembers this being a wonderful time in her life. When she was in 8th grade, she recalls a particular occasion with her grandfather—"It was a hot Easter weekend—I was walking to church with my Grandfather, which was only two blocks from our house—we had a wonderful conversation about life and faith." "I felt wonderful about those times when I was able to spend time with my grandfather, and how close we were as a family." "I knew, even then, that we had something very special—to be family centered—it was very great for me as a young person and provided a strong foundation for the rest of my life."

I asked Mary Anna about her thoughts on *Family*, as our upcoming NACN-USA National Conference in Chicago in June, 2016 has that exact theme. She shared that, "Now, we



see a lot of broken families—more concerned with working on their computers or cell phones." "I believe, what is breaking up the family unit, are the *distractors* in life: the computer, the TV, the obsession with *texting*." "Unfortunately, the pleasures in life are no longer found within the family unit—they are found outside of it."

The church community was central to the Gercius' family life and they were active in all parish activities. Mary Anna's father had a significant influence in her life and on her

mindset of commitment, duty, and service. He was actively involved in the Holy Name Society and in the Knights of Columbus as an honor guard of the Fourth Degree for many years. The primary purpose of the Fourth Degree, Mary Anna explained, is to encourage active Catholic citizenship and to foster the spirit of patriotism in members and the community. Mary Anna's mother was active in the Society of St. Teresa at the B.V.M. parish, and Mary Anna also became active in the Society of St. Teresa, as both president and vice-president of that organization.

The precepts that were modeled by both her parents and grandparents, made a significant impression on Mary Anna throughout her life. She followed in their footsteps and remains committed to service in her Catholic faith, her profession, and her community.

All of her primary school years were at Immaculate Conception, and she later attended Nativity Maria High School where she graduated in 1960. Sadly, before she graduated from high school, her father died. Mary Anna was only 16 years old. It was a great loss for the family, but the family remained close—mother and daughter became good companions. Mary Anna and her mother have traveled extensively together over the years. Mary Anna remained devoted to her mother until her passing.

## **Religious Life and Work**

Mary Anna attended the Saint Anthony De Padua School of Nursing in Chicago and graduated in 1963. The hospital is now known only as St. Anthony's and there is no longer a nursing school. Obstetrics and Labor and Delivery (L&D) became her specialty areas. Mary Anna began her nursing journey as nurse's aide on the L&D unit while she was in nursing school. She was very happy with her work—she was also very successful as a student. She recounted that during the second delivery she saw—the physician had *her* deliver the baby. She was so excited and delivered a healthy baby without incident—from then on she was known as *Dr. Gercius* on her unit.

After she graduated, she started some relief work as a night supervisor on L&D. She worked L&D on the pm shift 3-11 p.m. and rotated to nights—she jokingly said, "Somehow, I got *stuck* there...and stayed for 26 more years!" The majority of her working life as an RN was on night shift in L&D, obstetrics, and the newborn nursery. For five years she worked in the nursery and in postpartum as a charge nurse. She loved her work and remained active in state and national nursing organizations that advocated for mothers and infants. She continues to support and recruit students to nursing careers.

"I think that if you see someone that is science minded, I would direct them to nursing or to medical school." She notes, "Nursing remains a great profession for young people." Mary Anna continues to serve in the Knights of Lithuania—she has obtained the highest degree of membership given nationally to Fourth Degree membership recipients. For others interested, it is obtained by a series of points through service contributed over many years.

She has served on committees, at conventions, and as secretary of the organization. The organization is 102 years old. The 102<sup>nd</sup> convention took place in Orlando, Florida this past year—where Mary Anna was able to reconnect with a favorite cousin. At 72 years old, she remains active in Catholic Charities at the Lamont Franciscan Village. She also currently serves as Chaplain for the Don Varnas American Legion Auxiliary—Unit 986. They named this post after a cousin Dominic Varnas, who died in action in 1944 during WWII. And finally, she is active in the Lithuanian American Roman Catholic Women's Alliance—where she served as treasurer of the National organization and as president of Local Chapter 46.

#### On Catholic Nurses, Service, and Later Life

**Q:** What the Archdiocese of Chicago Council of Catholic Nurses Chicago organization was like in the late 70's and 80's?

**A:** She replied...she enjoyed it tremendously, but membership was dwindling. Sr. Mary Evelyn Giemza, CR, the president during the time she was there—"really kept it alive and active".



Pictured here: Top Mary Anna; Bottom Sr. Mary Evelyn

**Q:** Why do you feel membership was declining in the Catholic Nurses Association Nationwide?

**A:** "Our lives are too involved - too busy with work and families." "People are also spending more time for activities, which take them away from church, from faith, from local organizations, and from the family."

Q: What message do you most want to share with readers?

A: "What I want to tell others is that there is too much violence these days...and too many people who disregard their life and the lives of others." "I really treasure my life, and I want others to feel that for themselves, also. A little over two and a half years ago—I had a mild heart attack—I was cared for at the Palos Community hospital." "They took excellent care of me—I could not say enough good things about the experience." "I ended up having a triple coronary bypass—it took a while to recover, one full year—but I am not a person to give up—I have very positive motivation."

"I would like share with others, just this—if you are given the opportunity to do more in life-*Do it*!" "Stay strong, stay motivated, and stay positive..."

"Do not be afraid of what happens in life. We do not know what the road is ahead of us nor even what the plan is for us... *Simply*, put your faith and trust in God.

The A/H Committee wishes to thank Mary Anna Gercius, RN, for sharing her story with NACN-USA, and for her leadership and dedication to Catholic nursing!



National Association of Catholic Nurses-USA c/o Diocese of Joliet
Blanchette Catholic Center
1655 Weber Road
Crest Hill, IL 60403

Please share this

Please share this newsletter with nurses in your diocese.

Our Mission: The National Association of Catholic Nurses, USA 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.

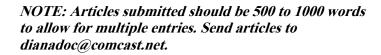
#### Objectives:

- 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 workers who support the Catholic mission.
- To advocate for those in need through
- efforts which integrate faith and health

Maria ArvonioMA,RN **MEMBERSHIP CHAIRPERSON** 

#### **NACN MEMBERSHIP**

Current dues are \$50/yr and can be paid via the website <a href="http://www.nacn-usa.org/">http://www.nacn-usa.org/</a>.



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## MARIAN NOWAK, DNP, MPH, CSN, RN EDITOR'S NOTE

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

## Articles must be received by these dates:

- Fall (Published in September): 8/18
- Winter (Published in January): 12/18
- Summer (Published in June): 5/18