

# "The Butterfly Flyer"

Abundant Nursing, Inc. - 45 East Main Street - Mount Joy, Pa. 17552 - (717) 653-1662 - fax (717) 653-7117

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Visit our website @ [www.abundantnursing.com](http://www.abundantnursing.com)

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## *What's fluttering this month*

### "Notes from Lisa"

Hello Everyone:

This month is one of my favorite months, Thanksgiving! Giving Thanks for all of our blessings. I remember, a time in my life, when blessings seemed impossible, not me, this was a gift I had not been given to see. Especially with the way life seemed to be. Financial difficulties, no father for my children, Family turmoil and the loss of a dear sister all that seemed to be what had blessed to me. Disaster, was my journey here. I was depressed and had also gained so much weight I could barely move. I would sit and think of all of these losses, which in turn created more depression and loss that I could barely look at life anymore.

The world teaches us all the things that would make us happy, and by the worlds standards, I was not one of the blessed ones. I listened to the world, and it was a hell that I created. I felt locked into this world. My sight had a heavy veil that covered the truth. "The truth shall set us free." I remember awakening to the truth. It seemed so long ago. When the veil is lifted, it is a miracle. I was reading and searching for the truth out of my hell. This process was a self discovering, that totally blew my mind. Which is exactly needed to happen? I was taught, to look at life, to see what wasn't right and I had plenty of excuses not to see the truth. I wanted it thus, instead of the way it was. I was determined that the things I didn't have, would for sure, fill this void of

emptiness. I wanted my sister back, I wanted a happy family, I wanted a man to love me, and I wanted it my way, to be thin. Then and only then would I truly be happy. This is what I decided happiness was.

Through my searching, a miracle occurred; I realized that "I" was the problem. "I" chose death. "I" chose to see the darkness; "I" chose to count my lacking in my life. "I" was in control of my choice what to see. Coming to the truth, seems difficult but it is so simple, the world will never tell you these truths, because the "world" only sees darkness, pick up a paper, turn on the TV, the world shows all the reasons, we need to be in fear, they show us all the loss that occurs daily. We feed on negative news here. We want to see how worse off somebody else might be, to try to see our own happiness. It doesn't work, if we look to the media for the answer, it will tell us what we are searching for more darkness. I turned off the TV about 6 years ago, stopped buying newspapers. Where is Good news? The good news is "NOW" in this instant. Stop your own thinking and look, look at all the blessings, that is what I did. I started seeing how "my own vision" was so distorted. God knows we long to be free, but he

cannot penetrate a mind that refuses to accept these truths. Salvation is within, Salvation is at hand, and Salvation is Now. This is all scripture – Jesus spoke these truths 2000 years ago. When will we stop waiting to see his truths? It is all up to me to let go of my vision and see all his truths. God continues to call to us. He wants us to accept his truths. Accept his gifts. Happiness is our inheritance, God cannot thrust this gift upon us, we need to accept them, close off all the illusions, the devil would have me choose to see instead. Start looking around and see what God, has blessed you with, our children, your home, your needs met, the beautiful sunshine, the birdies see all of his love shining; remove the veil so that you may see the truth. Count them, start today, focus on his love, he created us in his image, that is what we are, his love. Close out those negative tapes and listen to his truth. His truth will conquer the storms of our lives, his love overcomes all. Jesus came to free us from this world. He came to offer us his gifts Love Abundantly, Joy Abundantly, Peace Abundantly. Stop an instant and awake to Gods truths. Once we are willing to see that maybe my own vision might be wrong, this invites the Holy Spirit to show us another vision. Start counting. You will never find these truths in any form of materialism; these truths abide inside not on the outside. The world will tell you to focus outside – Home, cars, relationships, furs, diamonds, it is a lie. They are not Gods gifts, God gives eternally all his gifts are given freely. You will never, ever buy them. They



are all here and now, I just need to accept it. I thank God for sending Jesus Christ as my savior, I thank God for his message of forgiveness, forgiveness let's yesterday disappear, I accept, I thank God for Jesus Christ's love. "Now" the veil is lifted so I may have life more abundantly AMEN (All healing comes from my own perception).

God Bless,  
Lisa

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## "Bonnie's Corner"

Dear Abundant Nurses:

As we enter the Thanksgiving season I am reminded of all the things I am grateful for. I am most grateful for the hope I have by walking in faith with God. Real peace comes from knowing that God is in control. We are safe in the arms of God. There is real protection under his wings. The perfect love of God casts out fear. God is our loving father who provides us with everything we need. All we must do is seek, ask, and believe.

God gives us life eternal, life abundant. This includes the here and now. Now is the time to truly live. Overflowing joy is available through the Holy Spirit. Joy and peace are in the now. Thank you God for the hope I have in you.

Love, Bonnie

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## Creating Balance -

### The Values of Nursing

Editor, New Era:

People may ask, "Why are you a nurse? All you do is empty bed pans, change diapers, and follow the orders given by a doctor."

Actually nurses do all that, but there is a lot more to nursing. Nurses are a unique group of individuals who care about people. We look at many aspects of an individual. We are taught to look at the emotional, physical, spiritual, social, and economic needs of a patient. Nurses cry with patients and their families. Nurses take time to sit with patients and listen to their needs. Nurses educate clients regarding their health. Nurses pray with patients in

their time of need. Counseling is another aspect of nursing. Nurses are advocates for their patients. They try to make the patient's life as normal as possible in times of sickness. A nurse's life can be stressful, dealing with life and death on a regular basis. Nurses comfort each other in times of crisis. Caring for sick people can be a challenge. People may swear at you, spit on you, scream at you, but through it all, nurses continue to care for people. Saving a life is an awesome and rewarding feeling.

A few years ago, my dream of becoming a nurse became reality. My dream came true through a lot of studying and hard work. I am more than a person who cleans bed pans, changes diapers or gives medication. I am a nurse. My role as a nurse carries many different titles. The rewards of being a nurse are many. The next time you see a nurse, show them a token of appreciation.

Sam Stoltzfus-Gap

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### EMPLOYEE FOR THE MONTH OF NOVEMBER



#### **"Heidi L. Metzger-Sadowski, CNA"**

Heidi has been with Abundant Nursing since May of 2000. She is a newlywed who juggles working, RN school and taking care of a home. Heidi is another light shining! Congratulations Heidi and keep shining your light, you are truly an Abundant Nurse.

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### Reminder:

The census is in, and we will be having The Gratitude Dinner at the Catacombs Medieval Feast on November 21, 2002. See you all there.

Love, Lisa

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### Happy birthday wishes go out to the following employees:

Jennifer L. Boley, LPN  
Kimberly A. Foehtinger, CNA  
Karen M. Gueits, LPN  
Debra S. Painter, CNA  
Joni L. Staffieri, LPN  
Tammy L. Swift, LPN  
Lisa M. Urban, LPN

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### Congratulations and welcome aboard to the new employees who have joined us in October:

Deborah N. Evans, RN  
Sheri L. Martin, CNA

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## Stars Program

Kim A. Neidig,  
Scheduler / Administrative Assistant

Kim receives gift after gift of flowers and cards for her diligent devotion, to our mission. Kim supports and upholds the standards of Abundant Nursing, Inc. and maintains understanding of others needs, both staff and facilities. I love you Kim.

Love Lisa

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## Inspirations

"God has not given us a spirit of fear; but of power, and of love, and of a sound mind."

2 Timothy 1:7

"Peace I leave with you, my peace I give unto you: not as the world gives, I give to you. Let not your heart be troubled, neither let it be afraid."

John 14:27

"The fruit of the Spirit is love, joy, peace."

Gal. 5:22

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