



The Dove August 2021

A publication of the Holy Cross Faith Community Nurse Program

Greetings from the Holy Cross Faith Community Nurse Program.

Dear Friends,

"The spiritual life is like a steep incline, if you are not moving forward you are slipping back." I believe this quote was credited to Fulton Sheen, I heard it many years ago and the truth of it always stuck with me.

For people who care about their own spiritual health as well as those they care for, the importance of regular spiritual direction is a critical tool. Below we share some information and insightful video links about what it is and how to find a Spiritual Director.

Hoping we all make some steps up that hill!

Enjoy the rest of these summer days,

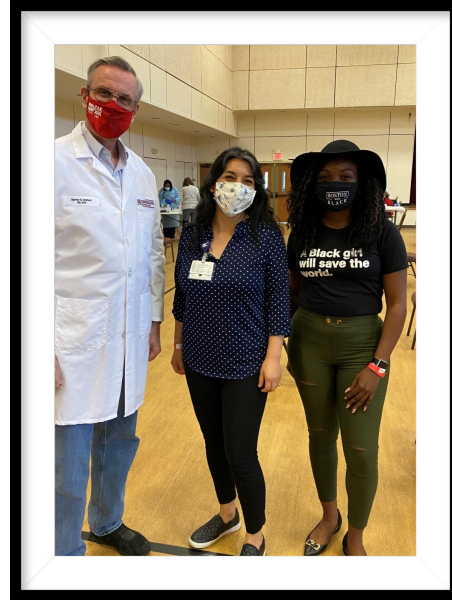
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COVID 19 Vaccine Update:

At right, FCN Program Coordinator Lucia Zegarra, center, is pictured with Dr.s Barney Graham(left) and Kizzmekia Corbett(right) . Dr Graham, deputy director of the National Institutes of Health's Vaccine Research Center, volunteered at Mt Calvary Church during one of our vaccination clinics. He, along with Dr. Corbett, was the developer of the Moderna vaccine for COVID-19.

The FCN department, along with our colleagues in Community Health continue to bring vaccines to the community. Please **contact us** if you would like to partner to bring these life saving vaccines to your church, school, or community event. This link will take you to list of upcoming clinics where you can click to sign up or just walk in. Please feel free to share.

<https://forms.office.com/r/ZfZfSJRYW5>



news from the
Westberg Institute
&
Nursing Division of the
Spiritual Care Association

The FCN Knowledge Sharing Platform on Yammer has moved. It's new home:
community.WestbergInstitute.org

SPIRITUAL DIRECTION:

....a long loving look at the real.

Walter Burkhardt, SJ

WHAT IS IT?

FROM SPIRITUALDIRECTION.COM

Spiritual direction is about accompanying people on their personal unique spiritual journeys.

Spiritual direction is about desiring to make the spiritual part of life more present to oneself or to recognize the holy in the everyday of our lives.

from SDI member Marian Cowan, CSJ:

“Spiritual direction is a time-honored term for a conversation, ordinarily between two persons, in which one person consults another, more spiritually experienced person about the ways in which God [or however one names the Divine, Holy or Universal] may be touching her or his life, directly or indirectly. In our postmodern age, many people dislike the term ‘spiritual direction’ because it sounds like one person giving directions, or orders, to another. They prefer ‘spiritual companionship,’ ‘tending the holy,’ or some other nomenclature. What we call it doesn’t make any real difference. The reality remains conversations about life in the light of faith... Although spiritual direction has had a burst of new life, it is really quite ancient. Across both the Hebrew and the Christian Scriptures, we find people seeking spiritual counsel. The Queen of Sheba sought out the wisdom of Solomon. Jesus gave us examples in his conversations with Nicodemus, with the woman at the well, in the ongoing formation of Peter and the other disciples. In the early church, people flocked to hermits in the desert for spiritual counsel. Across the centuries we find striking examples in some Irish monks, in some German Benedictine nuns, in Charles de Foucault, Teresa of Avila,

John of the Cross, Francis de Sales, and others. Today, spiritual directors come from many traditions ... [including Judaism, Sufism, Buddhism and other faiths]."

How do I find a spiritual director? Asking your own minister, or clergy; many retreat houses have staff who are trained and SDI (Spiritual Directors International) has an online data base with thousands of SD serving in over 40 countries .

Below are short videos with experienced Spiritual Directors offering more information:



Ministry Spotlight: **Holy Cross FCN**

Monthly Chat
4TH WEDNESDAY
12:30pm-1:30pm



NEXT : August 25th 2021 12:30pm-1:30pm

Debra Leber, Maryland Coalition for Families

will present on the work MCF does for families experiencing mental health, substance abuse or gambling issues.

Please join us for this webex lunchtime meeting for an hour of resource sharing, reflection and fellowship for anyone involved in health ministry or wanting to learn more. Just use the 'webex link' below to access the meeting. If you are unfamiliar with webex, [these instructions](#) may help. If you would like invite

emailed, please let us know. (link below will work regardless of email)

[Webex Link](#)

Community Resources:

- [Community Resource Directory \(trinity-health.org\)](http://trinity-health.org)
- National) – Mortgage assistance for veterans negatively impacted by COVID-19 available from the US Dept. of Veteran Affairs through 10/28/22
(https://www.benefits.va.gov/HOMELOANS/partial_claim.asp).
- (MD) – Prince George’s County releases 4 ½ minute online video on how landlords can apply for the County’s emergency rental assistance program on behalf of their residents
(<https://tinyurl.com/cz2u3kna>). Learn more about the County’s program (<https://tinyurl.com/cz2u3kna>).



UPCOMING EVENTS:

Fall offerings (both online and in person) for Foundations of Faith Community Nursing Course and Health Minister Certificate Program. See the links below for dates, registration and scholarship information.

[Pittsburgh Mercy online FCN Course](#)

[Heal the Sick Registration – Health Minister Certificate Fall 2021 | Wesley Theological Seminary](#)
(wesleyseminary.edu)

Meritus Health (in person)

Foundations Faith Community Nursing :October 1, 2 and October 22, 23, 2021

Otterbein United Methodist Church Hagerstown MD

please contact [Wendy Zimmerman, RN](#) for registration information

Many of the **Holy Cross Health Virtual Living Well** classes start next week! please click [here](#) to register! or call 301-754-8800

Join Our Email List:

Got this as a forward? If you would like to connect with the Holy Cross Faith Community Nurse Program and receive our e-mails, please let us know.

Email : fcnprogram@holycrosshealth.org



Meg McKenna, RN
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Holy Cross Faith Community Nurse
Program
301-754-7066

These resources are provided to assist you and not to endorse any particular entity, service or event.