



National Association of Catholic Nurses-U.S.A.

Where NURSING, MINISTRY and CATHOLIC MISSION meet
“Unity in Charity”



www.nacn-usa.org

Fall 2018 Newsletter

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The National Association of Catholic Nurses, U.S.A. (NACN-USA) has a proud history that predates the International Catholic Committee for Nurses and Medico-Social Assistants (CICIAMS). In 1909 foresighted nurses founded a guild for Catholic nurses and nursing students in Boston. By 1933 the National Federation of Catholic Nurses

was established. That same year, a few existing groups of Catholic nurses from the USA, along with nursing groups from elsewhere in the world, assembled in Lourdes, France, and founded CICIAMS, initially known as the International Study Committee of Catholic Nursing Associations. Following the development of CICIAMS, the National Council of Catholic Nurses of the United States was formed. The organization was very active early on, but later in 1970, it was disbanded. Yet, several local/regional councils remained active, and some of their members continued to participate in the meetings held internationally by CICIAMS. Between 1993 and 1994, the National Association of Catholic Nurses, U.S.A. (NACN-USA) was newly formed under the auspices of the Diocese of Joliet, Illinois, with the permission and spiritual advisement of the bishop at that time, Bishop Joseph L. Impeach.

In October 1994, the Association became a full voting member of CICIAMS, thus all NACN-USA members are also part of CICIAMS through the Association. In October 1996 NACN-USA was approved by the U.S. Conference of Catholic Bishops for inclusion in the “Official Catholic Directory” under the Joliet Diocese. NACN-USA and is registered as a non-profit 501c3 organization. This is a proud legacy demonstrating the power of perseverance, but more accurately the power of the Holy Spirit calling NACN-USA to be a force for life at this current time when the very vocation of the healing professions is being distorted as an agent of death. In this spirit, NACN-USA has applied to be the host of CICIAMS 2022

International Congress, with the collaboration of the Villanova University College of Nursing (Philadelphia). We are grateful to our co-chairs of this initiative (Dr. Patricia Sayers and Dr. Diana Newman) as we await a response from CICIAMS to our application.

In recent years, under the wonderful leadership of our past presidents, most recently Diana Ruzicka, and with the diligent efforts of board and committee members, NACN-USA has been a powerful force of cultural influence reinforcing the true Hippocratic tradition, “Primum non nocere [first, do no harm].” To this end NACN-USA has been proactive and is called upon by several professional and legal advocacy organizations to join in public commentary to impact health care policy reflective of this dictum:


- Collaboration with the US Conference of Catholic Bishops (USCCB), the Catholic Medical Association, and The National Catholic Bioethics Center on reviewing the palliative care education funding bill in Congress (Palliative Care and Hospice Education Training Act);
- Calling for prayer among members and sharing of Cardinal DiNardo’s statement (USCCB President) on the sex abuse crisis of the Church. As more statements from the Church are issued, especially calls for lay involvement, we will consider offering our expert nurses to serve on lay boards;
- Issuing a statement on the Church’s help of immigrants especially the undocumented;
- Drafting a letter to our Episcopal Moderator on approaching the USCCB Committee on Doctrine regarding the moral status of Yoga and selected energy “therapies.” NACN-USA posted on our web page an article about the morally sound alternative called the Pietra Program;
- Secured participation and leadership for the NACN-USA Student Subcommittee (Dr. Bill Buron, Dean of the Benedictine School of Nursing, Kansas);
- Submitted public comment to the American Nurses Association on “Core Principles on Connected Health”;
- Collaborated in interagency public comment to the American Medical Association on the World Medical Association’s proposed policy on Medically Indicated Abortion.
- Organized a response to the Virginia’s Joint Commission on Health Care report on physician assisted suicide.

Year after year, it has been demonstrated that nurses enjoy the public perception as being the most trusted of professionals. NACN-USA, as the only national association of Catholic nurses, can especially claim this trust, as several other professional associations erroneously embrace death-dealing procedures as health care. Nothing is going to erode public trust greater than a claim to be a life-enhancing profession, while willing to embrace the culture of death as a standard of care. NACN-USA’s legacy is the very opposite of this. Through the wisdom and energy of NACN-USA’s past presidents, and again, most recently during Diana Ruzicka’s term, NACN-USA’s legacy is a heritage of promoting and sustaining life for the good of the healing professions and those they serve.

With that realization is the obligation to assure that all the wonderful accomplishments of NACN-USA are not only sustained but cultivated, especially as the attacks on life, promoted as health care, escalate. A great way to cultivate NACN-USA’s accomplishments, and to promote life sustaining health care, was at the recently held August 2-3, 2018 San Antonio conference: *Responding to Healthcare Challenges Influencing Catholic Nursing Practice*. The title, itself, reflects the opportunities of attendees to mutually develop strategies to respond to these challenges. The presentations were outstanding, and of equal importance was the opportunity for attendees to engage with each other to plan ongoing initiatives to address these challenges. We

are truly indebted to Dr. Jane Cardea who chaired this event, and her entire team who worked tirelessly to make this event the success that it was, including its financial achievement.

And as we build upon NACN-USA's accomplishments, the greatest need is in the mentoring of the next generation of nurses, who have been indoctrinated to erroneously believe that if something is legal it is ethical, and to advocate for life in the delivery of health care constitutes negligence and a violation of a standard of care. There is no more scholarly, competent, and caring group of nurses and associate members than NACN-USA's board and committee members, supported by the equally dedicated membership. NACN-USA is ready for this challenge. From our roots of over 109 years since the founding of the Boston Guild for Catholic Nurses, the transition occurs, and the proud legacy continues: *where NURSING, MINISTRY and CATHOLIC MISSION meet...*



President,

The National Association of Catholic Nurse-USA

2018 NACN-USA NATIONAL CONFERENCE

By: Dr. Jane Cardea

Our national conference, held in Texas, was a huge success by all accounts. The city of San Antonio was celebrating its 300th anniversary and the historic Menger hotel provided a welcoming ambiance in entryway, guest rooms, and conference meeting areas. In addition, the hotel provided easy access to the Alamo next door and the famous River Walk about a block away. The Silent Auction collected over \$1000 in donations to fund student scholarships. Networking sessions combined with two sit-down meals offered great opportunities to connect with friends and develop new professional contacts. The roll-out of the new NACN-USA pin was introduced for member purchase, and is now available for all members for purchase*. During lunch a "Living Legends" celebration acknowledged extraordinary contributions of several long-time members. Planned after-conference activities were optional, with the first evening beginning with mass and a private tour of the San Antonio cathedral ...the 3rd largest cathedral in the USA; the oldest cathedral west of the Mississippi; home of the famous Black Madonna; and the repository of bones from some of the famous Alamo defenders. This evening's events ended with a traditional Mexican dinner and music from wandering guitar players at *Mi Tierra*, one of the oldest, well-known "downtown" restaurants in San Antonio. The second day offered conference participants afternoon personal time to stroll along the River Walk, take a boat ride on the San Antonio River, visit nearby San Antonio Missions, go shopping at a nearby mall, or stroll through an art area near the hotel. In early evening, the planned event was an outdoor amphitheater production of traditional Mexican music, song, and dance from many sectors in Mexico. Mariachi music was played on both sides of the river or from a small bridge over the river as boats motored underneath while the river passengers and amphitheater guests were singing along or clapping approval of the performance.

Conference presentations were relevant, thought-provoking, and provided a wealth of information on a wide variety of interesting subjects related to the conference title, *Responding to Healthcare Challenges Influencing Catholic Nursing Practice*. The table below is designed to provide well-earned, written acknowledgement and thanks to all presenters and a quick review of their presentation titles defined by two over-arching themes: expected or unexpected practice topics. Information is presented in the order of conference presentation.

Before closing, I want to recognize and send a special thanks to several individuals who worked closely with me in offering personal time and expertise to make this conference a success. Richard Zazycki, LPN, current NACN-USA treasurer, was a huge help with a variety of financial matters that made conference registration and on-site collection of monies, as well as payment of hotel costs, run quite smoothly. Martha Baker, PhD, RN, current NACN-USA corresponding secretary, championed the lengthy and time-consuming process of securing CNE credit for conference participants. Dahlia Rojas, PhD, RN, current NACN-USA recording secretary and long-time friend, was ever so diligent in helping to review all abstracts and notify all individuals of review results. In addition, she spent many hours with me reviewing and approving text for the conference program. Finally, conference committee members, Maria Diaz, PHD, RN, and Peggy Humm, MSN, RN, joined with Dahlia and me in ongoing conference planning and delivery activities.

*contact: CatholicNurses@NACN-USA.org

Expected Catholic Practice Topics	
<u>Julie Trocchio, MSN, RN</u> Senior Director, Community Benefit and Continuing Care at Catholic Health Association, Washington, DC	Working with Faith Communities to Improve the Lives of Older Adults
<u>Sister Victoria Indyk, PhD, RN</u> Nursing Professor, Madonna University, Livonia, Michigan	Madonna University Partnership With Felician Sisters' Mission in Jacmel, Haiti
<u>Rosalinda Jimenez, EdD, APRN, FNP-BC, PHMHP-BC</u> Assistant professor, Texas Tech University	Assessing Spirituality in Inter-Professional Practice
<u>Clint Royston, DNP, PHMHP-BC</u> Psychiatric Mental Health Nurse Practitioner, Genesis Development, Urbandale, Iowa	Church Wellness Hub: Caring for Mental Health Needs in a Parish
Teresa Durbak-Sipos, BSN, MSED, RN, LPC Licensed counselor, RN, Chaplain, and Doctor of Ministry (DMin), Student @ ST Mary Seminary and Graduate School of Theology, Baltimore, Maryland.	Spiritual Care in Nursing Practice
<u>Mary Lee Barron, PhD, APRN, FNP-BC</u> Associate Professor, Southern Illinois University- Edwardsville	"She's Really Catholic": Exploring Barriers and Opportunities in OB-GYN Nursing Practice
<u>Martha Baker, CNE, CENP, ACNS-BC, PhD, RN</u> Instructor and Clinical Coordinator, Ozarks Technical Community College, Springfield, Missouri	Spirituality in Nursing: A Catholic Perspective
<u>John Dinolfo, PhD, RN</u> Visiting Assistant Professor, Academic Affairs Faculty, Medical University of South Carolina	Catholic Nursing and Battle of Gettysburg
Unexpected Catholic Practice Topics	
<u>Judith Boyle, DNP, RN</u> Assistant Professor, Nursing Community College of Baltimore County, Catonsville, Maryland	Compassion Fatigue Resiliency Training for Emergency Nurses
<u>Maria Z. Diaz, EdD, RN, CNS, PHMHP</u> Associate Professor, Bernice Fowler Endowed Chair, University of Texas Rio Grande Valley, Edinburg, Texas	Effects of Collaborative-Interprofessional Care Experience on Health Provider Attitudes

<u>Jennifer Hitt, PhD, RN</u> Nursing Program Director, Christian Brothers University, Memphis, Tennessee	Advocating and Lobbying: How Catholic Nurses Can Influence the Law-Making Process
<u>Richard McAlister, MSSM, BCP, CIM</u> Senior Incident Commander in one of the nation's largest financial institutions <u>Kimberly McAlister, MSN, RN</u> Assistant Professor, Schreiner University, Kerrville, Texas	On the Team: A Catholic Nurses' Role in Shelter Selection
<u>Luz Myriam Neira, MS, PhD</u> Director of Nutrition, Health, and Wellness for the San Antonio Food Bank	Opportunities for Partnerships Between Food Banks and Healthcare Organizations
<u>Kristen Sinay, MSN, RN</u> Member of the Texas Board of Nursing Staff, Consultant for interpretation and application of the Texas Nursing Practice Act and Board Rules and Regulations	Human Trafficking: What Nurses Need to Know



Cathedral of San Fernando



Patricia Sayers & Alma Abuelouf



Ellen Gianoli & Peggy Humm



Christina Freeman, Gosia Brykczynska,
Judith Boyle, Peg Olson

The Masterpiece Cake Shop Case: Be Vigilant and Trust in God

Carolyn Laabs, PhD, MA, MSN, FNP-BC

In the case of Masterpiece Cake Shop v. Colorado Civil Rights Commission, the [Supreme Court of the United States \(SCOTUS\)](#) ruled 7-2 in favor of the Cake Shop. This was a case in which the NACN-USA joined five other Catholic organizations, including the USCCB, in filing an [amicus curiae](#) (friend of the court) brief in support of Jack Phillips, owner and operator of the Masterpiece Cake Shop. At issue was the refusal in 2012 by Mr. Phillips, an expert baker and Evangelical Christian, to bake a custom cake for the wedding of a same-sex couple, Charlie Craig and David Mullins, because to do so would violate his deeply held religious beliefs about marriage as between one man and one woman. Of note, the State of Colorado did not recognize same sex marriage at the time of this issue. Mr. Phillips was willing to sell other baked goods to Mr. Craig and Mr. Mullins, such as birthday cakes for example, but not a cake that would celebrate something that violates his Christian beliefs.

Mr. Craig and Mr. Mullins considered the refusal an act of unlawful discrimination based on sexual orientation which violated the Colorado Anti-Discrimination Act. They filed a complaint that was referred to the Colorado Civil Rights Commission and formally heard before a state Administrative Law Judge. Mr. Phillips claimed that requiring him to create a cake for a same-sex wedding would violate his right to free speech by compelling him to express a message with which he disagreed and furthermore would violate his right to the free exercise of religion. The judge ruled that his refusal was unlawful discrimination and rejected Mr. Phillips' claims to the rights of free speech and free exercise of religion. The Colorado Civil Rights Commission and the Colorado Court of Appeals concurred with the judge's ruling in favor of Mr. Craig and Mr. Mullins.

SCOTUS, however, ruled differently than the lower court. The Supreme Court held that the actions of the Colorado Civil Rights Commission violated the Free Exercise Clause.

While the laws and the Constitution can and must protect gay persons in acquiring products and services on the same terms and conditions as are offered to other members of the public, the law must be applied in a manner that is *neutral toward religion* (emphasis added, [p. 2](#)).

SCOTUS took issue with the Colorado Civil Rights Commission's "clear and impermissible hostility toward the sincere religious beliefs motivating his [Mr. Phillips] actions," a hostility that was never disavowed by later court rulings nor in any of the briefs submitted in support of Mr. Craig and Mr. Mullins. In the judgment of the SCOTUS majority, this, "cast doubt on the fairness and impartiality of the Commission's adjudication of Phillip's case" ([p. 2](#)). The State has a duty under the First Amendment to act in a neutral manner toward religion, not passing judgment on the legitimacy of religious beliefs and practices and not to base laws or regulations on hostility to a religion or religious point of view.

Sadly, however, in the dissenting opinion not all the justices found the hostility against religion that was demonstrated by the Commission to be sufficient reason to overturn the lower court decision. Rather, they felt that "sensible application of CADA [Colorado Anti-Discrimination Act] to a refusal to sell any wedding cake should occasion affirmance of the Colorado Court of Appeals judgment" ([p. 8](#)). The fact that same-sex marriage was not legal in Colorado at the time was deemed irrelevant.

The Supreme Court justices saw the case as a question of how to properly reconcile two principles. As the justices put it, one principle was the authority of the State to protect the rights and dignity of gay persons who are, or wish to be married but who face discrimination when they seek goods or services while the other principle was the right of all persons to exercise fundamental freedoms under the First Amendment, that is, freedom of speech and free exercise of religion. Overall, this narrow decision seems to be more a ruling against the lower court than

a ruling in favor of Phillips, leaving open the fundamental constitutional issue of whether the government can compel people to endorse same-sex marriage in violation of their religious beliefs. Nevertheless, it serves as a reminder to the courts of their duty to remain neutral toward religion. If the lower court had not been so hostile toward Mr. Phillips' religious beliefs, their ruling may have been upheld.

As Catholic nurses, we are concerned about the protection of religious freedom, as are the members of the five other Catholic organizations who joined in the [amicus curiae](#) brief in support of Mr. Phillips. In that brief, the authors quote [Dignitatis Humane \(2,3,7\)](#), the Declaration on Religious Freedom written in 1965 by soon to be canonized Pope Paul VI, reminding the Court, and us, of the meaning of religious freedom and its importance to individuals and to society.

[T]he human person has a right to religious freedom. This freedom means that all men are to be immune from coercion on the part of individuals or of social groups and of any human power [such] that no one is to be forced to act in a manner contrary to his own beliefs, whether privately or publicly . . . That is because all people are impelled by nature and also bound by a moral obligation to seek the truth, especially religious truth, which, once known, requires them to order their whole lives in accord with the demands of truth. This freedom is limited only by the demands of "public order," and so must be respected as far as possible and is not to be curtailed except when and insofar as necessary ([pp. 7-8](#)).

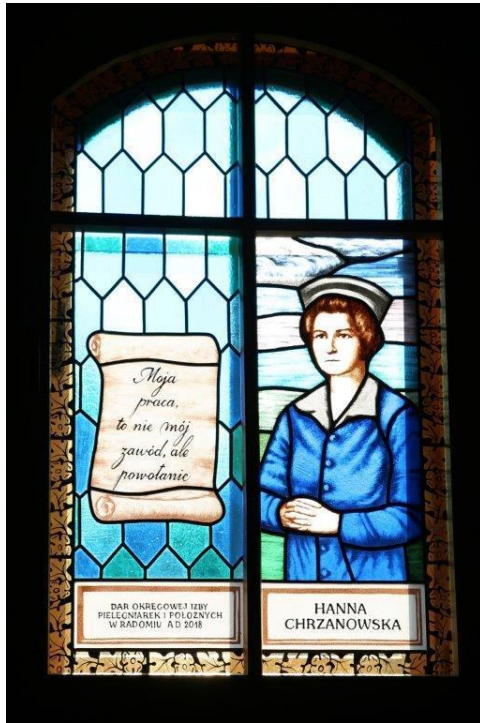
The [amicus](#) argued that the Free Exercise Clause protects individuals and organizations not only in places of worship but also in the public square enabling religiously motivated public works, such as Catholic health care. When religion flourishes so does society.

Jack Phillips was "[thrilled by the Supreme Court victory](#)," and returned to creating custom-made wedding cakes and the artistic work he loves to do. He commented that the decision in his case showed that the government was wrong for punishing him for living out his faith in the workplace. "How the issue plays out for others, we'll have to wait and see. But given the court's ruling in my case, [I'm optimistic](#)." And we should be too. But optimism does not mean complacency. We need to continue to form ourselves in the faith, trust in God, and remain vigilant for threats to religious freedom.

Vigilance indeed is required for, on the very day that SCOTUS agreed to hear Mr. Phillips case, he received a phone call requesting a custom cake to celebrate a gender transition. Recognizing that he was being targeted and set up, he declined, as creating such as a cake expressing such a message conflicted with his faith. The caller filed a discrimination complaint with the Colorado Civil Rights Commission and, just one month after the SCOTUS decision in favor of Mr. Phillips, he once again is engaged in a [legal battle](#).

As discouraging as this may be, we take heart from Our Lord who reminds us in Holy Scripture, "Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for [someone] to devour. Resist him, steadfast in faith, knowing that your fellow believers throughout the world undergo the same sufferings. [1 Peter 5:8-9](#)."

May the God and Father of all grant that the human family, through careful observance of the principle of religious freedom in society, may be brought by the grace of Christ and the power of the Holy Spirit to the sublime and unending and "glorious freedom of the sons of God" (Rom. 8:21). [Dignitas Humanae, 15](#).



Stained Glass Window of Blessed Hanna Chrzanowska Radom, (central) Poland by Gosia Brykczynska

Within two months of the 1st lay Catholic nurse's beatification in the Diocese of Krakow, Poland, this beautiful stain glass window was designed and installed.

Here is the story in the words of the President of the Radom Regional Nurses Chamber, M Sokulska: "The nurses were returning from the Beatification ceremony (28 April 2018) all buoyed up by the events of the day, when their diocesan chaplain Fr Konrad Wójcik (who was travelling with them and had concelebrated the Holy Mass of Beatification in Łagiewniki), suggested that they fund a stain glass window of Bl. Hanna. The Church of Christ the Priest in Radom was undergoing refurbishment and the window had representations of saints and blessed. One window was left to finish the work. There were several suggestions who to put in the window. The Nurses' chaplain admitted that he had already spoken to the parish priest of the Church of Christ the Priest, and was now only waiting to see how the nurses would react. A decision was quickly taken by the regional nurses' board to sponsor the window. The window was commissioned, installed and formally blest on the 23rd June (so barely two months after the beatification) with many local priests present and the entire regional nursing board..."

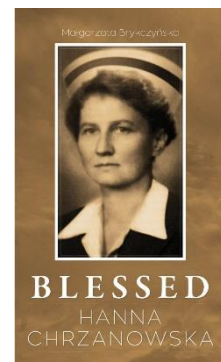
The words in the scroll read: "My work is not only my profession but also my vocation." This is a quote from Blessed Hanna's writing.

Note: The author, Dr. Gosia Brykczynska, is a member of the Krakow Catholic Nurses Association and the author of "Colours of Fire: The Life of Hanna Chrzanowska." Gosia presented at the NACN-USA meeting in San Antonio.

Diocese of Birmingham in Alabama Council of Catholic Nurses Update

by Dr. Maria Steele, DNP, RN, PHNC-BC, President, DBACCN

It has been over a year since The Most Reverend Robert J. Baker granted permission for the establishment of our new council in Alabama on September 11, 2017. The Board of Directors has been elected, bylaws written and submitted to the dioceses for review. Thank you fellow councils who share yours with us! Our first activity was on May 12, 2018, Florence Nightingale's birthday at which Diana Ruzicka, RN, MSN, MA, MA, CNS-BC, Treasurer DBACCN and Immediate Past President, NACN-USA presented on NACN, CICIAMS and Accomplishments of both. This was following by a presentation on Hanna Chrzanowska, RN, the 1st lay Catholic Nurse beatified on April 28, 2018. Hanna is the patroness of the DBACCN.





Diana Ruzicka, RN,MSN, Treasurer, DBACCN (far left) and Maria Steele, DNP, RN, President, DBACCN (far right) with The Most Reverend Robert J. Baker, S.T.D. and religious medical professionals and hospital chaplains in the Diocese of Birmingham

On October 4, 2018, DBACCN Members attended the White Mass for health care professionals at the University of Alabama in Birmingham St. Stephen the Martyr Chapel. Dr. Maria Steele was given the opportunity to address the congregation sharing information about the DBACCN, NACN-USA and CICIAMS. At the reception following the Holy Sacrifice of the Mass we networked with several nurses from the Birmingham area.

DBACCN members participated in the 10th year of the diocesan rosary on the first Sunday in October. After nine days of praying the Prayer to St. Michael, the Diocese of Birmingham in Alabama concluded this novena on October 7, Feast Day of Our Lady of the Rosary (aka Our Lady of Victory) with a 3 pm (hour of mercy) communal Rosary and Evening Prayer at the Lourdes Grotto at the Shrine of the Most Blessed Sacrament near Hanceville, Alabama. Music was provided by the beautiful voices of the Sister Servants of the Eternal Word from Casa Maria Convent and Retreat House (www.sisterservants.org). The Most Reverend Robert J. Baker, S.T.D. led all in prayers for reparation and reconciliation... In reparation for the suffering of abuse victims and reconciliation in our Church.



At the Shrine of the Most Blessed Sacrament in Hanceville, Alabama on October 7, Feast Day of Our Lady of the Rosary, also known as Our Lady of Victory.)

Humanae Vitae and Nursing's Call to Action

Carolyn Laabs, PhD, MA, MSN, FNP-BC

["No papal teaching document has ever caused such an earthquake in the Church as the encyclical *Humane Vitae*."](#)

This year marks the fiftieth anniversary of *Humanae Vitae*, an encyclical on the transmission of life in marriage in light of the principles of Christian morality. The encyclical was written by, soon to be canonized, Pope Paul VI in the setting of the turbulent times of the 1960s which were characterized by a whirlwind of changes in social mores and a stunning progress in science and development. The development with which *Humanae Vitae* is associated is the contraceptive pill and the Church's rejection of its use and the use of contraception of any kind in the regulation of birth. Met with widespread resistance among Catholics and mocked by most of the world, within that encyclical Pope Paul VI conveys a message directly to nurses, a message that often is lost amid the uproar.

In contrast to the tumultuous loosening of social mores and in spite of societal pressure bearing down on the Church to get with the times, Pope Paul VI remained a rock, steadfastly reaffirming the long-standing truth about marriage and natural law that does not allow for contraception but does provide for and promote responsible parenthood. Amid the storm that erupted, Pope Paul VI reminded us of God's loving and enduring plan for man and woman and our role within it, one that is meant to help us grow in virtue and give honor and glory to God. To assist our understanding of the natural moral law and the teaching of *Humane Vitae*, Cardinal Karol Wojtyla, who had advised the Pope on the encyclical, wrote:

The essence of the Church's teaching on natural law consists in emphasizing that there is an objective moral order, which derives from the nature of man, a universal and immutable order

.... Together with revealed law, this moral order represents the constitutive whole of morality. It falls within the competence of the Church: in fact, its observance is a condition for salvation. This is precisely why Paul VI defines the teaching of the encyclical *Humanae vitae* as the expression of objective moral truth that no one, not even the Church, can change.

Understanding that this teaching may be difficult but knowing that it was not impossible, Pope Paul VI in *Humane Vitae* called upon public authorities, scientists, priests and bishops to support couples to live in accord with the moral law. He also called upon nurses to do the same, particularly regarding the need to discover new knowledge about human fertility and to educate couples about moral methods of family planning. He wrote:

27. Likewise we hold in the highest esteem those doctors and members of the nursing profession who, in the exercise of their calling, endeavor to fulfill the demands of their Christian vocation before any merely human interest. Let them therefore continue constant in their resolution always to support those lines of action which accord with faith and with right reason. And let them strive to win agreement and support for these policies among their professional colleagues. Moreover, they should regard it as an essential part of their skill to make themselves fully proficient in this difficult field of medical knowledge. For then, when married couples ask for their advice, they may be in a position to give them right counsel and to point them in the proper direction. Married couples have a right to expect this much from them.

Here Pope Paul VI shows his great respect for nursing as a profession and recognizes it as a calling from God. He reminds us that nursing is a vocation to Christ and His Church, a vocation that demands resolve to abide by the deposit of faith and right reason that have been passed down to us through the Holy Catholic Church, particularly regarding moral methods of family planning. Knowing that within our profession we would meet resistance, he encouraged us nevertheless to do our best to support our patients to live according to the natural moral law. To do this we must prudently form ourselves in the faith and diligently educate ourselves about natural family planning. Given our calling, we logically should be the ones to whom patients

seek advice, with whom patients can feel confident the advice we give is scientifically sound and consistent with the moral law, and the persons to whom we refer would do the same. In fact, patients have a right to expect this from nurses.

So, whether we are researchers, educators, managers, administrators, clinicians, students, or retired, we have a duty to serve God in our unique calling as nurses. There are a variety of ways we can answer this call to action; some nurses already have answered the call. For example, since 1997 research and scholarship on natural family planning has been underway by expert nurse researchers at Marquette University's Institute for Natural Family Planning. NACN-USA's president elect, Mary Lee Barron, PhD, FNP, FAANP, has been an active researcher and educator in natural family planning for years. Nurse administrators can support nurse educators to include natural family planning in curricula and nursing students can request such coursework. Nurse managers can support nurse clinicians, midwives, and practitioners to include natural family planning in their patient teaching and in their approach to the diagnosis and treatment of medical problems rather than turning to contraceptives. For patients suffering from infertility, rather than refer them for in-vitro fertilization or other assisted reproductive technologies, connecting them with physicians trained in NaProTECHNOLOGY will offer them a scientifically sound, moral approach. Our physician colleagues with the Catholic Medical Association are great resources with whom we can partner. The United States Conference of Catholic Bishops also offers resources on natural family planning.

While that is all well and good, the reality is that a contraceptive mentality is entrenched and pervasive in society. The first drug developed for social rather than medicinal purposes, the contraceptive pill was introduced in 1960. By 1965, over five million women in America already were using it. By 2015, 64% of married or "in-union" women of reproductive age worldwide were using some form of contraception. The rejection of Church teaching is widespread and continues, as do the problems Pope Paul VI predicted we would experience as a result of a contraceptive mentality. These include, a) opening the way for marital infidelity and a general lowering of moral standards (e.g., increased rate of divorce, co-habitation, sex outside of marriage), b) forgetting the reverence due to women and reducing women to mere instruments for the satisfaction of others (e.g., explosion of pornography, sexual harassment and exploitation of women), and c) imposing the will of powerful others such as government authorities dictating the most personal and intimate aspects of the lives of individuals and groups of people as a supposed solution to the problems of society (e.g., China's one child policy, United Nations' push for contraceptives worldwide, US mandate for insurance coverage for contraceptives).

Nevertheless, as Saint Pope John Paul II encouraged us, "do not be afraid." We have been issued a charge, a duty as Catholic nurses. It may seem daunting but "nothing is impossible for God." After 50 years, the message of *Humanae Vitae* is more relevant than ever. Let's start by taking time to carefully read *Humanae Vitae* and its beautiful message for nurses and for the world. Let's pray for understanding and guidance in how each of us, as individuals, as an organization, and as a profession, through the grace of God, can respond to this call to action with courage and, as the NACN-USA motto professes, with unity in charity. Saint Pope Paul VI, pray for us.

"For man cannot attain that true happiness for which he yearns with all the strength of his spirit, unless he keeps the laws which the Most High God has engraved in his very nature" (HV 31).

CICIAMS XX World Congress/ Council Meeting

Thank you, NACN-USA members, for sponsoring our CICIAMS participation and representation of the NACN-USA during the CICIAMS XX World Congress and CICIAMS Council Meeting in Kuching, Sarawak, Malaysia. Your financial support made this extensive travel and 11 day excursion possible. We traveled 9,540 miles from New Jersey to Kuching, Sarawak, Malaysia

The Travel

We left from the Newark NJ International Airport in the wee hours of the morning on Friday, August 31st and then arrived in Hong Kong 15.5 hours later. According to Hong Kong time we arrived well into the day on Saturday, September, 1st as Hong Kong time is 12 hours ahead of New Jersey time.

From Hong Kong we flew another 4.5 hours to Kuala Lumpur the capital city of Malaysia. Once touching down in Malaysia we quickly boarded our last flight which crossed the South China Sea to Kuching, the state capital city of the state of Sarawak, Malaysia.

Needless to say, we were happy to arrive at our hotel which was a short 20 minute taxi ride from the airport. The Riverside Majestic Hotel was located on the banks of the Sarawak River. Looking out from the 15th floor the hotel room the first thing recognized was a surprise, a little "7/11 Food Mart" across the street. Behind this building were the river taxis which looked like something out of a Rambo movie.



The white building in the middle is the Riverside Majestic Hotel where we stayed. The "7/11 Food Mart" was in the 1st floor of the tall tan building on the river. Our river taxi launched in front of the lower round building on the water where you see the white boat taxi docked.

Taxis came in all different colors and were manned by one taxi driver with oars. Pat only took one short taxi to the market on Saturday. Mimi did the 1 hour tour and noted the extreme poverty once you left the downtown area.

The CICIAMS Council Meetings (x2)

The Council Meetings were attended by the CICIAMS Executive Board as well as the Presidents from more than 20 countries and their respective Catholic Nursing Organizations. During the first gathering, the Malaysian nurses were thanked for their work in hosting the event and a voting



session was held. Donatus Akpan (from Nigeria) was voted for 4 more years as CICIAMS General Secretary and Mary Dolan (from Ireland) was voted the CICIAMS WHO Representative (4 yrs). Statutes will be addressed by President Mc Sweeney and Father Nairn as the seat remained vacant. Next a newly formed re-grouping of Catholic Nurses in Canada submitted an application for CICIAMS membership. The vote to approve the newly formed Canada organization into CICIAMS membership was unanimous. Also highlighted was President Lucy Thanga discussion regarding the next African Regional Conference which was proposed to be held in 2020 in the country of Kenya - this was discussed and attendance encouraged.

Each of the six regions then gave annual reports. Mimi reported on the Pan America Region and her efforts with the Canadian group which resulted in CICIAMS newest country member Canada. Mexican representative were present and offered to work more closely with Mimi. With Mimi's continued work representation within the Pan American region is expanding.

Pat presented an overview of the CICIAMS UN activities including 1) the NY Representative Team addressing the UN Nation Members with an Oral Statement on April 12, 2018, 2) CICIAMS first UN NGO Workshop presentation August 23, 2018, 3) Dr Marie Hilliard receipt of an 2018 UN Nurses Global Impact Award, 4) CICIAMS two new CICIAMS UN NGO Youth Representatives: Courtney Donahue and Sarah Donahue, and several UN attendance sessions (Town Halls x2, Intergenerational Session).

Four of the CICIAMS Regions are actively engaged in outreach to vulnerable populations. The work of Catherine Roderick in Pakistan is much underfunded and politically challenging. Mrs. Roderick and her husband are dedicated to the service of Catholic Nursing and Catholic Nurses in an area very oppressed. Both Catherine and her husband returned from comfortable positions in the Philippines and USA to serve their home country from a Catholic perspective.

Council Session 2 reviewed the essential need for fund raising from every region. Whatever can be raised is needed and appreciated to keep our international voice and service in healthcare. The office in Vatican City continues.

The Congress

On day one of the Congress, Cardinal Turkson's presentation was the focal event. The Cardinal elaborated on the rationale for and mission of the Dicastery for Promoting Integral Human Development (Cardinal Turkson is the Perfect of this dicastery which encompasses healthcare). His expressions were warm, inspiring, and clearly stated in English. Essentially, a more centralized and intraprofessional commitment to advancing the spiritual "holistic" welfare of mankind is sought. Furthermore, the Cardinal shares the view that health is foundational to all human endeavors. Presentations on the welfare of children and youth followed.

Day two featured talks on health and healing. Mental health and health of the elderly were emphasized. Mimi Nowak joined a panel offering insight into the nursing care of the elderly.....

Hospitality night followed. Each country participated in the entertainment. Mimi and Pat lead the group in singing "God Bless America" karaoke style. The recording played the lyrics three times. By the third verse the nurses throughout the whole room stood and swayed singed the entire verse. Next everyone got up and danced to "WE ARE FAMILY" by Sister Sledge. Pat was dressed in red white and blue and Mimi was dressed as a cowgirl. Both of us wore cowgirl hats trimmed in red, white, and blue ribbon. Fun was had by all as everyone was up for singing, dancing, and lots of laughs.

Day Three

Professional roles were the third topic. Pat opened the session with an overview of CICIAMS work at the UN. There are needed roles for nurses in leadership, policy development, as well as care delivery. Aging populations, fertility health, and replacement migration were topics of global concern overviewed. Important to note is that issues many times arise due to definitions of key terms. For example, the WHO definition of health dates back to 1946. The spiritual aspect of health is not present in the WHO definition of health nor in the mission statements driving global health. This is a concern. Q&A from many country representatives followed.

Attendance - Plus

The Congress was attended by over 300 nurses. An estimated 2/3 of the attendees were from the Asian countries (i.e. South Korea, Thailand, Japan, Singapore, Pakistan, Bangladesh, India, and Malaysia). European attendees were from UK, Ireland, and the Netherlands. African nurses from South Africa, Nigeria, Kenya, Ghana, Tanzania, Zambia, and Swaziland renamed to Eswatini were very active participants. The Americas were represented by nurses from Canada, Mexico, and the USA.

Each presentation was given in the English language and translated into Spanish for the attendees from Mexico via cell phones. During the opening ceremony each country's representative marched in carrying their country flags which were then placed on display. Mimi and Pat marched in together. At the end of the program, country representative gathered again with their flags and marched out which ended the closing ceremony.

Currently, the NACN-USA proposal for hosting the 2022 CICIAMS XXI World Congress and Council Meeting at Villanova University is under review. CICIAMS's returned comments are expected during the month of October, 2018.

Thank you for World Congress experience.

Dr. Mimi Nowak and Dr. Pat Sayers

Awards and Scholarship Committee

This past summer the NACN-USA Awards and Scholarship Committee had the daunting task of reviewing and evaluating a pool of wonderful applicant submissions. Of the qualified applicants, Jocelyne Kleinsmith stood out and was unanimously selected to receive the \$1000 scholarship award.

In her essay, Jocelyne describes fulfilling her Catholic mission as a nurse through serving as the Lord's instrument of healing and love. She strives to integrate her faith with her goals in nursing. Jocelyne is an honors student and was elected by her peers as a representative for her school's student nurse association. She has participated in several medical mission trips to serve impoverished populations in Peru and Haiti. She has also organized multiple health related events in her local community and served as a volunteer for several healthcare agencies.

Dr. Bill Buron, Director of Nursing and Associate Professor at Benedictine College, describes Jocelyne as a model student who strives to live out her Catholic faith every moment of every day! Dr. Buron attests, "I cannot think of another student who would be more deserving of this award."

Jocelyne shared a brief bio along with her expressed thanksgiving:

I am 21 years old, attending Benedictine College and pursuing a nursing degree and a Spanish minor. My love of families and their health stems from my incredible family. I am blessed with four younger siblings who make it a joy to return home during the summer. I have a passion for women's health, learning, hiking, reading, volunteering, adventuring into the unknown and family time. My dream is to work as a family nurse practitioner with a volunteer organization, providing education to women and children on how to care for their bodies holistically.



I write with deep gratitude to you [NACN] and to the Lord for the provision of these scholarship funds. I am extremely honored to accept this award from such an incredible association."

Thank you for this incredible gift.

May the Lord continue to work through your association in a beautiful way.

*Blessings,
Jocelyne Kleinsmith*

Good News Within our NACN Community



Congratulations to Christina Freeman, a member in New Mexico and the NACN-USA Facebook Administrator, for passing her Critical Care RN examination. Christina Freeman on right, is pictured here with Ingrid Tegtman in San Antonio.

Courtney Donahue our newsletter editor was married on September 7, 2018 at St. Francis De Sales Roman Catholic Church in Belle Harbor, NY to John-Patrick Stathis! Congratulations!





October 6, 2018, Regional Director, Renée Frost, received into the Ordo Praedicatorum, Lay Fraternities of Saint Dominic, as Novitiate. It was an honor to have had Fr. Brian Mullady OP, as Celebrant, and Fr. Scott Surrency OFM Cap, as Concelebrant. (Pictured in Our Lady Queen of Apostles Chapel at Holy Apostles College & Seminary)



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



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

Winter (published in Dec.): Nov. 15

Spring (published in March): Feb. 15

Summer (published in June): May 15

Fall (published in September): Aug. 15

Please send your submissions by e-mail to: Courtney Donahue Stathis MS, RN, FNP-BC, PCCN, Newsletter Editor at courtneydonahue15@gmail.com,



NACN MEMBERSHIP:

Membership dues are \$50/yr and can be paid via the website <http://www.nacn-usa.org/> Thank you for renewing. Welcome for those joining.