



**THE ASSOCIATION OF
CATHOLIC NURSES**
England and Wales

www.catholicnurses.org.uk



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FR MICHAEL STACK

Ecclesiastical Adviser appointed by the Bishops' Conference of England and Wales



As I walk the long corridor in the busy City Hospital I see the many individuals who care for those who are patients. I see the paramedics with a patient on a stretcher , I see the doctors walking to the ward to examine and talk to their patients , I see the domestics getting the next meal ready , I see the ward sisters giving out instructions to the staff nurses . I see a team of midwife nurses bringing an infant who is sick to the ward .The staff on Accident and Emergency are dealing with many cases and the Resuscitation Team have been busy through the night. The one shift departs as the next takes on handover.

The X-ray Team are busy as the porters wheel two patients in chairs to the observation ward. Ladies serve tea and coffee to the bedside . The chaplain is seated at the bedside of a frightened patient reassuring her that all will be well. The blood samples are collected and the Ward Clerks direct visitors to the named patient trying to reaffirm some sense of calm in the chaos. Six student doctors follow their mentor to the bedside as the curtains are drawn. A lay volunteer from the Chaplaincy Team reassures a patient whose husband died on the same ward three weeks ago. The medication arrives and the patient is discharged.

Lord , bless all who care and contribute to the well being of all our patients in our hospitals. Renew afresh all of our nurses who give of themselves for the wellbeing of all who are sick. We ask this through Jesus Christ , Our True Healer, Amen

**From
JANET MUCHENGWA
NATIONAL PRESIDENT**

I thank our good Lord for the blessed 2010 and we look forward for more blessings in 2011.....



We have a lot of activities lined up for the year. At the end of March, we are going to be part of the mass in Westminster Cathedral to begin the celebrations marking the 950th anniversary of founding the Walsingham National Shrine. Walsingham is a very important destination for us in June every year as we meet as one family from the different deaneries to have our annual retreat, socialize with other members and reflect on our practice as catholic nurses. This is why I urge as many members as possible to come to Walsingham and be part of the celebrations. Please book your accommodation early as I understand rooms are running out quickly.

I am also delighted to announce that we are re-establishing our presentation with CICIAMS [International Catholic Committee of Nurses and Medical Social Health Care Assistants]. I am looking forward to the meeting, first week of March in Edinburgh Scotland. We really have to work together and be attentive to what is happening in the society, the profession and the church. Furthermore, I encourage us to always remember that we should advance our knowledge and holiness, as seen appropriate to the profession and the service of God.

Finally: MEMBERSHIP MEMBERSHIP!!!!!! Thanks to Mary for maintaining the website so well. Let's make it a challenge to introduce as many nurses to the association as possible. The St Andrews branch in Croydon, Southwark have compiled leaflets and are distributing them in churches around the area and they have had some responses and I am in the process of creating a pamphlet for the association which can be used to let other nurses know about our existence and purpose. I am also urging the working members to join the executive committee in preparation for their leadership roles in the association. The prayer book is also being revised; please don't miss out on your new copies as we need them to pray every day.

May the joy and peace of our Lord Jesus Christ be with you throughout the year. Thank you.
Janet Muchengwa RGN, BA[Cur].President 2009-2012.

OBITUARY

MEMBERS PRAYERS ARE REQUESTED FOR THE FAMILY OF AND THE REPOSE OF THE SOUL OF ONE OF OUR FORMER MEMBERS ANNIE MARGARET STAPLETON 26/01/1922-11/01/2011



Apologies to any member who received under paid postage on their Winter 2010 Journal- The first batches were posted with 2 x 1st class stamps but the 3rd last batch with 1X 1st class on the advice of a local post office worker who weighed and sized the envelopes and advised I had paid too much on the others .I have always believed it pays to trust the experts but find that belief can be proved wrong on occasions If any member has not received their Winter Journal and would like one please email or write to me me - contact details listed at front of Journal. Members who have email addresses and have not yet provided them to us are requested to email them to us for communication of events occurring between Journals .



From MARY FARNAN NATIONAL SECRETARY

**EXTRACTS FROM THE MESSAGE OF HIS HOLINESS BENEDICT XVI
FOR THE 19TH WORLD DAY OF THE SICK 11TH FEBRUARY 2011**

For full text log on to

<http://www.catholicnurses.org.uk/worlddayofthesick.html>



Dear Brothers and Sisters!

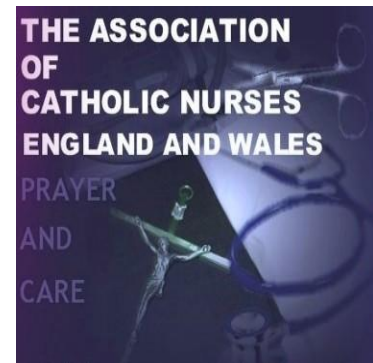
Every year, on the day of the memorial of the Blessed Virgin of Lourdes, which is celebrated on 11 February, the Church proposes the World Day of the Sick. This event, as the venerable John Paul II wanted, becomes a propitious occasion to reflect upon the mystery of suffering and above all to make our communities and civil society more sensitive to our sick brothers and sisters. If every man is our brother, much more must the sick, the suffering and those in need of care be, at the centre of our attention, so that none of them feels forgotten or emarginated; indeed, 'the true measure of humanity is essentially determined in relationship to suffering and to the sufferer. This holds true both for the individual and for society. A society unable to accept its suffering members and incapable of helping to share their suffering and to bear it inwardly through "com-passion" is a cruel and inhuman society' (Encyclical letter *Spe salvi*, n. 38).

Dear sick and suffering, it is precisely through the wounds of Christ that we are able to see, with eyes of hope, all the evils that afflict humanity. In rising again, the Lord did not remove suffering and evil from the world, but he defeated them at their root. He opposed the arrogance of Evil with the omnipotence of his Love. He has shown us, therefore, that the way of peace and joy is Love: "Just as I have loved you, you also should love one another" (Jn 13:34). Christ, victor over death, is alive in our midst. When contemplating the wounds of Jesus our gaze turns to his most sacred Heart, in which God's love manifests itself in a supreme way Especially you, dear sick people, feel the nearness of this Heart full of love and draw with faith and joy from this source, praying: 'Water of the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear my prayers. In your wounds, hide me' (*Prayer of St. Ignatius of Loyola*).

At the end of this Message of mine for the next World Day of the Sick, I would like to express my affection to each and everyone, feeling myself a participant in the sufferings and hopes that you live every day in union with the crucified and risen Christ, so that he gives you peace and healing of heart. Together with him may the Virgin Mary, whom we invoke with trust as *Health of the Sick and Consoler of the Suffering*, keep watch at your side! At the foot of the Cross the prophecy of Simon was fulfilled for her: her heart as a Mother was pierced (cf. Lk 2:35). From the depths of her pain, a participation in that of her Son, Mary is made capable of accepting the new mission: to become the Mother of Christ in his members. At the hour of the Cross, Jesus presents to her each of his disciples, saying: "Behold your son" (cf. Jn 19:26-27). Her maternal compassion for the Son becomes maternal compassion for each one of us in our daily sufferings (cf. *Homily at Lourdes*, 15 September 2008).

Dear brothers and sisters, on this World Day of the Sick, I also invite the authorities to invest more and more in health-care structures that provide help and support to the suffering, above all the poorest and most in need, and addressing my thoughts to all dioceses I send an affectionate greeting to bishops, priests, consecrated people, seminarians, health-care workers, volunteers and all those who dedicate themselves with love to treating and relieving the wounds of every sick brother and sister in hospitals or nursing homes and in families: in the faces of the sick you should know how to see always the Face of faces: that of Christ.

Faith in Healthcare
A Retired Catholic Nurse's Perspective By
Paula Hagan



I would like to highlight my thoughts and probably the thoughts of many Christian Healthcare workers who now feel pressurised in a profession that often presents with challenges other than those imposed by none-believers and pro-choice and pro-abortion activists. I was privileged to be a member of the nursing profession

for forty three years. My experience as a nurse has traversed several decades and witnessed several changes within healthcare, some good and others more than questionable i.e. abortion, IVF and embryonic stem-cell therapy. One of the most alarming changes involves the desire for legislation to remove the 'conscience clause' which is now threatening Christian healthcare and other professionals worldwide. My training began in the early sixties and I remember during my period of theatre training being asked one Saturday morning by the Theatre Superintendent if I was a Catholic. I answered rather bemused in the affirmative only to be told to leave the theatre during the following procedure. The Operation List that I recall now must have had a terminology for abortion that I had not even contemplated in those days. I remember such procedures as RRPC (removal of retained products of conception) and always attributed the procedure to being performed following a miscarriage to prevent infection developing in the womb. However, I now count myself fortunate to have been given the opportunity to leave the theatre, having had no desire to be complicit in abortion. I continued with my training and specialised later in General and Cardio-Thoracic Intensive Care. In later years I gained experience in Occupational Health, Community Nursing, Forensic Nursing, Care of the Elderly and Healthcare Studies. In more recent years I have had the pleasure of nursing with ACROSS in Lourdes, a Shrine close to my heart, where I have had the privilege of visiting since 1968. Throughout my nursing career I have always felt free to talk to patients (often at their request) about faith matters finding this outreach in my profession a great grace for my patients and myself. It was never left to the patient or relatives to arrange visits from clergy of any denomination but instead Hospital Chaplains were informed when patients of their denomination were admitted.

I found it a privilege to work alongside Ministers of all faiths who always acknowledged my own beliefs, transparent enough by the crucifix I always wore. On another occasion much later in my career I remember being unable to attend Mass prior to going on duty in a Nursing Home. Two hours later the local parish priests arrived to give Holy Communion to some of the residents. Before Father left and knowing I was a Catholic He said he had a spare Host and asked if I would like to receive Holy Communion, imagine my delight in knowing that my Lord came to me because I could not go to Him! I do not remember any religious discrimination from colleagues or patients, who on occasions spoke openly about their own faith commitment. One incident pertaining to faith I will always remember, it concerned a male nurse I was working with who was a lapsed Catholic and whose sexual orientation was same-sex attraction. He was a truly brilliant and compassionate nurse who confided to me one night whilst we were on duty that he desired so much to be able to re-orientate from his active homosexual lifestyle and aware that I was going to Lourdes the following week asked me to ask Our Lady to help him. I promised faithfully that I would and asked him to join me in that prayer while I was there. I was indeed unprepared for the news I received upon my return when after Mass on the Sunday I was approached by a another colleague who told me that while I was in Lourdes the male nurse who had asked for prayer had died as the result of a car accident. We never question God's Providence! The need to retain a spiritual dimension in healthcare may not be accepted by all but I maintain that this is due in many

ways to the secularisation of society and lack of understanding of how close one becomes to God when compromised with health issues, especially if they are life-threatening. To be faced with personal mortality can suddenly have a life changing effect on people who may have left their Church or perhaps have never had a particular faith practise; whatever the case, most people who are terminally ill think about leaving loved ones and a 'hereafter' when faced with impending death; for Christians there is no doubt about an eternal life. Fear of illness is often triggered by fear of death which in turn often provokes a spiritual dimension were patients may feel the need to confide in or confess to a priest.

It is often through the prayers of family and friends and even strangers who pray constantly for the sick that they gain the strength to cope and try to accept the crosses they bear. Within Catholic teaching we are reminded of the merits of redemptive suffering. What is meant by redemptive suffering? When Christ gave His Life as a ransom for many, in the same way we can unite our own sufferings to His in order to save many souls and gain peace in our own sufferings. The spiritual power of the sick whether in a chronic or terminal state can never be underestimated. The late Venerable John Paul II was a champion of suffering, not in silence but in public as a true witness to redemptive suffering. In his witness so many were drawn to believe in and hope for eternal life; when did we ever imagine we would see a Pontiff so feeble or a Pontiff with a tracheotomy tube. It was not just his feebleness or his tracheotomy tube that drew so many near to him but his complete trust in God, his love for young people, his commitment to the demise of communism, his teaching on the dignity of each human person from conception to natural death, his teaching on the truth of human sexuality within relationships and marriage, in short - his holiness. There will always be a connection between sickness and spirituality, they are inseparable because they are unique to each one of us who believe in the greater happiness of the life to come and the shortness of our earthly existence which we must strive to exercise wisely in the service of all who are made in the image and likeness of God.



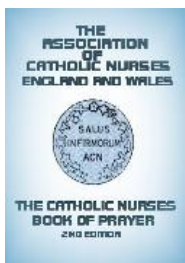
A.S.A.P. Rare and precious thoughts forwarded to members of the Association of Catholic Nurses by email from Sandra Hollings Staffordshire

**There's work to do, deadlines to meet;
You've got no time to spare,
But as you hurry and scurry-
A.S.A.P. - ALWAYS SAY A PRAYER**

**In the midst of family chaos,
"Quality time " is rare.
Do your best; let God do the rest-
A.S.A.P. - ALWAYS SAY A PRAYER.**

**It may seem like your worries
Are more than you can bear.
Slow down and take a breather-
A.S.A.P. - ALWAYS SAY A PRAYER**

**God knows how stressful life is;
He wants to ease our cares,
And He'll respond to all your needs
A.S.A.P. - ALWAYS SAY A PRAYER.**



New prayer cards are being printed and one will be forwarded to each member with this Journal. If you do not receive one please let the national secretary Mary Farnan know. The Catholic Nurses Prayer Book has been reprinted -available for purchase from April 2011 price £2.50- from Mary Farnan National Secretary -contact details at front of Journal



AROUND THE REGIONS

Fr Michael Stack our national ecclesiastical adviser informs us that many events that may be of interest to nurses are organized nationally by CHCC the College of Healthcare Chaplains .For further details log on to www.healthcarechaplains.org



International Catholic Committee of Nurses and Medico Socio (Healthcare) Assistants

CICIAMS International Catholic Nurses Journal is available online as web page and PDF File Log on to <http://www.ciciams.org/nouvellesciciamsnews.html> The Christmas edition 2010 features a short article by Jacqui Hall our CICIAMS International Representative pictured with Janet Muchengwa our National President meeting in London for the Papal Visit Evening Vigil at Hyde Park.

THE HEALTHCARE REFERENCE GROUP (HRG) OF THE BISHOPS' CONFERENCE OF ENGLAND AND WALES The HRG held an Away Day in Birmingham Tuesday January 26th attended by Jacqui Hall and Mary Farnan. Jacqui is assisting Rose Anderson of the HRG with the planning of a Catholics in Healthcare conference to be held in Northumbria 2012 -which has a key focus on Mental Health . Ushaw College is reported to be closing and courses are being transferred to Maryvale Institute for Distance learning. Log on to www.maryvale.ac.uk for details of distance learning courses on Ministry of the sick at Maryvale.

Fr Peter Scott and Mr Jim McManus a Director of Public Health in Birmingham have both been awarded the Good Samaritan Medal –the Vatican's rarely awarded and highest medal for healthcare. The medals were presented at the Vatican's Pontifical Health Care Workers Meeting by its President, Archbishop Zimowski on the Feast of the Presentation, 2 February 2011. Past recipients of this medal have included Bishop Tom Williams of Liverpool and Sir Alexander Fleming.



HEALTHCARE ALLOCATION AND JUSTICE written by Paul Gateley Fr Ashley Beck and Professor David Jones was launched Thursday February 3rd at St Mary's University. This book written after consultation with healthcare professionals including people who work in Primary Care Trusts, General Practice Managers, Consultants, GPs, Nurses, hospital chaplains and other healthcare providers and advisers argues to listen to what professionals say sharing into the insights of Catholic teaching – Available from leading bookshops at £3.95

LOURDES PILGRIMAGES We frequently have requests for nurses to assist at diocesan pilgrimages to Lourdes – If you are able to help please contact your local diocesan co-ordinator or Cathedral offices for more information . To help with the Ampleforth Pilgrimage email Anna Mayer at anna@mayer.co.uk or Mrs Annie Bowen- Wright Chief Nurse at bowenwright@talktalk.net



WALSINGHAM 950 TH ANIVERSARY

WALSINGHAM NATIONAL CELEBRATIONS
Starting March 24th
Walsingham and Westminster Cathedral Mass
March 26th 2pm
WALSINGHAM



WALSINGHAM 950 TH ANIVERSARY

MEMBERSHIP SUBSCRIPTIONS FOR EXISTING MEMBERS ARE DUE BY MARCH 31ST 2011
ALREADY A PAID UP MEMBER ? -IF SO WHY NOT PASS THIS FORM ON TO A COLLEAGUE ?

ASSOCIATION OF CATHOLIC NURSES ENGLAND AND WALES
APPLICATION FOR MEMBERSHIP

Please Complete in BLOCK Capitals

PERSONAL DETAILS

Mr /Mrs /Ms/Miss Sr/Fr/Br

Surname Date of Birth.....

First Name

Address

.....

.....

Post Code..... Tel Nos

Email Address

Please Tick FULL MEMBERSHIP ASSOCIATE MEMBER

STUDENT MEMBER RETIRED MEMBER

Professional Qualifications

.....

.....

Brief details of Employment -(Position and Place of Work optional)

.....

.....

Diocese to which you belong.....

Please tick whether you are joining as a Branch Member

or National Member (no local branch group)

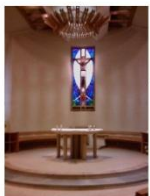
Payment Option Cheque Bank Mandate Paypal

Please return form and subscription to Mary Farnan National Secretary 26 Charnwood Road , Great Barr, Birmingham B42 1JR or log on to <http://www.catholicnurses.org.uk/membership.html> our website membership page and download a membership form (bank mandate forms also available online) or log on and complete your membership form and pay your subscription on line through Paypal -

2011 DIARY DATES 2011



WALSINGHAM
2011
Annual Retreat
Tuesday June 7th
starting with Mass 5pm
to
Wednesday June 8th
Closing after
Midday Mass



AGM OCTOBER 29TH
2011 Coolock Convent
Newcastle under Lyme

11am-4pm

