

# Ministry Minutes

Health & Wellness Ministry Information & Updates

Winter 2020

## Moving Forward in Ministry

The New Year means new health and wellness ministries for two Lutheran health care professionals. Amy Schultz, RN, and Christine Weller, LPN, BA, recently were installed to the office of parish nurse in First Lutheran Church of Greensburg and Prince of Peace Lutheran Church of Latrobe, respectively.

Blessings to Amy and Christine in their ministries!

*RIGHT: (Left to right) Health & Wellness Ministry Coordinator Patty Davidson with Pastor Bill Schaefer and Christine and Ron Weller of Prince of Peace Lutheran Church in Latrobe.*

*BELOW: Amy Schultz states, "I am excited to finally begin my ministry as a Faith Community Nurse. This role allows me to use my nursing knowledge to care for my church and community and share in my love for Christ."*



*ABOVE: Amy Schultz with Health & Wellness Ministry Coordinator Patty Davidson, following Amy's installation as Faith Community Nurse at First Lutheran Church in Greensburg.*



*ABOVE: Christine Weller states, "Viktor Frankl wrote, 'Et lux in tenebris lucet—and the light shineth in the darkness.' I feel that way about the light of Jesus. It's my focus. It's what drives me."*

Would you like to be a  
Faith Community Nurse  
or Health Minister?

Call Patty at (412) 367-8222  
for details on this exciting opportunity!

The Health & Wellness Ministry is provided as a partnership between the  
Southwestern Pennsylvania Synod of the Evangelical Lutheran Church in America and Lutheran SeniorLife.

# ***Keeping Your Computer (and your level of sanity) Healthy***



In early November Lutheran SeniorLife fell victim to a ransomware attack on the agency's email system. Ransomware is a type of malicious software that infects a computer and restricts access until a ransom is paid to unlock it.

Employees and volunteers with a *lutheranseniorlife.org* email address, including Health & Wellness Ministry Coordinator Patty Davidson, were not able to access nor utilize email for several weeks. Even though senders would have received no notification indicating that their messages were undeliverable, most messages sent to *lutheranseniorlife.org* addresses prior to the end of 2019 were never received.

Thankfully, all of the *lutheranseniorlife.org* email users are now back on track with communications, and none of the systems containing sensitive information such as financial, clinical, or human resources files were ever impacted.

To avoid becoming the next victim of a ransomware virus or traps like phishing and whaling schemes (which try to trick you into revealing personal or sensitive details), you can observe the following best practices:

- Do not click/tap on any links or attachments from senders that you do not recognize. Be especially wary of .zip, .exe, or other compressed or executable file types.
- Do not try to open any shared document that you were not expecting to receive.
- Never provide sensitive information (like account details or social security numbers) via email.
- Inspect the sender's email address; be suspicious of strange domains (@X2prescriptions.ca) or addresses that aren't appropriate for the sender. (For example, Bishop Kurt Kusserow would not use president091@gmail.com.)
- Inspect URLs (web addresses) carefully to make sure they are not imposter sites.
- If you cannot tell for sure if an email is legitimate, please do not open it, click on it, nor reply to it. If you know the person the sender alleges to be, call that person to verify. (Do not use contact information included in the suspicious message.)

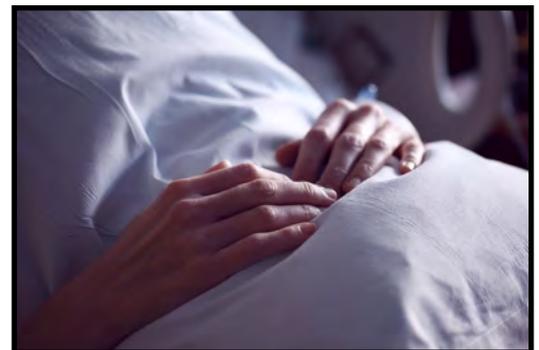
Your patience during this challenging time is greatly appreciated. We are happy to be back in touch with you!

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## ***Provide Spiritual Care to Hospital Patients***

Palliative care focuses on helping to alleviate the physical, emotional, psychological, and spiritual suffering that can accompany serious illness. You can be part of this care by volunteering at an Allegheny Health Network (AHN) hospital in Jefferson Hills, Monroeville, Natrona Heights, or Pittsburgh. The Palliative Medicine division of AHN is seeking volunteers to help provide spiritual care to inpatients.

This is a wonderful opportunity to learn or grow in your ability to provide spiritual care in a hospital setting. Training will be provided by the health network, the spiritual care coordinator for the division, and the local hospital chaplains.



If you are interested in sharing your gifts for spiritual care in an inpatient setting, please contact Pastor Kim Rapczak at (412) 738-4650 or by email to [kimberly.rapczak@ahn.org](mailto:kimberly.rapczak@ahn.org).

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# Ministry in Action

## Congregations Hold Retreat for Survivors of Sexual Abuse

Butler, PA

It is more common than cancer, but we just don't talk about it. The seemingly taboo subject is sexual abuse, which one in four girls and one in six boys encounters before the age of 18. One congregation is seeking out ways to help the many adults who have suffered sexually, emotionally, physically, or spiritually as a result of this trauma.



Carl Baughman of  
Trinity Lutheran Church

"The fact that it is an uncomfortable topic doesn't make it any less important to be discussed," states Carl Baughman, a Licensed Marriage and Family Therapist who serves on the health ministry team of Trinity Lutheran Church in Butler. "If we build enough awareness around the subject, perhaps people who have experienced a form of sexual abuse will be more open to seeking help and healing."

Carl brought his concern for survivors of sexual abuse to the attention of fellow health ministry team members and Pastor Joel Benson at Trinity to determine how the church could help.

Trinity started by dedicating a Sunday to the theme of sexual abuse. Carl gave a temple talk on the subject, and Pastor Benson related the call of the church to this healing in his sermon. Even the Scripture lessons captured the theme, including the story of Tamar, a daughter of King David who experienced sexual abuse.

Due to the mature content throughout worship that Sunday, the children in the congregation, who typically are present during worship, were excused to their Sunday School classes early.

But the support did not end there. Trinity, along with North Main Church of God, is sponsoring a day retreat called **Tamar Speaks** for both men and women survivors of sexual abuse to be held at the church on **Saturday, February 22 from 8:30am to 3:00pm**. Carl will serve as a presenter at the retreat together with Denise Wilson, a Licensed Professional Counselor from North Main.

The goal of the retreat is to assist adult survivors in either starting or continuing their journey toward healing. The \$35 registration fee covers the cost of lunch and the materials that will be provided. Individuals facing financial hardship are encouraged to inquire about a scholarship to attend.

**The statistics can be a little startling: 1 out of 4 girls and 1 out of 6 boys are sexually abused before they reach their 18<sup>th</sup> birthday.**

Carl notes, "Both Denise and I have extensive experience in helping survivors of trauma find hope and healing from the devastation of being sexually abused. We will use therapeutic methods of art, music, writing, reflection, prayer, and discussion throughout the retreat."

To register for the retreat or for more information about how your congregation can work to support survivors of sexual abuse, please contact Carl at [carlbaughman@hotmail.com](mailto:carlbaughman@hotmail.com).

### Tamar Speaks Retreat Details

**Saturday, February 22<sup>nd</sup> | 8:30am—3:00pm**

The retreat will feature prayer, art, writing, discussion, and additional therapeutic means to begin or to continue healing from the trauma of sexual abuse. Lunch will be provided.

#### Location

Trinity Lutheran Church  
120 Sunset Avenue, Butler, PA 16001  
*Please use upper level entrance.*

#### Registration

\$35 - Covers all materials and lunch  
*Scholarships are available.*

Contact Carl Baughman at  
[carlbaughman@hotmail.com](mailto:carlbaughman@hotmail.com).

#### Retreat Sponsors

Trinity Lutheran Church, Butler  
North Main Church of God, Butler



## 4<sup>th</sup> Annual Anointing & Appreciation with Bishop Kurt F. Kusserow

**Wednesday, May 13, 2020 | 3:00pm**

St. John's Lutheran Church of Highland, McCandless

Volunteers: Please plan to attend this uplifting event and be anointed for another year of ministry. A more detailed invitation will follow.

### **Did You Know?**

The Greater Pittsburgh Community Food Bank operates *Produce to People* at 18 sites in southwestern Pennsylvania each month, year-round.

#### **What is Produce to People?**

Produce to People is a distribution program that provides individuals and families with food consisting primarily of fresh produce.



#### **Who qualifies?**

Any Pennsylvania household qualifies if they:

- ⇒ **Earn** income within 185 percent of the poverty line, or \$23,107 per year (\$1,926 per month) for a single-person household. Add \$8,177/year or \$681/month for each additional household member.
- ⇒ **Receive** other social services like Medicare, Social Security, unemployment, or free/reduced price school lunches.
- ⇒ **Have** a temporary emergency condition (fire, loss of power, or job loss, as examples).

#### **How do I register?**

Registration takes place at every distribution. You do not need to bring any proof of income, documentation or identification to receive food. **Be sure to bring bags, boxes, or a rolling cart as you will receive 35 to 50 pounds of food in one trip.**

#### **Where is the distribution?**

Distributions take place at 18 locations throughout southwestern Pennsylvania, including sites in Allegheny, Beaver, Butler, Fayette, Greene, Lawrence, and Washington counties. Visit [pittsburghfoodbank.org/producetopeople](http://pittsburghfoodbank.org/producetopeople) for a complete schedule.

#### **How can I learn more?**

Visit [pittsburghfoodbank.org](http://pittsburghfoodbank.org), call (412) 460-3663, ext. 727, or feel free to contact Patty via the information below.

### *Be Sure to Mark Your Calendar for These Upcoming Events*

- **Saturday, February 22, 2020** — Congregational Council Training | Our Redeemer Lutheran Church, Peters Twp. Register online at: [swpasynod.org/announcements/council2020](http://swpasynod.org/announcements/council2020)
- **Saturday, February 22, 2020** — Tamar Speaks Retreat | Trinity Lutheran Church, Butler See Page 3 of this newsletter for details.
- **Saturday, March 7, 2020** — Pittsburgh Mercy Parish Nurse & Health Ministry Program Spiritual Retreat | Martina Spiritual Renewal Center, West View Call (412) 232-5815 for more details and to register.
- **Friday, April 24, 2020** — Lutheran SeniorLife's Annual Celebration | Heinz Field, Pittsburgh Call the Foundation office at (724) 453-6014 to reserve your tickets or for more information.
- **Friday, May 1, 2020** — Pittsburgh Pastoral Care Conference | Christ Church at Grove Farm, Sewickley Visit [www.pghpcc.org](http://www.pghpcc.org) for more details.
- **Wednesday, May 13, 2020** — Anointing & Appreciation Ministry Event | St. John's Lutheran Church of Highland, McCandless Contact Patty at (412) 367-8222 to register.

## **Remember: We're Here to Help!**

Patty Davidson is ready to assist you with all of your health and wellness ministry endeavors. Patty is available to share ideas, provide resources, train volunteers, coordinate informational speakers, and more!

**(412) 367-8222** ▪ [patricia.davidson@lutheranseniorlife.org](mailto:patricia.davidson@lutheranseniorlife.org)