

# *“The Butterfly Flyer”*

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## *What's fluttering this month*

### *“Notes from Lisa”*

Greetings Everyone:

There is a national lottery advertisement in Canada that uses the line, “Can You Imagine?” The advertisement includes different clips of people in various settings enjoying themselves and having fun. At the end of the clips you see the words, “The Freedom.”

Does the same promotion not apply perfectly to each one of us, but not with money; with the past? Can you imagine a day without one speck of guilt? Can you imagine a day absolutely, totally free from the past, in every way? No memories, no heartache, no regrets, pain, history, mistakes, excuses, conflict, drama, baggage, story, picture, self-image, perception, pressure, or longing. Can you imagine the freedom to be totally unburdened?

Can you imagine the freedom with the guilt and past gone; there would be no reason to fear anyone, any situation or thing. We would walk free to be. We would be open to unlimited potential in the present moment, with nothing causing us hesitation, holding us or influencing us to look back. Can you imagine the freedom?

It is a pretty easy picture to imagine if you just take a moment to consider the real implications. What if it is available to us and without further delay? Instinctively one may come up with a “yah, but” or excuse as to why it will not work for them, but to do this one would have to go to the past and guilt. If the past and

guilt were gone you would be free to say “YES.”

If Love and guilt are opposites and cannot coexist, then the removal of guilt would automatically open us to Love. Could guilt and past be the blocks that have kept the door to happiness obscured from our reality?

True Forgiveness offers us total, all-encompassing and immediate removal of guilt and past. It works in the present and has no prerequisites other than our choice and willingness. True Forgiveness is not a process over time, for that would not be true. It would be reliving the past and there is no joy in that. No, True Forgiveness does not promise a future freedom that cannot be. It offers and guarantees a present, powerful shift from pain and conflict to inner peace, NOW.

True Forgiveness does not deal with past events, stories, situations or people; it focuses on freeing us from our thoughts and beliefs about the past in the present. In the present is where instant release resides. It is not the past that is killing us, dragging us down and blocking us from Love. It is our thoughts in the present about the past and the guilt.

Here is an example. Let us say years ago when I was a teenager, I experienced something traumatic. It is an issue that I have worked on over time, tried to deal with, heal, ignore and forget. The situation seems to weigh on me like an anchor, nagging and influencing my happiness. It rears its ugly head at the worst possible times.

What is my real problem in the present moment? Is it the situation and issue from years ago or is it my thoughts and beliefs about it? Specifically, my problem is the beliefs I have about me, that I am carrying from the incident years ago. It is not the situation, person or circumstances, but my beliefs about me, from the past, that require True Forgiveness.

If the only problem blocking my present happiness is my thoughts and beliefs, then the solution also rests in my thoughts and this is how True Forgiveness becomes the key to my freedom.

If this sounds logical and inviting to you, and you feel that you are worth the effort, consider checking out Mindful Forgiveness. It is one form of True Forgiveness that provides instant release from chains of guilt and past. It is available, easy to understand and can be applied anytime and anywhere. CAN YOU IMAGINE THE FREEDOM?

In Love,  
Lisa





**EMPLOYEE FOR THE MONTH OF MARCH**

**TB TESTING**

We will be offering TB testing March 24th through April 21st. Please call to schedule time if you are due.

**March Happy Birthday wishes go out to the following employees:**

Lynette A. Jacobson, LPN  
Melissa K. Kelley, CNA  
Dixie E. L'Esperance, LPN

**Congratulations and Welcome aboard to our New Hire**

Ashleigh E. Troup, CNA

**Stars Program**

The following employees were recognized for doing an outstanding job!

**Homecare**

Kimberly S. Stoutzenberger, CNA

**THINK AHEAD**

We are planning a Summer Employee Picnic. This would be a time to get our families together. Please call the office if you would be interested in participating in the planning.

**LPN's**

It's official. You are now able to take verbal orders. Please call me if you have not received the "Verbal Order" Inservice training. Please check the facilities individual policies for LPN's taking orders. Some facilities have not changed their policies regarding the new law. As agency nurses, you must follow the policies of the facility. If you have any questions please call.

**Inspirations**

"Don't ask yourself what the world needs, ask yourself what makes you come alive. And then go do that. Because what the world needs are people who have come alive."

-- Harold Whitman



**"Kimberly A. Foehlinger, CNA"**

Congratulations to Kimberly A. Foehlinger, CNA, March Employee of the Month. Kim has been with Abundant Nursing, Inc. since April of 2002. She lives in Mount Joy with her husband and children. Kim works night shift and then cares for her children during the day. She grabs a nap here and there but has little time for herself. Kim's spirit graces her work. She also dedicates time to provide homecare to an elderly couple in Mountville. Thanks Kim for your dependability and gift of caring, and for being an Abundant Nurse.

**ELECTION ALERT**

In addition to organizing election activities, encouraging nurses to vote, and showcasing nurses as a national political force, the ANA is currently completing its presidential endorsement process. The ANA has conducted interviews with most of the presidential candidates and asked them to complete questionnaires to identify nursing-specific policy issues. ANA members also had the opportunity to provide input into the endorsement by voting in the ANA's Virtual Voting Booth in February. The ANA board is expected to make an endorsement decision in the near future. Nurses can get involved in the election process through the ANA's Nurses Working in Nationwide Campaigns 2004 (Nurses WIN 2004) program, which calls on nurses nationwide to register to vote, participate in the presidential primaries and caucuses, and volunteer for the

campaign of their choice. To learn more about the presidential candidates and Nurses Win 2004, go to [www.anapoliticalpower.org](http://www.anapoliticalpower.org), click on "Grassroots Tool Kit" and then click on "Election 2004 Action Center."

**Standing in the Storm**  
**PSALM 62:1-8**

"What am I going to do?" How many times in your life have you uttered this cry of despair? Sometimes the storms of life come without letup; they seem endless, successively crashing against us until we feel as though we can take no more. In those times of desperation, Psalm 62 offers three valuable lessons.

First, we must learn how to wait. Of course, it is understandable that we want answers and relief according to our own timetables. However, God acts in His own perfect time. Therefore, we must wait on the Lord to guide us to the next step, even when that means reining in our natural desire to react quickly.

Second, we must wait in silence. When we quiet our minds and tongues, we give God an opportunity to speak His words of hope and direction to our hearts. Silent waiting, however, is not an easy thing to do. It requires patience, trust, courage, and the assurance that God will indeed keep His promise.

Third, we must keep in mind the motivation for this waiting: God's intervention. Our focus is to be on God, not on our troubles and not on other people. We must learn to filter out whatever is pulling our attention away from our primary focus: almighty God.

When the storms of life batter you, make sure that your feet are planted on the solid rock of Jesus Christ. Do not despair, asking, "What am I going to do?" Rather, quiet your concerns and ask, "What is God doing?" Be assured — He is doing something.

Charles F. Stanley

