



## Answering the Call: A Glimpse into the 2025 AAFCN Nurses Conference

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

### Who could have imagined this?

The inaugural Adventist Nurse's Conference was nothing short of extraordinary — a spiritually transformative gathering that left a lasting mark on every Adventist nurse and all present. We had attendees from far and near, across the North American Division plus Costa Rica and England. For those who could not attend, here's a glimpse into one of the most celebrated events sponsored by the Adventist Association of Faith Community Nursing (AAFCN) that falls under the umbrella of the Health Ministries Department of the North American Division of Seventh-day Adventists.

### Orchestrated by Heaven

From the very beginning, it was evident: God orchestrated this conference. Every step, every moment, and every detail felt divinely appointed. Fervent prayers were lifted — prayers for knowledge, wisdom, guidance, and protection. And those prayers were undeniably answered.

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## Faith Community Nurses and Men's Health: Support, Improvement, and Impact

by Dr. Linda Bradley PhD., M.P.H., R.N., PHCNS-BC, CHSE

June is Men's Health month. Let's turn back the clock and consider a commercial which started with a woman standing in her home and then the camera panned to a man sitting in a comfortable, tufted reclining lounge chair in the living room. Then the camera pans to two big strong men picking up the sitting man and putting him in the chair into the back of a truck and then driving off to take the man to a physician care visit. It was to take your man to the doctor day commercial. This was a funny but serious message to the population of men and to the women who love and care for them.

Digging deeper into the messaging about men reluctant to care for themselves is a background of dire statistics. Men die sooner than women. This is a known and taken for granted notion whose time has come to be addressed. Although men's health and issues with longevity are known, men are not included in priority population efforts (AHRQ, 2024).

The past five years have shown the world that health is wealth, and a valuable commodity. It also revealed that preexisting lifestyle and modifiable conditions can have an even negative effect on life and health and can accelerate the negative effects of chronic degenerative diseases and even to the point of death.

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## Faith, Healing and Mental Health: The Role of the Church Nurse

By Christine Ann Jackson-Fraser, RN, BSN, MBA, CHPN, FCN

Each year in the month of May, the emphasis is on Mental Health Awareness. This is a time to shed light on a topic that impacts many but is often hidden in silence—especially in our faith-based communities. According to the National Alliance on Mental Illness (NAMI, 2023), 1 in 5 adults in the United States experience mental illness each year. That means in every congregation, likely in every pew, there is someone suffering—quietly.

So how can faith community nurses respond to this need with compassion, knowledge, and appropriate action?

### The Role of the Faith Community Nurse

Faith Community Nurses (FCNs) are uniquely positioned and can play a pivotal role. They can help bridge the gap between spiritual support and mental wellness through education and advocacy. These efforts can also connect the church, the home, and the surrounding community (American Nurses Association, 2017).

FCNs are not just nurses who attend church. They are trained professionals who combine nursing with faith to care for the whole person—mind, body, and soul (American Nurses Association, 2017).

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## Stress: What's it all about?

by Sharon Hall Murff PhD MSN RN, CCRN, AAFCN

Stress has been defined as a condition that is brought about by a physiological, psychological, or emotional situation that produces strain on the body (Lazarus & Folkman, 1984). According to early researchers of stress (Kanner et al., 1981; Lazarus & Folkman, 1984; Neuman, 1989; Selye, 1974), there are situations, events, or transactions, known as stressors, that impact the body, and the results are often harmful health outcomes.

The continual experience of stress is known as a chronic experience (Selye, 1974) and chronic stress can lead to the development of chronic illness (Holmes & Rahe, 1967). Kanner et al. (1981), described the frequent and repetitive transactions that people face, as daily hassles. A daily hassle and chronic stress, whether physiological, psychological, or emotional, is associated with the development of disease or the exacerbation of illness (Selye, 1974).

Stress is pervasive and it is nearly impossible for an individual to avoid anxiety-producing situations that occur on a daily basis. Although stress is often thought of as something negative, there are pleasant occurrences that produce joy and happiness, with positive outcomes: these positive stressors have been defined as uplifts (Kanner et al., 1981). According to Kanner et al. (1981), a few pleasant experiences that can be stressful are such things as a wedding, birthday party, playing with children or grandchildren, and retirement. Uplifts are positive occurrences that buffer the daily, annoying hassles that one may experience.

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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!

## Fresh Watermelon Sorbet

by Gemalli Austin, DrPH, RD



Summer in a scoop—just watermelon, banana, and lemon. Perfect for hot days when you want something sweet, cold, and effortless. [Click here for the full recipe!](#)

TEACHING OF  
GRIEF AND LOSS