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The Illuminator is a publication of the Adventist Association of Faith Community Nursing -- a ministry of the Seventh-day Adventist Church in North America.

Peace in the Night Season

by **Ginnie Kim, RN, MSN**

It's almost Christmas. The daylight hours have shortened, and the nights have grown longer. Here in North America, darkness now absorbs more than half of the 24 hours that comprise our day.

One dark evening last week I was visiting my son and his family. My son asked his 7-year-old and almost-4-year-old to escort their little friend back to his house, which was two doors down. The three children set out. Not one minute later, the front door flies open and little Everett, my almost 4-year-old grandson runs in red-faced and sobbing. He made a beeline for my son's lap, and between heaves and tears, he managed to choke out "I'm scared of the dark, Daddy!"

It was also really dark the night Jesus' students fought for their lives during the storm on the Sea of Galilee. Their boat had been filling with water and just as it was about to sink under their weight, lightning flashed, and they saw Jesus sleeping peacefully. "Lord, save us! We are perishing!"

"Never did a soul utter that cry unheeded. As the disciples grasp their oars to make a last effort, Jesus rises. He stands in the midst of His disciples, while the tempest rages, the waves break over them, and the lightning illuminates His countenance.

He lifts His hand, so often employed in deeds of mercy, and says to the angry sea, "Peace, be still!" The storm ceases. The billows sink to rest. The clouds roll away, and the stars shine forth. The boat rests upon a quiet sea."¹

Can you imagine?! But wait, it gets even better. Let's read on...

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Call for Abstracts

2025 Adventist Nurses Conference



You are warmly invited to attend the Nurses Conference and submit a presentation topic from any of the following topic areas:

- Balancing Care for Self and Others
- Bringing Spirituality into Nursing Care
- Recovery Ministries and Nursing: Addressing Suicide, Addiction, and Trauma
- Technology for Today's Nurse

Accepting presentations now through January 6, 2026 at this link:

<https://forms.office.com/r/ZLKzUnV0QQ>.

Scan the QR code
for more details.



Peace with Diabetes Self-Management During the Holidays

by Sharon Hall Murff, PhD, MSN, RN, CCRN

Each year the month of November is designated as National Diabetes Month. Individuals with diabetes, however, often struggle to manage this condition every month. According to the Centers for Disease Control and Prevention ([CDC], n. d. [b]), approximately one in every ten persons has diabetes, and type 2 diabetes is the most common type.

For the 38 million plus individuals with diabetes, it is a challenge to manage this condition, especially during holiday season. Stress is a normal part of life that occurs on a daily basis. However, the holidays can be extremely stressful for a person to manage their diabetes or control their blood glucose levels.

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Adventist Nurses Conference

Please plan to attend the first Adventist® Nurses Conference! This event will provide contact hours for nurses, networking and friendship building, and inspiration for the Ministry of Nursing. Don't Miss it!

Dates: April 3 – 6, 2025

Location: North American Division Headquarters, Columbia, MD

**ALL NURSES WELCOME!*

Finding Peace in Hospice and Palliative Care

by Rosalyn Saunders, DNP, FNP-C, RN, MSN, AFCN

I will keep them in perfect peace whose minds are stayed on thee (emphasis supplied). Isaiah 26:3

When we think of Hospice and Palliative care our minds immediately revert to fear, worry, anxiety and hopelessness. This is true, however, there are some unique individuals and unique situations that transcend circumstances such as the one described in the following story:

I once encountered a man who had brain cancer. He was placed on hospice care, but refused to lie down in bed and wait for death. He instead was up preaching and telling everyone whom he encountered about the "Peace" that he was experiencing as he had placed his trust in God. His famous words were: "I am at peace with God and Man. Therefore, I am teaching people how to die without fear, but with hope, joy and peace." I thought, what a man, what a story to share with the world during this difficult time?

Faith Community Nurses (FCNs) share this same hope. We are in a unique position to prioritize patient dignity and well-being when we incorporate the PEACE model into the daily lives of individuals experiencing hospice and palliative care. PEACE stands for Presence, Empathy, Advocacy, Comfort, and Education.

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Grief Awareness Week

The first part of December is Grief Awareness Week, reminding us that some of us are grieving during holiday season.

SEASONS is a peer-driven support group program to be used at local churches or community centers. This 10-week journey offers a safe place of healing for individuals who are grieving the loss of a loved one. [Click here to learn more about SEASONS](#) or visit AdventistRecovery.org.

SEASONS
MOVING THROUGH
THE CHANGES OF
GRIEF AND LOSS