



Fall 2018

Sunrise Haven celebrates



As part of a worldwide effort to bring awareness of Christian Science nursing and its application to our daily lives, Sunrise Haven welcomed about 100 guests to an open house and barbecue on Saturday, September 29.

The day began with a special meeting for branch church care committees and Sunrise Haven church representatives. The group shared ideas about supporting their fellow members by organizing rides to and from church, visiting and providing meals, and sending letters and care packages.

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Clockwise from top: Painting "nuggets of truth" on stones for Sunrise Haven's garden.

String duo provides musical accompaniment.

Enjoying food and fellowship.





Care committee and Sunrise church reps share ideas

Gratitude for Sunrise Haven's dedicated volunteers

Since June, volunteers from churches around the region have made more than 220 visits to Sunrise Haven! The Christian Science nurses and patients are so grateful for such meaningful, uplifting support.

The volunteers, who read to patients and perform other tasks supporting the Christian Science nurses and staff, also express great joy and satisfaction as they participate in this healing work. Volunteers also conduct the Sunday and Wednesday services.

If you're interested in contributing to the prayerful, healing atmosphere at Sunrise Haven, please call 253-813-2096. ■

Amazon Smile

Did you know that purchases you make through Amazon can support Sunrise Haven? Go to smile.amazon.com - it's easy to sign up! ■

Celebrating International Christian Science Nursing Day, cont. from page 1

Sunrise Haven is an active resource for care committees, offering metaphysical and practical skills workshops and referrals for care, meals, and transportation resources to help at home. See the Home Care section of our website at sunrisehaven.org (click on the Christian Science Nursing Care tab at the top of the home page) for a helpful list of resources.

The Open House started around noon with lively conversation and laughter mingled with the sizzle of the barbecue grill and wonderful music from a string duo, Christian Science Nurse Pam Greene and her husband, Tony Serzo.

After lunch, guests took tours of the facility. Visitors commented on the attractiveness and neatness of the freshly-remodeled building and grounds and on Sunrise Haven's Google Home Mini speakers. The Minis (like Amazon Echo) are "smart speakers" connected to the Internet in patients' rooms. When asked, the speakers can tell you the time or a joke, play that week's Christian Science Bible Lesson or a hymn like "Feed My Sheep".

We were delighted with the turnout from so many loving Sunrise Haven supporters — thanks to all who came! ■

Your church care committee: Christian Science nursing in action

Our Executive Director, Robin Banko, and Jessica Henderson, Care Committee Chair from First Church of Christ, Scientist, Bainbridge Island, recently spoke about the work Jessica's committee is doing. Sunrise Haven is a resource for care committees, too.

Robin: *What is the foundation for the work you're doing?*



Jessica Henderson

Jessica: I think our church has focused on being welcoming and loving because Love is the heart and soul of Christian Science. The mission for our Care Committee is: "To serve as a practical expression of

our church's love for its members and regular attendees" along with a quote from Message '02 8:15: "The spiritually-minded are inspired with tenderness, truth and love." Our committee and extended church try to live that and know that it can bless our members and ripple out to our community as we are supported by and supporting each other.

Robin: *That's wonderful. Can you tell us about the kind of work your committee is doing?*

Jessica: The bulk of our activity is supporting church members or attendees that may be having some challenge or need extra support. We reach out to provide rides to services, lectures, committee and business meetings and reading room events. We have folks visiting those that can't get to church and read the Lesson to them.

We support those who have lost a family member and have pre-approved funds to send flowers and a card. Sometimes we organize meal trains so that dinners can be delivered to those having a hard time.

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One of our members was moving in a short amount of time, so members helped organize and box things up. We try to be alert to whatever needs there might be.

Another important thing is to welcome new folks that come through our doors. I have a unique position in that I'm our church soloist, so I can see everybody in church easily and know if someone new is there! We have a new guest book in our lobby and we encourage guests to leave their contact information so we can follow up with invitations to a lecture or just say thanks for coming.

We've also celebrated milestones such as a new baby — we've given baby showers and a group gift and signed a group card for a new arrival in our nursery.

And, we always try to send a card to those who move away, signed by everyone in the church, sending them love from our whole congregation.

Robin: *Is everyone in your church on the care committee?*

Jessica: That's our philosophy, we are all really on the care committee but we do have a smaller committee of about five, and we meet just once a year. We keep in touch by phone and email and reach out to other members when there's a need, it's a real collaborative effort.

Robin: *How do you get the word out that your care committee is there and willing and able to help?*

Jessica: Good question. One thing we do is give a report at our annual meeting talking about our activities over the past year, and it is sent out in the bulletin afterwards. Many care ideas come from other church members or from family members. I got an email recently from a family member that doesn't live on Bainbridge Island but sent in a request. Occasionally we put a note in our bulletin reminding folks we're here.

Robin: *Sounds like your activity grows and thrives on itself! Have you run up against any challenges — for example, how far do you go when somebody puts out a message for help?*

Jessica: I feel like there's no end for the caring work we can do for each other. But sometimes it seems challenging to meet all those of needs with a limited number of people to help. We ran into a situation this summer where we felt ourselves reaching our limit. The need was greater than what we could sustain. I think that was a good lesson for us to know that we don't have to feel the responsibility of answering every need, that God will really supply the answers. It's our job to release ourselves from the sense of responsibility and personal sense around it. Also, we can just know that anything we're doing is a blessing and appreciated. I haven't found anybody being grumpy if we said we can only do some things. They are just grateful for what we can do. There's a need to recognize what your membership can provide and that it's really a blessing for both the recipient and those doing the work — mutually blessing.

Robin: *How do you manage to embrace so many with your busy life as a working mom with three kids and a busy church life as well?*

Jessica: Sometimes it can seem like a lot but then I will feel a sense of gratitude for the caring work and it comes back to support me and gives me such joy. I don't hesitate to call on others to help and that relieves any sense of burden. It's joyful work and it's wonderful to see it happening.

In Christian Science churches, we are all striving to see the perfect man and we're working so hard to see it that maybe we don't want to interfere in people's lives and situations, but that might result in not reaching out when we could provide tender love and fellowship, and brotherhood and sisterhood.

So, we can know that we can get beyond that prayerfully and spiritually and take human steps to support people. ■

Strong enrollment in Sunrise Haven's Christian Science nursing training program

Sunrise Haven's accredited program for Christian Science nursing training is a priority for our facility and students at various levels are actively enrolled.

Our Christian Science nursing trainer, Patty Nuernberg, is supporting two students on our staff with shoulder-to-shoulder mentoring. A student is preparing to move from out of state to our local area for in-person training and is getting a head start through video conferencing. Another student will be arriving soon from the East Coast to train in the intermediate course.

Are you or someone you know thinking of a new career? Christian Science nurses are needed at Sunrise Haven and around the world. Find out more about Sunrise Haven's Christian Science nurses training program on our website at sunrisehaven.org/christian-science-nurses-training/. ■

Many thanks to outgoing Trustee Amy Dehnert



Amy Dehnert served six years (two terms) on Sunrise Haven's Board of Trustees and she also served as the Board's secretary. Amy's organizational skills and her commitment to deep, daily prayer for Sunrise Haven has been so appreciated. Many thanks to Amy and her husband, Greg, for their dedication to and support of Sunrise Haven. ■



Welcome, Kristin!

The Trustees have been recruiting members from other parts of the region to increase awareness of Sunrise Haven and Christian Science nursing. Our newest trustee, Kristin Jamerson, of Portland, OR, serves her branch church in many ways and is on the Institutional Committee for Oregon. She's also on the board of directors of The Link School, a non-traditional experiential high school in a Christian Science community. ■



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Visiting Us: Bring a friend; we'd love to give you a tour. Do call ahead though, so we can be sure a staff member is available to show you around.

Our vision:

**Humanity
loved, blessed, healed**

Our mission:

**Christian Science nursing
inspiring, loving and healing
humanity**

Services:

- 24-hour nursing care, including inpatient, outpatient, and relief care
- Consultation by phone or in-home
- Equipment rental
- Rest and study

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Job Opening: Director of Christian Science Nursing

For more information, visit this link: sunrisehaven.org/about-us-2/job-openings/ or call our business manager at 253-813-2097, ext. 4.