



# A Summer to Last a Lifetime

*How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can anyone preach unless they are sent? As it is written: "How beautiful are the feet of those who bring good news!"*  
**Romans 10:14-15**

## A Vestige of Eden: Reflections on the METS Conference



### METS Whole Person Care Preceptorship

July 11, 2012

The term Whole Person Care simply means treating patients as dignified humans rather than as diseases. People enter healthcare settings with all sorts of physical, emotional, and spiritual ailments, and healthcare providers have the opportunity to see patients healed and disease eliminated. This can potentially bring much joy; however, it is easy to neglect the spiritual needs of patients. Spiritual and emotional problems frequently affect patients physically and prevent them from having high self worth. To entirely cure and

care for a patient, it is important that healthcare providers address these easily overlooked needs. It is such a blessing to be able to make a difference in patient's lives at such critical times and on so many different levels.

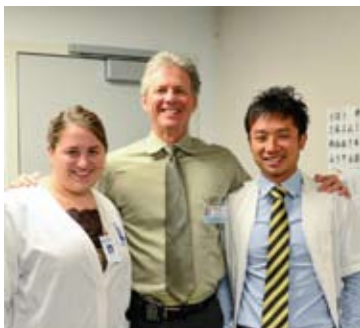
Jesus was a profound healer. He traveled, healing people physically and more importantly spiritually. He invites and commands us today to continue his work, completely reliant on the Holy Spirit. We as healthcare providers have the privilege to see people every day that are

searching for someone that can heal them. They travel to see us, and we have the opportunity to heal them physically. We also have the opportunity to share with them the love and peace we find in Jesus Christ. With the heart of Christ within us how can we be silent? With this convicting idea in mind, 30 students from medical, nursing and other healthcare disciplines joined together at the METS conference to learn how to appropriately incorporate Whole Person Care into their practices. We learned to

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## Putting Words Into Action



Before coming to the preceptorship, only a few people in our group of healthcare professionals and students had ever shared their faith with patients. For the majority of us, learning how to initiate spiritual conversations with patients was a leap of faith. Some of us grew up in Christian homes while others are still young in their walk with God.

Regardless of background or past experience, practicum has presented us all with situations we've never faced before.

During a typical practicum experience, we would divide into small groups of two or three students and head to our assigned unit. Using the training we received during the

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### METS Conference Quotes:

- "We need mentors... to love us and say the hard words like, "I don't remember God calling you to be comfortable."
- "You can never give another person that which you have found, but you can make him homesick for what you have."
- "There is a vestige of Eden in every person, when you speak to it, they respond."
- "We have that peace to offer them so why be silent?"

*“And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.” -Romans 8:28*

## A Vestige of Eden Cont'd

merge our faith with our future careers, allowing us to turn jobs into ministries.

Throughout the five-day conference, we had great opportunities to learn how to explore our patient's spiritual state of health in a loving and non-coercive manner. We were able to hear their lament, show them God's love through our actions, and when appropriate share the Gospel with them. Seasoned mentors and health professionals who have many years of experience in making their workplace their ministry field taught us and held discussions. We were given an array of tools to incorporate into our practices. We enjoyed hearing one testimony after another about the faithfulness of our heavenly Father when we, His children, follow his leading.

This was extremely encouraging. Lectures were followed by practicum experi-

ences at Loma Linda University Medical Center. Practicum required many of us to take steps of faith outside our comfort zones, and to trust in the leading of the Holy Spirit. It was a rich experience beyond our expectations and the joy of sharing with patients was indescribable. There was a lot of brokenness and pain in the hospital, but the Good News was like a



glass of cold water in a hot desert to those that received it. We were able to see revived the "Vestige of Eden" in many souls yearning to heal. Dr. Elder, one of the speakers at the conference, described the "Vestige of Eden" as a "residue of the image of God in every person." Every patient we encounter is on a spiritual journey, and we strive to meet them where they are at.

The conference gave hope to students and will help them to be fruitful as they begin to find their niche in the healthcare world. As it says in Jeremiah 29:11, "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."—Ashraf Goussous

## Alyssa's Practicum Experience!

"For me, practicum has not only helped me to grow more comfortable sharing my faith, but has also shown me that I must rely on God completely as I speak with patients. One particular experience sticks out in my mind. My partner and I spent over an hour having a spiritual conversation with a Hindu patient. We left feeling emotionally drained and discouraged because even after all of our effort, the patient didn't understand or accept the Gospel. We debated even seeing another patient, but we prayed asking for God's help and decided to talk with just one more. Upon entering this patient's room my immediate judgment was that this man would not want to talk with us. However, we proceeded to ask the standard questions we had been taught. I then shared the booklet with him, and He accepted Christ just like that. We read a psalm together and he said it was beautiful. We then prayed for him, and when I opened my eyes he was in tears. We left him with a Bible and a look of peace that had not been there when we first met him. The Lord's love and His sovereignty could not have been more obvious than at that moment. After trying to bring the previous patient to accept the Gospel of my own actions, the Lord used me as His arms and feet to bring someone to Him. It was not of my own doing, but the work of a God so much bigger than we can imagine. A God that works in our hearts, calling His children to Him." -Alyssa Keller

## Putting Words Into Action cont'd



METS conference, we initiated conversations with patients, transitioned into spiritual conversations, and, if the patient allowed it, we presented the gospel. Throughout the preceptorship, we were also blessed with clinical days where we had the opportunity to shadow several Christian physicians who practiced in a wide range of specialties such as infectious disease, pediatric neurology, orthopedics, and family medicine. Shadowing days gave us glimpses of how a patient's spiritual health can be cared for by various physicians using different methods, but

always through God's love.

Practicum was invaluable hands-on training that gave us the chance to grow comfortable talking to patients about spiritual matters. Although only the Holy Spirit can give us the wisdom to converse with patients, the amazing staff we were blessed to have at this preceptorship has equipped us with tools and knowledge that we can apply in our everyday lives as well as our aspiring careers. —Joy Farrar

## Fun, Fun, Fun in the Sun, Sun, Sun!!!

California, whose name was derived from a fictional paradise, is exactly what you would imagine a paradise looks like. The scintillating sun that gives everything a golden hue, the countless rows of palm trees and the pristine white beaches...we can only be thankful to the Lord for His wonderful creations.

The busy weekday schedule was packed with talks, practicums and mentor shadowing that proved to be physically draining, but weekends were usually free for us to go on road trips and visit various churches in Southern California. Throughout the week, we also had the opportunity to have dinners and gatherings at various physicians' houses, which usually culminated in a pool party or jacuzzi bathes! We went to three beaches in total, but our first road trip to the Corona Del Mar beach proved to be the most memorable. Corona Del Mar, replete with beautiful beach houses and deep blue waters, was remodeled recently and now offers a variety of facilities (fire pits, volleyball nets, restrooms and showers) that made a day trip to the beach an enjoyable experience. In addition to the volleyball tournaments and pictures that we took during the sun-

set, we had grilled sausages (hot dogs) and S'mores for dinner! It was also a great time of bonding as we huddled around the fire pit and sang praise and worship songs to end the night.

For the next two weekends, we drove to San Diego and Los Angeles, and went on a kayaking and sightseeing trip respec-



tively. Kayaking alongside sea lions and racing each other to the finish was indubitably exciting and fun, but the highlight of the day was to see which of your friends capsized their kayaks! Los Angeles, the second most populous city in the United States, was everything that you imagined it

to be and perhaps even better. We visited Hollywood, Rodeo Drive and Beverly Hills to revel in the beauty of these places and to do some souvenir shopping.

Sundays are typically family days and as a group we visited Mars Hill, Trinity and Saddleback Church. Besides experiencing how various churches deliver their sermons differently, it was also a time where each and every one of us reflected on the events that took place that week. After church, most people returned to their rooms to rest and prepare for the hectic week.

All work and no play makes a bad day; while the purpose of the preceptorship was to learn about whole person care and grow closer to the Lord, it was also important to relax and develop stronger bonds with each other. California has so much to offer and I am glad that we were able to experience it with an amazing group of people.

-Victor Lee

## Sara's Practicum Experience



"My most memorable practicum experience came from the very first day we were at Loma Linda Hospital. Upon entering the room, Mike, another student, and I obtained the patient's permission to begin asking spiritual questions. We soon realized that it was hard for the patient to respond. With this happening the nurse again peeked over and asked, "Did you know that that patient has expressive aphasia?" (a loss of ability to speak or

write). We said that we did not and thanked her. What was interesting about this, was that I cared for a patient with global aphasia this past semester in school. Because of this, I was able to communicate with the patient by asking questions that had to be answered by "yes" or "no". The patient started to cry which is when I thought that she might want us to leave. I asked her twice if she wanted us to leave, but she said "no" both times. I was hoping

she would say "yes" because I didn't know what else to ask. Then the Holy Spirit prompted me to ask this woman if it would be helpful if we prayed for her, to which she said "yes" with tears still streaming down her face. Upon saying "amen", the patient looked at Mike and I with utmost gratitude as if God had lifted a huge burden off of her. I knew then why God and the Holy Spirit had prompted Mike and I to go in this room, and I thank God that the barriers of communication and contact precautions did not stop us from showing her God's love." -Sara Sturdevant

### What is the METS Whole Person Care Preceptorship?

"National studies indicate that 60-70% of patients want their health provider to address their spiritual needs. Yet most professionals do not know how to do this and students are not taught in school. The preceptorship is four weeks of learning to meet both the physical and spiritual needs of patients. Experienced Christian physicians train students to care for the whole person in an ethical, caring, sensitive and non-coercive manner. Preceptorship students also participate in intensive Bible study and discipleship groups, led by Christian health professionals. Spiritual leadership development is included to prepare students to impact their classmates for Christ. Come in 2013! Trust God in new ways and gain professional, ministry and leadership skills to spend your life serving the Great Physician.

This years participants came from Honduras, Canada, Singapore, Jordan, and all over the States. We are nurses, and nurses in training, physicians and physicians in training, and one physical therapy student. When we depart we will return to families, clinics, hospitals and campus ministries scattered literally around the world.

Throughout this amazing summer, we've been mentored and coached in walking by faith. We've shadowed faithful men and women. We've been equipped with resources and refined our skills on the wards and in clinics. We've entered into the stories of patients. We've learned to ask purposeful questions and to listen more fully. Today we know more fully, we are blessed and loved. Thank you, METS!



#### Upcoming METS Conferences

Payson, AZ	October 5-7, 2012
Houston, TX	October 12-13, 2012
Toronto Canada	February 1-2, 2013
Jackson, MS	February 22-23, 2013
Redlands, CA	June 15-19, 2013

#### 2013 Whole Person Care Preceptorship

Redlands, CA June 15-July 17, 2013

**Will 2013 be your Summer to last a Lifetime?**

## Stories of Change and New Vision

"God is good! He redeems our brokenness!! I went into work last night feeling utterly helpless and broken! I was sick, exhausted and did not want to be there. I cried out to God in desperation. I told Him how I was feeling. And I prayed and prayed that He would use me. That He would help me see each patient as His masterpiece bearing His image. I prayed, "God, what do you have for me tonight? Why did I have to go in to work?"

The night's story: 1) Prayed with three patients. 2) Shared the Gospel with a patient, gave her a Bible and let her share about her broken life. 3) Fellowshiped



with a patient and her husband who were believers. 4. Just as importantly, a totally new attitude and perspective change for me!

Let's seek to go to work each day asking, "God, how do I fit into your story today?" What do you have for me?" Thanks Lord!"  
*Grace Huber*

#### From my journal on June 16, 2012 Soul-to-Soul:

"How simply beautiful and amazing, our 12-hour marathon of baring our hearts and souls to each other. Funny that we were all wondering how we would be able to fill 6-hours, but today we started at 9AM and didn't finish until 9:30 PM.

Each person shared for at least an hour and there were tears shed in everyone's story. We shared stories about brokenness, shame, self-doubt, struggles with love and self-worth but also about God's amazing grace and redemption and the work He is still doing daily in our lives. He is a God who can use even the mistakes

of our past for His glory and who can take our broken pieces and turn it into something beautiful.

What I learned from this experience is that everyone has a story. You can't tell simply by looking at someone's outward appearance what one's story is. It's easy for us (or at least me) to make assumptions about people based on what they look like, how they dress, where they live, etc. but I can so easily miss their story and their underlying need if I don't take the time to find out.

As healthcare providers caring for our patients, I am reminded that our job is to find their story. To do so, we must enter their lives to discover their stories by listening attentively, asking questions, and being sensitive to their needs. Even outside of the healthcare setting, this still applies, whether it's at home, at the workplace, school, or on the streets.

Everyone has a story."

*Tiffany Chiu*