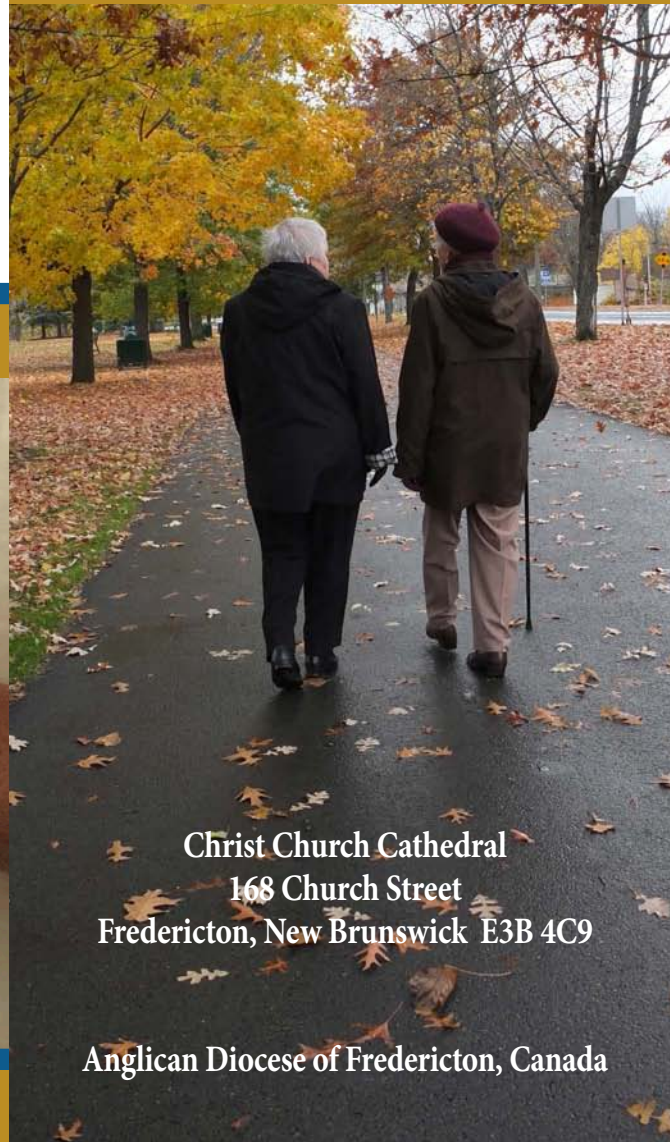




Christ Church Cathedral Health Ministry



Christ Church Cathedral
168 Church Street
Fredericton, New Brunswick E3B 4C9

Anglican Diocese of Fredericton, Canada

The Cathedral Health Ministry Mission Statement

The Cathedral Health Ministry is a congregationally driven ministry which links health and healing with our Christian faith for our church family and wider community. It includes a Parish Nursing Ministry.



The Health Ministry is an extension of the ministry of Our Lord Jesus Christ. We are his hands, feet and voice as we care for, support and encourage one another.

Purpose

The purpose of this ministry is to equip us to be in the best physical, mental, and spiritual health to continue God's work through us by the power of the Holy Spirit.

Our Parish Nurse

- Is an experienced Registered Nurse who is a member of Cathedral staff
- Has a living commitment to the Christian faith, with a calling to this ministry
- Is one who walks alongside to provide support on your journey toward wholeness
- Coordinates all Health/Parish Nursing Ministry functions
- Consults with the Dean and Health & Pastoral Care Committee for health-related practice within Cathedral congregational life



What can our Parish Nurse do for you?

- Assess and evaluate your or the Cathedral family's health needs and interests
- Conduct personal counseling on health matters in a confidential environment
- Make home and hospital visits for support, offering advice on a variety of health, social and spiritual needs
- Accompany you or a family member to physician/health care provider visits advocating for your needs
- Access community health resources for your benefit or that of the Cathedral family and wider community
- Refer to primary health care or social agencies as appropriate
- Advocate to government community health and social agencies on an individual basis

A Parish Nurse does not duplicate the existing government health-related services in the Fredericton community, but makes referrals to the appropriate services as needed.

We can help if

- You have concerns about your physical or emotional health
- You don't understand something your doctor has told you
- You need information about community resources or health care options
- You or someone in your family is ill or is hospitalized
- You need health information
- You are feeling overwhelmed by life's challenges
- You desire prayer for health concerns



Ongoing Parish Nursing and Health Ministry Programs include

Helping Hands - volunteers who assist with drives to appointments, making meals and offer other odd jobs to assist clients on a short-term as needed basis.

Prayer Shawl Ministry - volunteers who prayerfully craft prayer shawls and prayer blankets to cover clients with prayer and healing whether at home or in hospital.

Cathedral Visitors - volunteers who visit with clients in their homes socially to strengthen relationships and foster fellowship within the Cathedral community.

Blood Pressure Clinics - held the second Sunday of each month after all three services at the Cathedral to assess and monitor heart health.

Yoga Fitness - held once a week at Cathedral Memorial Hall. Gentle stretching and deep breathing exercises to leave you relaxed and refreshed. \$5 per class or freewill donation.

Fit Club - held once a week at Cathedral Memorial Hall. A gentle fitness class to improve mobility through strength, flexibility and balance training. All ages/genders welcome. \$5 per class or freewill donation.

Medley Tea - held the first Thursday of each month, 2:00-4:00 pm in the Cathedral. Sip a cup of tea and munch on delicacies while enjoying a social time of sharing and fellowship.

Blood Pressure and Blood Glucose Screening - held 8:30-9:30 am every Monday morning at Cathedral Memorial Hall during Monday Morning Drop-In with clients in our community.



Health Information

Sessions - held on a variety of health-related topics at Christ Church Cathedral during the fall and winter months. Visit our website for more information on upcoming sessions: www.christchurchcathedral.com

Who is our Parish Nurse?

Mrs. Kathleen Snow, RN, BN

Available in office on Mondays and Tuesdays at Cathedral Memorial Hall.

Otherwise, call for an appointment or email as follows:

Phone: 461-8201 (cell) or 450-8500 (Cathedral office)

nurse@christchurchcathedral.com



Member of the
Canadian Association
for Parish Nursing Ministry

**Safe Church - The Parish Nurse and Health Ministries uphold the Safe Church Regulation and abide by all matters related to providing a safe environment for our congregation and community members.*

May this voice bring words of comfort, may these hands be there when needed, may these feet walk that extra mile, may this life be always centred on service, Lord, for you. (John Birch)