

The Power of Prayer

by Mirandi Raines

While pondering about a spiritual topic for our *Faith and Health* newsletter, I began to pray about it; yes that's it, I will write about the power of prayer.

Last month I had the opportunity to attend a conference where Dr. Larry Dossey was the keynote speaker. I was so inspired by this awesome man of God. He was not only a physician, but also an awesome man of God who incorporates prayer into his practice. Dossey shared with us the latest evidence connecting prayer, healing and medicine. The power of prayer comes when we give our trials and tribulations to God. We have to trust in God; no matter how complicated our troubles may appear, God can deliver us from them all. "Many are the afflictions of the righteous, but the Lord delivereth him out of them all." (Psalm 34:19) According to Dossey (1997) studies have confirmed that prayer can take on many forms. Prayers are answered not only for specific prayers, but also when people pray in general. Some studies have revealed that a simple "Thy will be done" approach was quantitatively more powerful than when specific results were requested. "The effectual fervent prayer of a righteous man availeth much." (James 5:16b)

Furthermore, "experiments with people showed that prayer positively affected hypertension, wounds, heart attacks, headaches, and anxiety." (Dossey, 1997, p. xix)

On a more personal note, I am a recipient of prayer—God delivered me from a medical condition from which I had been suffering for years. "He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed." (Isaiah 53:5)



Several of my colleagues have benefited from intercessory prayers; our entire department prays for each other and their families and each and every day we see results of these powerful prayers. Jesus interceded for us; therefore we should intercede for each other. Hebrew 7:25, states, "Therefore He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them." Remember to "Trust in the Lord in all that you do; lean not to your own understanding, but acknowledge God in everything you do and He will direct your path." (Proverbs 3:5-6)

Prayer is powerful. Why not examine your prayer life and see what God's intentions are for you?

Healing Words, The Power of Prayer and the Practice of Medicine, Dossey, L, 1997

In preparation for Easter

An Easter Prayer

A prayer for contemplation – meditation – on the timeless message of Easter.

Lord, You have arisen forever
In my heart!

May the sunrise

Remind me to shine in Your light.

May the caress of a gentle breeze

Remind me of Your compassion.

May the fragrance of a flower

Remind me to blossom in Your love.

May the singing of birds

Bring a song of joy to my lips.

And in the closing of each day

May I remember to quietly pray.

Wherever I am, whatever I do

May my thoughts in joy return to You!

Source: Susan Kramer

February Health Observances

American Heart Mo. americanheart.org
Children's Dental Health Mo ada.org/goto/ncdm
Eating Disorders Wk. nationaleatingdisorders.org
Wear Red, Feb. 2 nhlbi.nih.gov/health/hearttruth

Eating for Health

Most of us know that we could be eating better than we are – and that we'd probably look and feel better if we did. But what exactly are the most important foods we should be embracing and why? Mark Hyman, MD author of *UltraMetabolism: The Simple Plan for Weight Loss* describes a basic blueprint for healthy eating – the same blueprint he suggests for his patients. The five priority foods are:



Omega-3 fats. The basic building blocks of all our cells, Omega-3's are very important fats that have been shown to reduce cardiovascular disease, stroke and heart attacks. They aid in metabolism and help prevent blood clotting. They have been shown to be effective in treating or reducing Alzheimer's, dementia and diabetes.

Good sources of Omega-3 fats are found in coldwater fish such as salmon, herring, sardines, black cod or sable. Other fish, like swordfish and tuna also contain omega-3 fats, but are high in mercury. Ground flaxseed or flax oil is a great source as well.

Cruciferous vegetables. These vegetables include broccoli, collard greens, kale, cabbage, brussel sprouts, bok choy, Chinese broccoli, broccoli sprouts and kohlrabi. They are powerful sources of nutrients, including folate, the B vitamins and magnesium. Cruciferous vegetables also have compounds called phytonutrients, which are plant-based chemicals that can activate genes that help us fight aging and disease. These compounds have been shown to reduce cancer by helping to regulate enzymes in the liver that assist in getting rid of heavy metals and pesticides, thus making them very powerful detoxifying compounds.

Nuts. Nuts are a good sources of nutrients that are deficient in our diets, such as magnesium and Vitamin E. They are also wonderful sources of fiber and vegetable protein. "Eaten in moderation, nuts can help with weight loss,

reduce the risk of diabetes and cardiovascular disease." Healthy nuts include almonds, walnuts, pecans, macadamias, and to a lesser extent, cashews. Try not to buy salted, roasted, or fried nuts because they add extra calories and sodium, and when nuts are cooked, the fat oils oxidize and become somewhat toxic.

Fruits. Shop for blueberries, raspberries, blackberries, red grapes, pomegranates, mangoes, and papayas. They contain a number of anti-oxidant, anti-inflammatory, and anti-aging compounds. You can eat fruit in their natural state, as a snack before dinner or as a dessert, or put them into a smoothie or another type of drink.

Green tea. Any green tea will do, but higher quality, whole-leaf teas tend to be the tastiest, and the highest in beneficial compounds. "Green tea contains a class of compounds called catechins, which have been shown to have wide-ranging effects, such as increasing your metabolic rate and helping with weight loss. It also reduces inflammation and increases enzymes that help prevent cancer, help detoxify the liver and regulate key genes related to aging.

Exercise and Cold Weather

Stay motivated, fit and safe

Cold weather can make you feel like hibernating, but don't give up your exercise and fitness goals.

Maintain your Motivation—Focus on how you'll benefit by keeping up your exercise throughout the cold season. Exercise can help you shake those winter blues, improve your mood, increase your energy level and help you sleep better. And you'll be in better shape when the weather warms up.

Exercise indoors—Choose activities that won't leave you in the cold or let the cold weather sidetrack you. Get creative!

- Walk in the mall.
- Join a health club.
- Make a splash at an indoor pool.
- Invest in home exercise equipment. Consider buying used equipment.

Exercise outdoors—Dress right and play safe.

- Get your doctor's OK.
- Dress in layers.
- Choose appropriate gear.
- Remember sunscreen and lip balm.
- Head into the wind.
- Drink plenty of fluids.
- Pay attention to wind chill.
- Know when to call it quits.

When it's cold outdoors, there's no need to give up and hit the couch. With a little planning and creativity, you can step up to the challenges of winter exercise.

March Health Observances

National Nutrition Month eatright.org
..... msue.msa.edu
..... mypyramid.gov
..... 5aday.org
National Brain Injury Awareness. bia.usa.org
Colorectal Cancer..... preventcancer.org/colorectal
National Multiple Sclerosis Awareness msfocus.org
Save Your Vision Month aoa.org

Colorectal Cancer: *What you need to Know*

What are your chances of getting colorectal cancer?

Colorectal cancer is the second leading cause of cancer deaths among men and women in the United States. Each year, more than 140,000 men and women are diagnosed with colorectal cancer. More than 55,000 people die from the disease. African Americans have the highest death rate from colon cancer of any racial or ethnic group in the country.

You are at risk for developing colorectal cancer if:

You are over 50
Your diet is high in fat, calories and alcohol
You have polyps (noncancerous growths) on the inner wall of the colon or rectum
You have had colorectal, ovarian, uterine or breast cancer
You have ulcerative colitis, a condition in which the lining of the colon is inflamed
Your parents, brothers, or sisters had colon cancer or polyps at a young age
You smoke
You are overweight and not physically active

Symptoms of colorectal cancer:

Note: *Early colon cancer usually has no symptoms.*

Consult your health provider if you experience:

A change in bowel habits
Diarrhea, constipation or feeling that the bowel does not empty completely
Dark or bright-red blood in the stool
Stools that are narrower than usual
General abdominal pain such as frequent gas pains, bloating or cramps

How to lower your risk for colorectal cancer:

Eat five or more servings of fruit and vegetables daily
Eat foods rich in fiber, such as whole grains and beans
Choose foods low in fat
Replace red meat with poultry and fish
Limit alcohol
Don't smoke
Exercise daily and maintain a healthy weight
Have colon polyps removed

Source: www.cancer.org

The "Eyes" Have It

The gift of sight is a wonderful blessing – one that we tend to take for granted. To preserve our sight, we need to be knowledgeable about what to do if an eye emergency occurs.

Be Prepared

- Wear eye protection for all hazardous activities and sports
- Stock a first aid kit with a rigid eye shield and commercial eyewash
- Do not assume that any eye injury is harmless. When in doubt, see a doctor immediately

Chemical Burns

- Immediately flush the eye with water or any other drinkable liquid. Open eye as wide as possible during flushing. Continue flushing at least 15 minutes. Hold the eye under a faucet or shower, or pour water into the eye using a clean container
- Do not use an eye cup
- If a contact lens is in the eye, begin flushing over the lens immediately. Flushing may dislodge the lens
- Seek immediate medical treatment after flushing
- Do not bandage the eye

Specks in the Eye

- Do not rub the eye
- Use an eye wash or let tears wash out the speck
- Lift upper eyelid outward and down over the lower lid
- If the speck doesn't wash out – keep the eye closed, bandage lightly and see a doctor

Blows to the Eye

- Apply cold compress without pressure. Crushed ice in a plastic bag taped to the forehead to rest gently on the injured eye
- Seek emergency medical care in cases of pain, reduced vision or discoloration (black eye), could mean internal eye damage

Cuts and Punctures of Eye and Eyelid

- Do not wash out eye with water
- Cover the eye with a rigid shield without pressure. The bottom half of a paper cup can be used. See doctor at once.

Source: Prevent Blindness America - 1-800-331-2020

What's New?

CONGRATULATIONS to our November graduates from the Basic Prep Course for the Faith Community Nurse:

Jan Abbott, Lord of the Harvest Christian Fellowship, Warren
Francis Davis, Corinthian Baptist, Detroit
Dessa Gulley, Pentecostal House of God, Detroit
Yolanda Hart, New Life in Christ Ministry, Detroit
Nick Hill, Metropolitan Community Church, Ferndale
Kay Kermode, St. Priscilla, Livonia
Denise Knight, 12th Street Baptist, Detroit
Kathleen Meehan, Holy Trinity, Port Huron (Spring Hill Online Course)

Mary Pugliese, St. Priscilla, Livonia
Sara Shirley, First United Methodist Church, Birmingham
Cleo Simmons, Ascension Lutheran, Waterford
Sharon Travis, Northwest Unity, Detroit
Christine Tyl, St. Aidan, Livonia
Darleen Whitlow, Beulah Grove Baptist, Detroit

We are pleased to WELCOME 2 new partnerships to St. John Faith Community Partnerships. St. Paul of Tarsus in Clinton Township whose nurses are *Rosalie Liddell* and *Terri McCarthy*. Also, St. Joan of Arc in St. Clair Shores, who have not as yet named their nurse. We're happy to have you amongst us and pray for blessings upon your new ministries!

DATES TO REMEMBER:

St. John Faith Community Partnerships Winter Support Groups, **January 28, 2008**, St. John Macomb-Oakland Hospital, Oakland Center, Education Center, 27351 Dequindre, Madison Hts., MI. Two sessions-8:30 a.m. until noon and repeated again 5:30 until 9 p.m. Light refreshments. Topic will focus on end of life issues. Contact hours pending. Further information to be mailed. RSVP Mary Jo at 248-849-3279.

Heartsaver/AED CPR - **Saturday, Feb. 9, 2008**, 9 a.m. -noon. St. John Macomb-Oakland Hospital, Macomb Center, 11800 12 Mile, Warren, Rehab Building, room A. \$20 per person, RSVP Feb. 1 to Mary Jo Leach at 248-849-3279.

DATE CHANGE! "Nursing With the Hands of Jesus: A Guide to Nurses for Divine Mercy." This retreat will empower nurses to pray at the bedside with their patients. Divine Mercy Center, 16103 Chesterfield, near St. Barnabas Church, Eastpointe, Tuesday, **Feb. 12, 2008**, 9 a.m. to 3 p.m. Contact hours pending. Questions? Call Jane Cheyne, RN at 586-753-1481 or the Divine Mercy Center at 586-777-8591.

WHO'S RESPONSIBLE?

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Scope and Standards of Practice- Faith Community Nursing

To better understand the scope and standards of faith community nursing practice (parish nursing), we will continue to feature specific standards in each issue of "Faith and Health."

Standard 6. Evaluation

The faith community nurse evaluates progress toward attainment of outcomes

Measurement Criteria:

The faith community nurse:

- Conducts a wholistic, systematic, ongoing, and criterion-based evaluation of the outcomes in relation to the structures and processes described by the plan and the indicated timeline.
- Includes the patient and others involved in the care or situation in the evaluative process.
- Evaluates the effectiveness of the planned strategies in relation to patient responses and attainment of expected outcomes.
- Documents the results of the evaluation, including results from the faith or spiritual realm.
- Uses ongoing assessment data to revise the diagnoses, the outcomes, the plan, and the implementation as needed.
- Disseminates the results to the patient and others involved in the care or situation, as appropriate, in accordance with state and federal laws and regulations.
- Uses the results of the evaluation analyses to make or recommend process or program changes in the faith community, as appropriate, to improve the provision and outcomes of care.

Source: Faith Community Nursing: Scope & Standards of Practice, 2005.

Featured Faith Partnership

You are doing all kinds of wonderful things! Our office would love to share your stories...we will even help write the article, if you wish! Call **Mary Ann Martin**, Faith Community Coordinator, today at 248-849-2518 to discuss featuring your church ministry in a future issue of *Faith and Health*. It can be a story about your faith community, your health ministry, or a program you have held which benefited your congregation. Call, we would love to hear from you!

Reminder:

Call your Faith Community Coordinator with stats from your Stroke Education programs. Packets are still available from your Coordinator.