

***Our presenters & topics....***

**Linda James, RD, MS** – has teaching experience in the area of nutrition. She will co-facilitate teaching of the Nurturing Youth program.

**Dr. Betty Larson, LRD, FADA** – has taught nutrition for the lifecycle for over 30 years. She will co-facilitate the teaching of the Nurturing Youth program.

**Annette Langdon, RN, MA, FCN** – is a PN at Calvary Lutheran Church of Golden Valley. She will lead the sessions on “The Cup of Life & the Open Cup”. In this discussion time we will use scripture and other tools to develop a sensitivity and awareness of using our gifts to help others.

**Ann Rabie, RN, MED, FCN** – has served as a PN and currently is the metro PN ELCA chair. She will lead the sessions on “The Chipped & Broken Cups”. In this discussion time we will explore barriers to spiritual health.

**Sonja Hinderlie, BA** – Ms. Hinderlie is the Program Director for Mt. Carmel. She will lead the sessions on “The Cup of Compassion & Blessing Cup”. In this session we will explore strategies to enhance spiritual health and wellbeing.

**The Nurturing Youth Through Faith, Fitness & Food** program was developed to address youth nutrition and fitness through parish nurses in faith communities. This program is non-denominational and can be adapted for a variety of settings. You will receive a leader manual that includes modules, menus, table tents, and resources.

**The Cup of Our Life: A Guide for Spiritual Growth.** Please join us for a time to reflect on our spiritual journey and to renew and refill our spiritual cups. We will journey as a group and individually through Joyce Rupp’s book as we become more attentive to our own spiritual journeys.

Parish Nurse Center  
Concordia College  
901 8<sup>th</sup> Street South  
Moorhead, MN 56562



**Reflect, Renew, & Refill  
Your Cup of Parish Nursing''**

**Sponsored by  
The Parish Nurse Center  
Concordia College  
Moorhead, MN  
218-299-3893**

**October 7-8, 2010**

**Mt. Carmel  
Alexandria, MN**

**SCHEDULE FOR  
Thursday, October 7, 2010**

- 12:00-12:45 p.m. Registration for pre-session & Lunch in the Lodge
- 12:45-5:00 p.m. **Nurturing Youth Through Food, Fitness, & Faith** in the Chapel led by Linda James & Dr. Betty Larson
- 5:00-6:00 p.m. Registration & Dinner in the Lodge
- 6:00-7:30 p.m. **Introduction & “The Cup of Life”** in the Chapel  
Annette Langdon
- 7:30-8:30 Service of Renewal  
Rev. Dale Vitalis

**Please bring a special cup to use through the renewal and remember to bring your bible! Each participant will receive a copy of Joyce Rupp’s book “The Cup of our Life”**



**Driving Directions/Housing Information**

Mt. Carmel is located 8 miles North of Alexandria. For complete directions please log onto [www.mtcarmelministries.com](http://www.mtcarmelministries.com) or call the PNC for a map. On site lodging is available at Mt. Carmel. The PNC will be handling the lodging reservations. Please call Tanya 218-299-3893 or [parish-nurse@cord.edu](mailto:parish-nurse@cord.edu) for rates and room reservations. Please note that there are limited private rooms available and given on a first come basis – we encourage you to enjoy the company of others!

**SCHEDULE FOR  
Friday, October 8, 2010**

- 7:30-8:30 a.m. Breakfast in the Lodge
- 8:30-8:45 a.m. Opening Devotions in the Chapel
- 8:45-9:45 a.m. **“The Open Cup”**  
Annette Langdon
- 9:45-10:00 a.m. Break
- 10:00-12:00 p.m. **“The Chipped & Broken Cup”**  
Ann Rabie
- 12:00-1:00 p.m. Lunch & Networking in the Lodge
- 1:00-3:00 p.m. **“The Cup of Compassion & Blessing Cup”** Sonja Hinderlie
- 3:00-3:30 p.m. Closing Devotions
- 3:30-3:45 Evaluation

The purpose of this renewal is to provide strategies to strengthen health ministries within faith communities and to provide an opportunity for personal renewal. This event is open to all persons interested in faith community health ministry – pastors/priests, faith community nurses, youth leaders. & staff.

**Contact Hours**

Application for contact hours has been made to CNE-Net, the education division of the North Dakota Nurses Association, an accredited approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. Please call Jean Bokinskie, Parish Nurse Center (218-299-3893) for more information about contact hours.

This program is designed to meet the Minnesota and North Dakota Boards of Nursing requirements for 4.0 contact hours for the “Nurturing Youth” program and 7.25 contact hours for “Cup of Life” event.

**Registration Form  
Parish Nurse Renewal  
October 7 & 8, 2010  
Mt.Carmel, Alexandria, MN**

Name \_\_\_\_\_

Parish Nurse \_\_\_\_\_ Clergy \_\_\_\_\_

Other (please specify) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

**Registration Costs:**

Pre-session Nurturing Youth (\$30) \_\_\_\_\_

Thursday afternoon

Cup of Life (\$90) \_\_\_\_\_

Thursday evening and Friday

**Your gift (thank-you)** \_\_\_\_\_

**Total registration fee enclosed \$** \_\_\_\_\_



*Your tax deductible gift towards the ongoing support of this ministry is appreciated.*

**Registration deadline/postmark - September 25<sup>th</sup>**  
***We are unable to provide refunds after October 1st.***

For more information call the Parish Nurse Center (PNC) at 218-299-3893,

or e-mail [parish-nurse@cord.edu](mailto:parish-nurse@cord.edu).

Extra forms are available on our website:  
[www.cord.edu/offices/parishnurse1.php](http://www.cord.edu/offices/parishnurse1.php)

Please complete form and mail your check to:  
(Sorry, we are unable to take credit cards)  
Remember to call the PNC for lodging!

**The Parish Nurse Center**  
Concordia College  
901 8<sup>th</sup> St. S.  
Moorhead, MN 56562