



A ZAMBIA NURSES CHRISTIAN FELLOWSHIP MAGAZINE.

P O Box 71705 Ndola, Phone: +260 (021) - 2 - 620763 / 095 5882274 Email: loicec@hotmail.com

"We have no strength apart from God's presence no hope apart from his promises and no peace apart from his love". (Author unknown).

.....Strengthened O.S.E.A.B.....

A word from the General Secretary



Dear NCFers, Friends and partners,

Greetings

January comes to most people with many challenges particularly financial challenges related to school fees, nevertheless we must not allow this pressure to dampen our joy over God's gift of a new year. I pray that you may grasp the amazing truth of God's love for you in the midst of all 2010 challenges.

The bible tells us in Romans 8:32, "He who did not spare his own son but gave him up for us, how will he not also along with him graciously give us all things. We have the assurance that God is on our side and is working in all things for the good of those who love him. He says in Jeremiah 29:11, "I know the plans I have for you. Plans to prosper you and not to harm you, to give you a hope and a future." This all is an expression of God's great, amazing and intense love towards us. "I have loved you with an everlasting love", he says (Jeremiah 31:3) and Apostle John exclaims, "How great is the love the Father has

lavished on us, that we should be called the children of God. And that is what we are!" (1John 3:1) The knowledge understanding and experience of God's love for us is one of the greatest motivating factors for service.. It is so energizing, gives reason for selfless service. It creates in us an enthusiasm, eagerness and passion that drive out all apathy in our service to God. Motivation has to do with that inspiration or drive or stimulus for action. The word motive according to the New Webster collegiate dictionary refers to that within an individual rather than without that

incites him to actions. Motive speaks of any emotion or desire operating on ones will and driving it to action. Our stimulus for caring in our nursing practice must not come from the things around us or the benefits awaiting us but rather from the knowledge of him who loves us, whose passion for us is undeterred by all that we could ever do..... "But God demonstrated his love towards us in this: While we were still sinners, Christ died for us." Romans 5:8. What drove him to die for us? It was his intense love for us... love was the driving force! His love in us received, accepted, understood and cherished will be that fire to drive the

engines of our lives towards excellent dedicated and selfless service. So as we carry the theme "Motivation for service" this year, we will look at Love.....God's love for us, our response to God's love i.e. Love for God, love for our neighbour and we will look at Love - the most excellent way and how we can manifest this in our day to day caring duties Because Love is that motivation for Service. So stay connected that you may not miss out and if you have a thought to share in this regard there is space for you

May God great, intense and wonderful love be your motivation for excellent service this 2010.

With love in Christ, *Loice Chipere*

God's love for the Nurse

INTRODUCTION:

Someone said to me when faced with a choice between nursing and teaching "Jesus was a nurse and a teacher" and this is true. A look at the life of Jesus reveals him as a care giver, caring for the sick, healing them, restoring their self esteem, teaching them. We see him attending not just to physical

sickness but mental and spiritual sickness as well. Caring is the heart of God. Caring stems out of the value one places on someone or something and God has placed such high value on human beings by his willingness to send his son as a sacrifice for man's redemption. The nurse is a person with a special

calling to care that is enhanced by formal training. God has entrusted his valuables – man into the hands of nurses to be cared for in their time of weakness. Not every one can be a nurse. Being a nurse requires more than training in a nursing institution, it requires compassion, love, humility and patience. These are

God like virtues that we see manifested in the life of Christ without which it is impossible to care. In human beings these virtues necessary for care have been corrupted by the sinful nature, clouded by the weight of hurt, bitterness and other social pressures and traumas experienced during the process of growing in a society with distorted values. For one who has never been loved cannot know how to love. One who has been bruised or despised as a

child finds it difficult to treat others better than they have known and experienced. Jesus said, "a good man brings out good from the good stored in his heart and evil from the evil stored in his heart". Coupled with the negative experiences that become storage of negatives, the bible says of man's heart that it is extremely wicked beyond understanding. Can a Leopard change the colour of his skin? Can you train a pig good

manners? Even so a person cannot change themselves. God has shown His love to such a helpless people – "For God so loved the world that he gave his only begotten Son that whosoever believes in Him should not perish but have everlasting love" (Jn3:16) It is a love which is everlasting – *Jeremiah 31:3* which is not dependant on good circumstances – *Isaiah 54:10*.

A WORD FROM THE INTERNATIONAL CHAIRPERSON

Ms Regina Kanyenda



Happy New Year! Thanks be to God for the year 2009 and for the brand new 2010, we believe it's a year of our favour. Last year we were strengthened from inside out as our theme was 'strengthened to serve'. Nevertheless we are still facing greater challenges even in the New Year. I wish to encourage all the nurses to continue to care even when it hurts. 1Kings 19 Elijah a man of prayer lost hope and wanted to die because of what was surrounding him, but God came and told him he wasn't alone. There were seven thousand more prophets who were still devoted to God. Be encouraged nurse, out there, there is a Christian nurse who is still caring in the midst of loss, pain and lack. Phillippians 4vs 8, let us think about such things.....lastly let us emulate the caring servant in Isaiah 53: 4-12 and Mark10: 35-45, lets not be like James and John, sons of Zebede, seeking glory or power, or simply seeking to avoid the work of caring,, rather we are to do what is right —we are called to truly care for others and to help them. Shalom, shalom!!

YOU ARE SPECIAL

Do not be afraid O man highly esteemed", were the words spoken to Daniel by the angel sent from God (Daniel 10:19), and speaking of his chosen people to Isaiah God said, "You are precious and honored in my sight." (Isaiah 43:4). And to God's elect, strangers in this world, God's message through the Apostle Peter is, "You are a chosen people, a holy priesthood, a holy nation, a people belonging to God". (1 Peter 2:9)

What a relationship, what a position, what an inheritance! And all this through faith in our

risen Lord and Savior Jesus Christ. We are not what people say we are but what God our Father says we are and makes us to be. Our true value is not in the earthly things. This ought to fill us with great joy and cause us to esteem ourselves and one another correctly. David expresses his amazement regarding how God cares for man in Psalms 8:4 "what is man that you are mindful of him more man that you care for him?" That which is special or precious indeed is given great care and this is how God looks at us and treats us. And if we recognize how special or precious we are to him then we

too will take great care how we look at ourselves and how we live our lives — and this , for the sake of him to whom we are precious.

As a believer in the Lord Jesus Christ, You are special, you are precious and honored in the eyes of God. Do not let your work, your circumstances in life and what people think about you to make you feel like a nobody. You are a special person and beloved of God! Knowing and believing this gives you energy and strengthens you for effective ser

WATER SLIDES!!!

was impressed by the new face of the NCF House with the debris all cleared away. I thought about the new NCF Office building "it will soon be commissioned and problems on the old office that arose from connecting the two will they too be over?" The roof had been leaking as a result and we had to move the office equipment out. I wondered if a solution had at last been found. It was no fun mopping the rain water. When I entered the office, to my surprise and amazement, "water slides" had been erected from the leaking roof to buckets using black plastics! What a way to beat the leaks and that dreaded moping until a permanent solution is put in place!

By faith God has seen us this far and we Know He will supply funds to repair the damaged roof. And you know what? You could be that Instrument God wants to use

God's love for the Nurse continued

This love is a transforming under certain conditions but pressure will always bring out the true person. Thus Jesus calls people to a complete transformation and not conformity. This transformation is possible only through faith in Jesus and a continual gaze on him through prayer, but for transformation of the nurse into Christ likeness.

The love of God invites nurses into a new nature that is attainable by faith in Jesus – a nature that is marked by God like love and compassion, humility,

love; yes man can scripture study, and constant meditation on His word and excellences. Jesus calls all persons to this kind of transformation that brings out the God like virtues that are of great necessity in care. God does this because of love and nurses too are patience and gentleness. "If any man be in Christ, He is a new creation the old is gone and the new has come. 27 - "I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

conform to a good life the object of His love among many others. God's love brings transformation that makes a person who has done nursing truly a nurse. The same society that has by it's values shaped the lives or attitudes, and values of the little boys And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws".

It is God alone who by his love brings about the ransformation. Dear nurse no matter how much you try, you cannot

pattern and girls that later become nurses has been in the forefront condemning them without offering anything different from what they themselves are. But God loves the nurse and the gift of His son Jesus Christ is given not for condemnation change the deposit that is in you by nature and experience through your own strength. It doesn't matter what rules are put in place, how many Seminars you attend,

Membership reminder

Have you paid for 2009?

Students - K15, 000.

Graduates - K30, 000.

Associates – K30, 000

NCF groups – K50, 000

Copperbelt Day Conference

Mufulira School of Nursing

10th April 2010

Time: 08:00— 16.30 hrs

Contribution K 10,000 Students

K20, 000 Graduates

8th AFRICA REGIONAL CONFERENCE

DATE: OCTOBER 3—9, 2010

VENUE: ACCRA, GHANA

CONFERENCE FEE: \$300

THEME: Reforming Nursing and midwifery Care in Africa for global challenge

Registration and full payment before 30th August 2010

Luanshya Graduates Day

Conference

13th February 2009

Southern Province Conference

15 -18 April 2010

National committee meeting

6th February 2010

NCF office

Ndola

ZNCF Mission: Bringing Jesus Christ to nursing, Promoting excellence in nursing and caring for care-givers

From ZNCF Office

National Camp

Went on as scheduled. We had thirty campers both qualified nurses and student nurses. We are sorry for those who couldn't make it because of work schedule and other constraints. The theme was strengthened to serve and we looked at the life of Joshua, and Gideon and drew lessons for ourselves as Z.N.C.F and as nurses working in various hospitals. We will share theses lessons with you through Solace magazine and we hope you too will be blessed and spurred to action as we were.

Kabwe Weekend Conference

A great weekend indeed. The theme was victorious Christian living. Sr. Regina and I traveled to minister at the conference organized by NCF group at Kabwe School of nursing and midwifery. We had an average

attendance of 25 students eager to hear the word of God and live victorious Christian lives at home at school and at play

Kasama Weekend Conference

Geoffrey and Isobel went with me. The theme was ... Some topics covered included "receiving and giving forgiveness" the group was much encouraged and we bless God for that.

Copperbelt Day conference

9th November 2009

More than hundred students from 5 nursing schools on the Copperbelt gathered for the conference. Graduate nurses were also in attendance. The theme was 'the

manifestation of God's power. The word of God, Drama. Singing and bible quiz were all a part of this joyous gathering. Praise to God for the connections, the fellowship and encouragement.

God's love for the Nurse continued

you will only know condemnation from self and the very society that shaped your values.

But God loves you. You can enter this love by repentance and faith in Jesus. God loves you and He alone is able to make this inner transformation, bring inner healing, set you free from bruises and injustices that have had a negative effect upon you as a person and as a nurse.

Do you want a trait of goodness and mercy to follow you? Do you want your service to be pleasing both to God and man? Do you want joy and peace? Embrace God's love. Take Jesus as Saviour and Lord. Obey Him and surely goodness and mercy shall follow you all the days of your life. God's love in you will power your life and service – *Romans 12:9 -12.*

Paul commends the Thessalonians for their labors which is prompted by love – his unconditional love given to the undeserving, we respond to him by loving Him and our neighbours and love is an essential ingredient for care.

And the scripture in *Romans 5:5* says "God has shared abroad his love into our hearts by the Holy Spirit whom He has given us."

Building News

We are almost done but have huge bill to pay. The window panes and doors have been put and painting of the ceiling is complete and that of interior walls is under way.

God has been gracious to us to allow the works to continue but brothers and sisters we need your support the contractor will need to be paid by the end of February.

If you wish to give to this cause contact the General Secretary on 0955882274 or email zncf-hq@hotmail.com

THANK YOU

to all who have given towards the building. God will bless you.

Strengthened to serve

Lessons from National Camp

The calling and the Assignment: God specifically called Joshua to His service. Until then he had been Moses' aid but now he heard God for himself not anymore through Moses. We need to hear God for ourselves. We are called by God to follow him and specifically to care for those entrusted to us. Joshua's call was specific too "You will lead these people to inherit the land I swore to their forefathers. What is God's Promised Land to his people? It is eternal life and again abundant life here on earth. *John 3:16; 10:10*

God sets a standard for our calling. He lays down the rules of our practice in the Sermon on the Mount. He calls us to be poor in spirit, to mourn, to meekness, to hunger and thirst for righteousness, to be merciful, to be peace makers, to persecution because of righteousness. He calls us to shine as light on a hill, to full obedience. He calls us to reconciliation, to moral uprightness, to love even for enemies – *Matthew 5 and 6.* He calls us to generosity, to prayer, fasting and peace. How over whelming such a calling may seem.

Joshua had leaned on Moses to get to the Promised Land. He had seen the children of Israel rebel – God was saying He would now be Israel's shepherd – could he make it? It must have seemed overwhelming. Joshua was to lead the people of Israel across the Jordan. Jordan represents obstacle to getting God's blessings and promises of life and establishment. There are many obstacles today to people inhering God's promises, his rest, his abundant life. These include: sin; sickness which lead to depression, doubt, and rebellion; Psychological problems due to repressed hurt, anger fear etc; demonic oppression and possession.

are to minister to people in all aspects of their lives, physically, spiritually and psychologically. We are to lead them across these obstacles to life whether they live or die Crossing the Jordan at flood time required a miracle, a direct intervention by God (*Joshua 3:14 - 17*). Joshua had to trust God and depend on him. We too if must accomplish our task ought to trust in God and lean on His power.

God's call and assignment includes the command to be strong and courageous.

Strong refers to physical power, healthy, spiritual strength, firm in the faith and able to withstand the craft of Satan.

Courage refers to the ability to control fear in the face of danger and pain. It speaks of bravery, of fiber, backbone, strength of character, stamina, resilience or toughness of spirit or energy. Strength is m



or power.

The call is not as simple as it looks on the surface. As we see from the definition to the words strength and courage, they encompass the physical, spiritual, and emotional aspects of our being. Be strong and very courageous God says in Vs 7. It shows that God knew its no easy task that he was calling Joshua to. God says the same to us. The command gives the picture of our responsibility in being strong courage. In a sense it sounds like strengthen yourselfencourage yourself in view of the task ahead.

How do you encourage yourself?

OBEDIENCE

Becareful to obey God's law.....don't turn from it to the right and to the left. (Josh 1:7)

Moses as Israel's Saviour laid down laws given by God. Jesus as our Saviour also laid down laws as seen in the Sermon on the Mount – *Matthew 5, 6* and in the summed up law in *Mark 12:30 -31* "Thou shalt love God with all your heart, mind and soul and strength and thou shalt love your neighbour as yourself". We are to obey God's law not out of fear of punishment but out of love – "If you love me you will obey my commands" *John 14:15*; "This is love – that we walk in obedience to his commands" *2 John 1:2*. There is strength in love, strength to do good

on "Whatever is noble, pure, right, excellent, praise worthy" *Philippians 4:8*.

We are to "delight in meditation on God's law. Psalms 1:2. Proverbs 23:7 tells us "as he thinks so He is". Meditation on God's word shapes the heart and the mind. It cultivates character and brings forth fruit of obedience without even thinking about it. Ultimately this brings inner strength i.e. moral fiber, moral stamina, back bone and as described in Psalms 1:3, we become like a tree planted by streams of water yielding our fruit in season, whose leaves does not whiter but prospers no matter the season and whether conditions. Jeremiah adds it does not fear when heat comes, it has no worries in the year of drought; it does not fail to bear fruit. This speaks not only of strength but also of courage. For strength is also productiveness and ability to act effectively. Courage is fearlessness in face of danger and pain. To this we have been called to be courageous and strong in our services – in our nursing.

3. Declaring/confessing God's word

"Do not let this book of the law depart from your mouth" Joshua 1:8. Confession of God's word has great power in our lives. It gives courage. It summons our inner strength and banishes fear. It is a resting on what God has said and believing it to be true. It is an exercise of our faith. "Now faith is to be sure of what is helped for to be certain of unseen realities" Hebrews 11:1. Faith is believing that God is who He says He is and will do what He says He will do. "From the lips of His mouth a man is filled with good things" – Proverbs 12:14; 13:2 The negative proclamations we make can sup us of strength and courage in the same way that negative words can discourage a person hearing us. *Numbers 12:27, 13:4*, show how the 10 spies spoke negatively and the people lost courage; whereas. Jehoshaphat was faint hearted because of the Enemy's threat but after listening to the prophet of God he was encouraged and marched out with his army – *2 Chronicles 20:15,20*.

Cooking on Candle fire

Soon after stormy rains started the light went out, I waited hoping like other days power would be restored soon enough for me to cook. I waited in vain, I had no charcoal, no paraffin for my paraffin stove, the wood outside was wet and I was really hungry. I lit up the candles and sat nibbling at some chocolate biscuits my brother had brought earlier that day.

As I watched the candle flame I decided "why go to bed hungry when there's fire right in front of me' and so began the adventure of cooking on candle fire.

Three candles was what I needed, a stool tuned upside down, wire mess to capture the heat and support the pot , magazines to build around the stool to keep the heat in, soon my soup was ready to eat. By the way, I used more than three candles but a worth while price to pay for a warm meal on a cold night

PRAYER FOR THE NEW YEAR.

Lord we would ask for this New Year – a greater love
for you,
A greater understanding, compassion warm and true,
A greater joy in telling the wonders of your grace.
A great longing soon to see and know you face to
face,
A greater hope that glows constantly day by day,
A heart in touch with you. For this O Lord we pray

Mary Mitchell

**O that my tongue might so possess the accents of his
kindness that every word I breathe should bless.
For those who mourn a word to cheer.
A word of hope for those who fear
and love to all men far and near
O! that it might be said of me 'surely your speech betrayeth
thee as friend of Christ of Galilee**

Anon

RESPONSIBILITY

The beginning of each new-year reminds me of my responsibility for the days ahead.

I am responsible for the use of every hour of every day, for the time is a trust from God.

I am responsible for the words I say – the kind and the unkind

I am responsible for the friends with whom I associate, for to enjoy worthwhile friends I must be a worthwhile person.

I am responsible for my influence over others, be it good or bad.

I am responsible for my growth in grace and character, which can be good only as I make it so.

I am responsible for the place God holds in my life, for He will not force Himself upon me.

I am responsible for my part in giving the gospel to others, for He who gave it to me said, "Freely ye have received, and freely give".

Knowing all this, I shall try to remember that as a man sows, so shall he reap.

I realize that my need for help is great – so great that only an all-wise, all-loving, prayer-answering God can give it.

Mary Bartlett

Understanding God's love for you

How does God Describe himself to Moses in Exodus 34: 4-5

What do you understand by the statement "God is Love"?

Who is the object of God's love?

a) Matthew 12:5, Luke 20:13

John 16:27, 14:21 – 23, 17:23

John 3:16

5. How is the love of God manifested?

1 John 4: 9 – 10

Isaiah 38:17, Ephesians 2:4 – 5

Isaiah 63:9, 49:15

6. What is Paul's explanation of why Jesus came to die for us in Ephesians 2:4-5?

7. Proverbs 3: 12 tell us: Whom the Lord Loves he disciplines. List ways in which you have experienced God's disciplining love

8. Romans 8: 31-39 tells us that nothing can separate us from God's love. Christ is the one who stands up for us. Christ is the ultimate demonstration of God's love for us and his willingness to give us all things

a) How does knowing you are loved so greatly and so completely by God affect you?

I pray that you will experience the joy, peace, freedom, confidence and sense of acceptance that comes from knowing and understanding God's love for you.

Z.N.C.F was formed in 1971 and has since been working among nurses to unite them for witness, introduce them to a personal faith in the Lord Jesus Christ, and encourage spiritual growth and Christ like nursing care through prayer related teaching including the spiritual dimension of nursing care. Zambia Nurses' Christian Fellowship provides an opportunity for spiritual fellowship, spiritual and professional encouragement.

An opportunity to discuss spiritual and professional challenges

Counseling, and Teaching on integration of Christian principles in professional practice.

Who can join? - Nurses at all levels and others who feel called to participate in ministering to nurses.

Membership Subscription

is paid annually and stands at

Students - K15, 000.

Graduates -K30, 000.

Associates -K30,000

NCF Groups-K50,000

The National ZNCF office is housed at 3 Angola Lane Northrise Ndola.

Currently the National Chairperson for ZNCF is Miss Regina Kanyenda of Konkola Mine Hospital Chililabombwe.

The General Secretary is Miss

Loice Chipere.

Booklets for sale at NCF office

Called to Care Choices

Equipped to Care A Peculiar People

When God doesn't make sense Prepare to Care Daily meditations

Message tapes
And many More!!!!

PRAYER REQUESTS.....PRAYER REQUESTS.....PRAYER REQUESTS

JANUARY

- Thank God for the past year for all God's provisions
- Thank God For all that have been ministered to in the past year
- Thank God for successful ministry programmes to first year

- Foundation Student that have been done in the nursing schools
- Pray for the new students that they may adjust well to their nurse training and that they may be able to make right decisions in all areas of their lives

- Thank God for NCF members who got married recently. Pray for them as they settle to a new life that they will keep Christ at the centre of their homes.
- Pray for NCF staff for encouragement as they serve and that they will be full of love.

FEBRUARY

- Pray for NCF Group leaders in Schools of nursing that they will be able to balance up their studies with NCF responsibilities
- Thank God for the support that NCF groups are receiving from Nursing School authorities
- Pray for NCF staff for wisdom and guidance as they serve God this year and that they will serve with joy
- Pray for Luanshya Graduates for a successful day conference scheduled for 13th Feb.
- Pray for Spiritual growth love and commitment among Luanshya graduate NCF members
- Pray for National committee meeting on 6th February for wisdom and direction as the leaders discuss various issues pertaining to NCF work
- Pray for open doors for ministry to Graduated in the Hospitals
- Thank God for those who have been faithful and obedient to God in the matter of giving to NCF work
- Thank God For His provision toward the building of the NCF office
- Pray for the NCF staff for safety as they travel to minister to various NCF groups
- Pray for nurses who are struggling in their faith that they will be revived and experience God in a new way.
- Pray for NCF groups in Northern, Eastern and Southern Provinces that they will grow in love and be effective in their witness
- Pray for provision NCF office Equipment and Furniture

MARCH

- Pray for successful staff visit to NCF groups this month
- Pray for revival of Graduate NCF members
- Pray for Kitwe NCF group as they prepare for the Day Conference for provision of resources Pray for the speakers as they prepare for this Day Conference for God's guidance
- Pray for the NCF group in Katete who are planning a weekend conference that as they put in place the date and other logistics they will have success.
- Pray for Student nurses who are in need of school fees and other school requirements that they will know God' provisions

- Pray for NCF staff for provision of all their needs
- Pray for resources for the NCF solace magazine and that it will be a tool to bring encouragement to many
- Pray for nurses who are preparing to marry this year for provision of all that they need and that their relationships will be governed by the fear of God
- Pray for NCF groups in Western, Central and Lusaka Provinces that they will live and serve in a way that makes the Gospel attractive
- Pray for the good health and strengthening of all NCF Prayer and Financial Supporters
- Pray for NCFers who are working in remote areas of Zambia that they will be able to experience meaningful Christian Fellowship

APRIL

- Thank God for the new NCF office
- Pray for successful Copperbelt Conference to be held on 10th April
- Pray for safety of travel for all who will attend the Day Conference
- Pray for new Graduates for grace to settle in their placements and that they will be able to find meaningful Christian fellowship in those places
- Thank God for NCF Associates and Senior friends who are giving of their time and resources to encourage NCF groups
- Pray that God will raise up staff for NCF work
- Pray for students who are preparing for their final exams in June
- Pray for nurses who are working or studying far from their families that they will not be overwhelmed by loneliness but will find meaningful Christian fellowship
- Pray for nurses who are sick or nursing sick people in their homes that they will experience Gods Comfort and healing touch
- Pray for Copperbelt Luapula and North-western provinces that there will be growing love and unity and fear of God among the members joyful service.
- Pray for NCF members who are in Nursing management and Nursing education for wisdom and love in their care of nurses and Student nurses.