***Planners:*** The Community Health Ministry Partners of West Michigan Education Team.



**The mission of Community Health Ministry Partners of West Michigan (CHMP),** a 501c3 organization, is to nurture and grow a community of faith community nurses who work individually and collectively to transform themselves and support each other in living lives of wholistic health; who serve as ministers of health and spirituality; and who advance the practice of faith community nursing.

Donations given to this organization are eligible for a federal tax deduction. Checks need to be made out to: ***CHMP WMI.***

**Session Topics & Objectives:** At the completion of this session the participant will be able to:

**AM: *Embracing the Gifts of COVID:***

1. Explain the connection between the brain and prayer.
2. Identify challenges encountered and gifts received from the pandemic.

**Lunch: *Nourish Your Body & Reconnect with Others***

***PM: Moving Forward – Care of Spirit and Self***

1. Experience focus and presence to the moment by using the body, mind and spirit to engage in prayer.
2. Recognize ways we fail to care for

ourselves, and develop a list of self-care tools to change behaviors.

 **“Rest and self-care are so important.**

 **When you take time to replenish your**

 **spirit, it allows you to serve from the**

 **overflow. You cannot serve from an**

 **empty vessel.”** Eleanor Brown

**Community Health Ministry Partners of**

**West Michigan present**

**Do Not Let Your Hearts Be Troubled: *Caring for Your Spirit and Yourself- Personally and Professionally***



Thursday,

**November 3, 2022**

9 am – 2:30 pm

Trinity Lutheran Church

2700 Fulton St East

Grand Rapids MI 49506

616-949-2510

 **Contact Hours:**  4.0 Contact hours have been applied for through the Calvin College Department of Nursing, a CCNE accredited nursing education program approved by the Michigan Board of Nursing. Contact hours may be awarded following attendance at the entire program and completion and submission of the evaluation form.

**Target Audience:** Faith Community/Parish Nurses (FCN/PNs) and RNs desiring fellowship and support of like-minded nurses with a spiritual focus to their practice.

Re-establishing a ‘community’ of FCNs and their RN friends. Need not be currently practicing FCNs. **Please feel free to invite RN friends and colleagues.**

**AM Snack, Lunch & Beverages provided.**

**Dress:** Comfortable, casual, conservative clothing is suggested. Room temperatures vary, so you may want a sweater or wrap.

**Gather/Check In:** 9 am

**AM Program:** 9:30 – 11:20am

**Lunch:** 11:20 – 12: 05 pm

**CHMP Info Session:** 12:20 – 12:25pm

**Program:** 12:25 – 2:15 pm

**Evaluations/Adjourn:** 2:15 – 2:30 pm

**Fee:** $ 40 per person

$ 35 each for 2 or more registering together in the same envelope

\*Scholarships available upon request. Contact: scouzens77@gmail.com

**Conference facilitator, Janene Ternes**, is a Spiritual Director. She founded Prayer in

Motion, LLC in 2003 in order to provide opportunities for people to grow in their

relationship with God. Since then, she has developed and facilitated retreats throughout

the Midwest utilizing different forms of prayer. Janene’s mission is to help others

connect more intimately with God, leading to a more peaceful, joyful, and fulfilled life.

https://www.prayer-in-motion.com/

Janene has a certificate in Spiritual Direction from

Manresa Jesuit in Bloomfield Hills, MI and

earned her BS in Education Science from CMU.

Seating is limited – register early!

**\*\*After October 17th add $10.**

Lunch and materials provided

only if paid registration received

**BY October 17th.**

**No refunds.**

 ***You will receive email confirmation***

***of your registration.***

***If you have not received this confirmation***

**by October 21st,**

***please contact Suzan Couzens***

***616-443-5569***

**REGISTRATION: *detach & mail***

**DUE BY October 17th**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Preferred Phone: (H / W / C)

 (\_\_\_\_\_\_) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Position/Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Church Affiliation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please wear your church ID badge.

Blank name tags will be available.

 \_\_\_Vegetarian \_\_\_\_Gluten Free

Specific food allergies\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Make checks payable to:*

**CHMP WMI**

(*checks made out otherwise cannot be*

*processed & will be returned*)

**Registration fee**

\_\_\_ $40

\_\_\_ $35 (2 or more registering in same envelope)

\_\_\_ $10 extra (per person) for late registration

\_\_\_ Total enclosed

  ***Return this form w/check to:***

CHMP WMI

PO Box 64

Byron Center MI 49315-0064

Office Use Only:

 Email confirmation sent \_\_\_\_

 Date \_\_\_\_\_\_\_\_\_\_\_\_