

# "The Butterfly Flyer"

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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"

#### Joy ☺

When I was a little girl, I was so full of Joy & Laughter & hope. I loved laughing, Carol Burnett, Cher, I love Lucy were my best friends. I was the classic class clown, I loved to make people laugh, and I love to see their light of happiness.

I remember my mother telling me, you better wake up, the world isn't a joke, you better take life seriously, it's very ugly out there. Teacher after teachers would also reinforce my need to stop laughing. I needed to take school more seriously. I would go alone and have my own little joke shows, in shame that I couldn't let the world know that I was laughing inside. As time went on, the same messages continued to stop my joy. In Nursing school, a very strict head master reprimanded me and told me I needed to act more "professional" and this was not the place for jokes. I continued in Joy in my own mind, I thought, "This is all a joke" Every one is so stiff. As I graduated and pursued my career of nursing, I never stopped laughing at life and the world continued to tell me to stop. I remember being on a nursing wing with my co-workers and me being the charge nurse laughing so hard about whatever (my work was all completed) and my Supervisor who was very hard, came walking in the wing in disgust and walked right up to me and said, "wipe that smile off your face". I remember feeling so degraded and humiliated in front of my co-workers, that tears started to

well up in my eyes. I was the little girl all over again, with all the same messages, I was continuing to be taught that "Joy" was not an appropriate emotion, for this world. I felt lost and ashamed, but my joy always continued to yearn to be free.

I left nursing, and started my own business and I was now the boss. No one can tell me that Joy is not appropriate here. Joy is our inheritance, it is our gift here, and the world will never tell you their truths, because the world believes in darkness, not light. I have been taught that we must be in the world, but not of the world. "A Course In Miracles" tells us that the separation occurred the minute that "man forgot to laugh."

Joy is one of the fruits of the spirit. With God all things become joyful. God returns me to my home of freedom. God returns us to Joy because the Darkness is not my home or yours.

There are so many obstacles that we will be thrown, to take this gift from us, but when we stand with God & Christ all the darkness fades. His shield protects my Joy. Joy is always there. This world wants to take it from me and I am not giving it

any more. I stand in Joy, for Joy and for God's truth. I am free.

Put that smile back on your face, Let us dance for Joy. Jesus Christ has risen for us. We now have life and have it more Abundantly. And that is the truth. "NOW" Joy is yours and mine.

My dream is to teach Joy and hope to the World. Teach that the Darkness fades in light. I know the Darkness very well I listened to it for 34 years of my life, and I was very obedient to that message so much so that I allowed it to take over my life to the point that I almost gave up on this journey. There is no doubt that Darkness lurks here 9/11/01, murder, rapes, & disaster they are tools of the Devil. He looks for a willing home to abide in, Dark minds, create Darkness; Lit minds create Joy, Hope & Freedom. Guard your mind, God abides there he needs lit, the spark remains forever, Fertilize it with Joy, so that it may grow. Put faith in God, not in the Darkness, Strengthen his truths by focusing on the light, it is here, look, look, give Darkness no power.

God set me free and brought me home and I am now reborn, in Joy. God gave me permission to laugh and that is whom I will listen to from now to eternity.

Does everyone desire Joy? I know you do ☺ and I want to share my Joy with you.

Walk in faith, that Jesus stands beside you in the storm, and the storm fades to sunshine.

God Bless,  
Lisa



## "Bonnie's Corner"

Dear Abundant Nurses:

The time is now, to live and rejoice, to fully experience the present. Joy is in the now. Letting the past behind you and not obsessing about the future, creates an awareness of the present. We are given today as a gift. To begin again. To have a fresh new perspective. To be in the now, we can appreciate the day. We are better parents, friends, nurses and people in general who are able to participate in life more effectively. We are aware and able to manage this moment. This moment we are not filled with anxiety about the future and what might happen to us. We are safe and protected right now. Today is a new day. We can leave yesterday where it belongs, behind us. Let us relish in the moment. This is where our hope is. Living our lives to the fullest in the joy God intends us to have. Life will always present us with challenges and sometimes sorrow and pain. Remember, joy is part of the equation. Let us not forget to laugh. Love and life are in this moment.

Love, Bonnie

## **Creating Balance - Taking time out to take care of yourself!**

I am thankful for my friend who is constant and full of joy. We laugh a lot together. This friend laughs at traffic, laughs at delays, laughs at long lines. Even laughs at setbacks. This friend doesn't mock or laugh at me when I'm in pain, although she is compassionate and gentle, and has an open heart. She helps me laugh, even when my heart hurts. This friend has learned the art of joy. The art of living. The art of living joyfully.

Dear God:

Help me to remember to be still and know that you are God. You are in control of my past and my future. You are with me in my present, guiding my footsteps, giving me peace and joy throughout the day. Thank you God for this hope I have in you!

## EMPLOYEE FOR THE MONTH OF OCTOBER



**"Ruth Ann Patschorke, LPN"**

Ruth Ann has been with Abundant Nursing Inc. since October of 2000. She has mainly worked 3-11 shifts. Sometimes working six to seven days a week when needed. Ruth lives in Manheim with her husband and puppy. Thank you for all that you do Ruth, you are truly an Abundant Nurse.



### Welcome

It is with great enthusiasm that we welcome Heather L. Metzler, RN, to our core team of office management. Heather will be our new RN Manager. She has worked for Abundant Nursing, Inc. out in the field. She also brings with her experience working with the VNA of Lancaster County for five years. She also worked in the Camp Hill area, in a Sub Acute Unit. Heather is married and has a son who is 2½ years old. Heather brings another light of joy to our team.

Welcome.

### Mandatory Staff Meeting

Date: October 17, 2002,

Time: 11:00 a.m. to 12:00 a.m.

or

5:00 p.m. to 6:00 p.m.

The meeting will be held at the Church of God in Mount Joy (across the street from the office). Parking is available in the rear of the church. Everyone must attend. Please call the office if you have any questions.



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

Sylvia D. Anderson, CNA  
Letitia H. Brown, RN  
Paula L. Estep, LPN  
Cheryl R. Frederick, CNA  
Janelle L. Lechene, LPN

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

Tina M. Custer, LPN  
Joyce A. Gardner, CNA  
Shirley A. Miller, CNA  
Bobby S. Mock, CNA  
Lisa M. Urban, LPN  
Marcia J. White, CNA  
Faye A. Woodhouse, CNA  
Erica J. Young, CNA

## Congratulations

Go out to Jon and Steph Brodt, they had a baby girl, Sophia Roselani Brodt, 7 lbs. 12 ozs. 9:15 a.m. on September 5, 2002. Also, Thomas and Melanie White had a baby boy, Jared Grant White, 7 lbs. 9 ozs., 19 inches long, on September 16, 2002.

## Scriptures of Joy

"The Joy of the Lord is your strength."  
Nehemiah 8:10

"Till he fill my mouth with laughing,  
and my lips with rejoicing."  
Job 8:21

"Let all those that put their trust in  
thee rejoice; let them ever shout for  
joy."

Psalm 5:11

"God will show me the path of life; in  
your presence is fullness of joy; in  
your right hand there are pleasures  
forever more."

Psalm 16:11

"The statutes of the Lord are right,  
rejoicing the heart."

Psalm 19:8

"Weeping may endure for a night, but  
joy comes in the morning."

Psalm 30:5