



# The Illuminator

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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.

## Implications of the Heart: The Heart Matters

by Sharon Hall Murff PhD MSN RN, CCRN, AAFCN

The heart is muscular and is responsible for pumping life-sustaining blood to every organ and cell in the body. The heart is a strong and solid organ in that it is made up of three different layers, the pericardium, myocardium, and endocardium. The muscular portion of the heart is responsible for cardiac contractions or the pumping action. The intricate makeup of the heart involves cells, electrical excitation, and the movement of electrolytes that are transported from one compartment to another compartment to produce the heart beat (Ripa et al., 2025).

God designed the heart to be a strong organ. It takes weeks and months during the gestational period for the heart to develop into an organ that can supply the body with sustenance. In fact, even after birth, the heart continues to grow until it is fully developed.

A normal adult heart is about the size of one's fist (National Institute on Aging [NIH], 2024). The heart is so powerful that it pumps approximately five (5) to six (6) liters of blood throughout the body each minute (Cleveland Clinic, 2025). If the heart stopped beating, all the vital organs would not receive the oxygen and the other nutrients needed to survive, and as a result, death is imminent.

There are numerous Bible texts that relate to matters of the heart. For example, Psalms 119:2 indicates that those who keep His testimonies should do so with their whole heart. Psalms 119:7 explains that when God's righteous judgments are learned, praises should be given with uprightness of the heart. Finally, Psalms 119:11 indicates that God's word should be hidden in the heart to avert sins against Him (KJV). In order to clearly understand the Word of God and to keep His statutes and commandments, the heart needs to be strong to discern what is right from what is wrong.

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## Adventist Nurses CONFERENCE

April 3-6, 2025    THEME: EMPOWERED FOR IMPACT

There is still time to attend the first Adventist® Nurses Conference!

Dates: April 3 – 6, 2025  
Location: Columbia, MD  
\*ALL NURSES WELCOME!



Click here to [Register](#) or scan the QR code

## Pathway to Health

ST. LOUIS, MISSOURI    May 4-9, 2025

Join the next mega-clinic offering free medical and dental services. This event precedes the evangelism work in preparation for General Conference Session.

Volunteer at [PathwayToHealth.org](http://PathwayToHealth.org)





## Working Together

**By Joan Payne, AAFCN President, MSN, BSN, RN, NP**

As the new president of AAFCN, I look forward to working with each of you. Our journey together reminds me of the paralyzed man who was carried on a mat to Jesus—not only for physical healing but for spiritual healing as well (Mark 2:1-12). Just as it took teamwork to bring this man to Jesus, it will take teamwork to strengthen and grow the Faith Community Nursing Ministry and AAFCN.

There are several key lessons we can learn from this powerful story:

Supporting Each Other: Regardless of the paralyzed man’s past, the men who carried him demonstrated unwavering support and care. We don’t know if they had known each other before, but they worked together to achieve a common goal. Likewise, in AAFCN, we may come from different backgrounds and experiences, but we must support one another as we pursue our shared mission.

Being Good Listeners: These men had to listen—to each other and to the man they carried. They needed to be aware of potential dangers, recognize when someone was fatigued, and understand the paralyzed man’s needs. Similarly, as Nurses, we must actively listen to one another, our congregations, our pastors, and the broader community. Effective listening includes not only hearing words but also understanding unspoken needs and concerns.

Staying United: These men may have had differing opinions on how to reach Jesus—perhaps debating the best route or the ideal time to leave—but they remained united in their ultimate goal...

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## Agape Love In Action

**by Rosalyn Saunders, DNP, FNP-C, RN, MSN, AAFCN**

What is agape love? Who needs it? Where can one find it?

Agape love is defined in Webster’s dictionary as a Greek word that means “brotherly love or charity”. It’s a term used in Christianity to describe the love between God and humans, and between humans and God. It is considered the highest form of Christian Love.

Every human being on this earth needs or deserves to experience what is termed “Agape Love”.

Nursing care is grounded in the belief that every person, regardless of race, creed, or color, or circumstance, bears the divine image of God. This conviction compels nurses to offer a ministry that transcends physical care alone.

In this world of turmoil, hate, and destruction, love seems to be the most fitting word to ease someone’s pain or feelings. To hear the words, “I love you” brings a sense of relief and comfort to those who might just be in a dark space. The month of February is widely considered the “month of love”. As we express our love for one another in various forms, the question comes to mind, are we truly following Jesus’ example of Agape love?

When Jesus walked among men, He demonstrated Agape love. His mission was to show men and women that He truly cared. They felt His love as He walked and worked among them in the highways and byways, healing the sick, opening the eyes of the blind, even raising the dead.

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## SAVE THE DATE: Annual Member Meeting 2025

The AAFCN Annual Members Meeting will take place on October 26, 2025. This gathering is a wonderful opportunity for members to connect, share insights, and help shape the future of our community. We encourage you to join us for an engaging day of discussions and networking. More details will be added in the coming months.

[Check here](#) for more upcoming events!

## Almond Blondie Cake

by Angeline D. Brauer, DrPH, MHS, RDN



Looking for a special treat? Try out this Almond Blondie Cake—a delightful twist between a blondie and a cake that’s perfect for those special occasions. Don’t miss the chance to whip it up and savor every bite.



# Adventist Nurses CONFERENCE

April 3–6, 2025

North American Division  
of Seventh-day Adventists  
9705 Patuxent Woods Dr,  
Columbia, MD 21046

**THEME: EMPOWERED FOR IMPACT**

The **Adventist Nurses Conference** supports nurses by offering skill-building workshops, fostering community through fellowship, and promoting spiritual renewal. It addresses the growing demands of nursing by combining professional development with personal well-being, providing tools and encouragement for wholistic growth in the field.

Learn More



## Why join the conference?

- Earn contact hours
- Network with other nurses
- Elevate your calling

Sponsored by AAFCN, [AdventistNurse.org](http://AdventistNurse.org)





# Pathway to Health

ST. LOUIS, MISSOURI

**May 4-9, 2025**

Join us as we demonstrate  
God's love to the people  
in St. Louis.

**3,000**

**MEDICAL AND NON-MEDICAL  
Volunteers Needed**

**Licensed Medical Professionals**

- Anesthetists
- Cardiologists
- Dental Hygienists
- Dentists
- Dermatologists
- Endodontists
- Family Practitioners
- General Surgeons
- Infectious Disease
- Internists
- Lifestyle Medicine
- Massage Therapists
- Nurse Practitioners
- Nurses - RN, LPN
- Nutritionists
- OB/GYN
- Ophthalmologists
- Optometrists
- Oral Surgeons
- Orthopedists
- Pharmacists

- Physical and Occupational Therapists
- Physicians Assistants
- Podiatrists
- Pulmonologists
- Radiologists
- Respiratory Therapists

**Non-Medical Volunteers**

- Audio/Visual
- Child Care
- Communications
- Data Entry/Records
- Food Services
- Musicians
- Patient Assistants
- Patient Charting
- Patient Registration

- Social Media
- Spiritual Care
- Translators
- Venue Services
- Volunteer Services
- And Other Roles

*A full children's program is available for volunteers and patients throughout the event.*



[pathwaytohealth.org/register](http://pathwaytohealth.org/register)

