

OBJECTIVES

- Define serenity for spiritual self-care of the faith community nurse.
- List three spiritual practices that could be used to help find peace, reduce anxiety, develop acceptance of my limitations, and increase my trust in God.
- Discuss how prayer, quiet time, nature, and intimacy with scripture increase inner peace and decrease anxiety.
- Identify positive habits to develop increased trust in God and thereby enhance personal serenity.

REGISTRATION FOR THIS
VIRTUAL CONFERENCE
IS AVAILABLE ONLY
ON-LINE



FCNAOK@GMAIL.COM / 405-655-5933

MACK ROARK DMin; Emeritus Professor of Greek and New Testament, Oklahoma Baptist University

BOB SEARL DMin; Senior Pastor, Spring Creek Baptist Church, Oklahoma City, OK

KAY STEWART PhD; Stephen Leader, First Presbyterian Church, Stillwater, OK

LONG TRAN Certificate; Spiritual Director, St. John the Baptist Catholic Church, Edmond, OK, Alliance Health Midwest, PACS Administrator, System Administrator for Diagnostic Imaging

KAREN VESSIER PhD, MEd, RN, FCN; University of Central Oklahoma, Assistant Professor and Graduate Nurse Program Coordinator

NANCY VARGAS MAPM; Spiritual Director, St. John the Baptist Catholic Church, Edmond, OK

Other Details

There is a limit to attendees for some breakout sessions. First come. First serve.

Continuing Nursing Education Information

FCNA OK is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course is approved for 6.25 contact hours applicable for APRN, RN, LPN, or LMHT relicensure. Kansas State Board of Nursing provider number: LT0297-0316. KAR 60-7-107(b)(3)(C)

Planning Committee

Donna Clark, RN, Chair; Angie Tomlinson, RN; Glenda Bronson, RN, BS; Laura Miller, RN, BS; Cindy Clark, RN; Genie Ford, RN, MSN; Marilyn Seiler RN-BC, MS; Alana Knight, RN, MPH, MEd; Tamera Hughes, RN; Lana Bolhouse, RN PhD; Dia Campbell-Detrixhe, RN, PhD; Roberta Billy, RN, MS. All committee members are Faith Community Nurses.

Brochure, designed by Pennie Work Studio, is available on FCNA OK website: www.fcnaok.org

14th Annual Conference of Faith
Community Nurses of Oklahoma

FINDING PEACE

Through Spiritual
Self Care

MARCH 5, 2021 • VIRTUAL CONFERENCE



"Let not your hearts be troubled,
neither let them be afraid."



AGENDA

(N.B. no formal breaks)

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- 8:30–8:45** **Opening and Speaker Introduction;** *Lana Bolhouse*
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- 8:45–9:30** **Keynote and Worship.** Spiritual Self Care for the Faith Community Nurse; *Mack Roak*
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- 9:30–10:00** **Serenity;** *Karen Vessier*, What it is and how to increase serenity
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- 10:00–10:30** **Spiritual/Prayer Practice Breakout Sessions** related to Serenity. *Choose One.*
- A. Spiritual Self-Assessment;** *Karen Vessier*
 - B. Examen;** *Nancy Vargas.*
 - C. Breath Prayer;** *Kay Stewart*
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- 10:30–11:00** **Acceptance;** *Sister Maria Faulkner.* Accepting our limitations and trusting God
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- 11:00–11:30** **Spiritual/Prayer Practice Breakout Sessions** related to Acceptance. *Choose One:*
- A. Spiritual Direction or Companionship;** *Denise McGough*
 - B. Lectio Divina/Verse Mapping;** *Sue Moore*
 - C. Building a Sacred Space;** *Sister Maria Faulkner*
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- 11:30–12:45** **Lunch, network**
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- 12:45–1:00** **Deceased Nurses Tribute;** *Denise McGough*
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- 1:00–1:30** **Courage;** *Chris Coon.* Our Christian response to anxiety and breaking anxiety down into small pieces
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- 1:30–2:00** **Spiritual/Prayer Practice Breakout Sessions** related to Courage. *Choose One.*
- A. Journaling;** *Long Tran*
 - B. Imaginative Contemplation;** *Kay Stewart*
 - C. Nature Walk;** *Liz Diener*

2:00–2:30 **Wisdom;** *Jenny Fenner.* How do we build up a tolerance for disappointment but maintain determined hope and how do we work for wisdom but understand that it is God who grants wisdom and how does wisdom provide a tool to manage anxiety?

2:30–3:00 **Spiritual/Prayer Practice Breakout Sessions** related to Wisdom. *Choose One:*

- A. Create a God Box;** *Dia Campbell-Detrixhe.* If you choose this option you will receive a list of supplies to have on hand
- B. Digital daily devotionals;** *Long Tran*
- C. Using Music for peace and calm;** *Bob Searl*

3:00–3:30 **Closing Prayer, Evaluations**

SPEAKERS

DIA CAMPBELL–DETRIXHE PhD, RN, FNGNA, CNE, FCN; Oklahoma City University Kramer School of Nursing, Tenured Professor of Nursing, Full-time nursing faculty

CHRIS COON MDiv; Pastor of Emerging Ministries and Co-Founder of Urban Village Church, Chicago, IL

LIZ DIENER PhD, RN, PNP, CNE; Oklahoma City University, Kramer School of Nursing, Chair of Graduate Education, Professor of Nursing

JENNY FENNER, Pastoral Associate, Church of the Epiphany, Oklahoma City

SISTER MARIA FAULKNER RN, FCN. Director and Founder, Gospel of Life Disciples + Dwellings

DENISE MCGOUGH RN, FCN, M.Ed; Spiritual Director and Faith Community Nurse, Skyline Urban Ministry, Oklahoma City, OK

SUE MOORE MLS; Volunteer, Health Ministry, St. John the Baptist Catholic Church, Edmond, OK

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REGISTRATION INFORMATION

Online registration **only** through Survey Monkey:
<https://www.surveymonkey.com/r/3PJL5W3>

- **FCNA OK MEMBER** \$55 for payments received before 2/7/2021 (if renewing FCNA OK Membership at this time, please indicate and pay \$70 more). 2/8-2/21 \$80; 2/22 and later \$100
- **NON FCNA OK MEMBER** \$80 for payments received before 2/7/2021. 2/8-2/21 \$110; 2/22 and later \$125
- **NURSING STUDENTS** \$60
- **CLERGY** \$60 for payments received before 2/7/2021. 2/8-2/22 \$80; 2/22 and later \$105

Payment

PayPal.me/FCNAOK **or** make checks payable to: FCNA OK; FCNA OK Treasurer, Attn: Lana Bolhouse; 14209 SE 75th; Oklahoma City, OK 73150

Refunds before 2/7/2021 less \$20 deposit. **No refunds** after February 7, 2021.

ZOOM LINK WILL BE SENT
AFTER REGISTRATION AND
WITHIN DAYS BEFORE THE
MEETING

