



# IMMERSION CANCER CARE TRAINING

KNOWING IS EVERYTHING

BECAUSE EVERYONE'S JOURNEY IS DIFFERENT



Knowing  
IS  
Everything

# IMMERSION

## INTO THE FUTURE

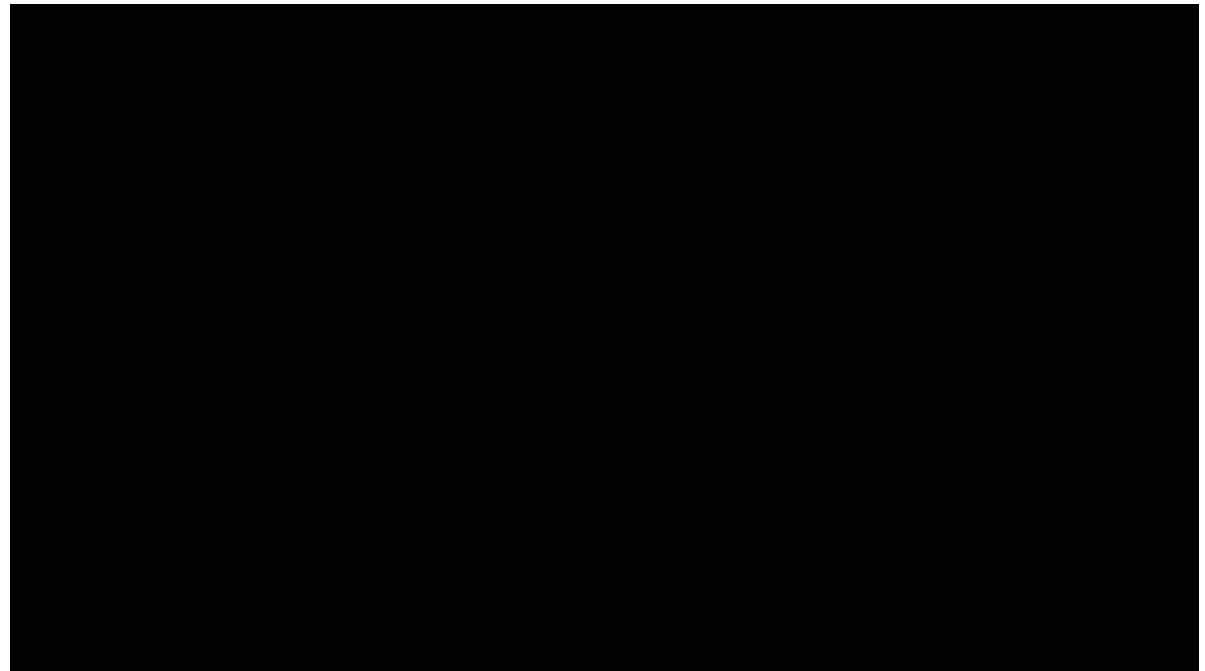
Because Everyone's Journey IS Different

# Let's Discuss

- ✓ What is Hope
- ✓ What Is A Spiritual Cancer Ministry
- ✓ Cancer Etiquette

# Knowing IS Everything

- Community Educational Outreach
- Community Awareness
- Community Screening & Testing



# What Is The Meaning of Hope?

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## Tekvah

The **primary meaning** for the word Tikvah is more concrete.

Tikvah is a **CORD**; as in a string of rope made of several strands twisted together for strength. Hope, in Hebrew, is a **ROPE**.

The **secondary meaning** of Tikvah which means Hope; to look for; to wait with patience.



# Hope: Three Strands To That Rope

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Remember the rope of Hope that God threw to us to hang onto, there were three strands to that rope.

**First**, there was  
**God's Person**

(the reminder of  
who He is and  
His character;

of

His power and  
love and  
faithfulness that  
never change).

**Second.** Then, there were God's past deeds (the reminder of the things God did in history that prove He is faithful, and strong, and reliable: We know what He did from the Bible, from the lives of the people, and from our own lives and the lives of people we know)

**Third.** Finally, the third strand is **God's Promises, His plan.** As it says in Jeremiah 29:11 For I know the plans I have for you, thoughts of peace not evil.." God has a "plan of sheer goodness." He created us to share in a blessed life and has made many firm promises that we can count on, to help us to get there.

# God's Person, His Past Deeds, & His Promised Plan

- ▶ **Faith** in those three things together—**God's Person, His past deeds, and His Promised Plan**—came together in a strong, three-stranded cord that gave us something to hang onto. It lifted our eyes off the problem and became a lifeline of **Hope** that didn't depend on the outcome but on God.
- ▶ You know what they say. If you run out of rope, tie a knot and hang on! In whatever situation you're in right now: if you run out of Hope, twist together those three strong strands—your knowledge of **God's Person, His Past Deeds, and His Promised Plan** [Read the Bible, study the lives of those that preceded us, and discover these things if you don't know them already].
- ▶ **Now**—knot them together and hang on! The Lord “goes before you; He will be with you, He will not fail you or forsake you: do not fear or be dismayed. God will never leave you, nor forsake you” (Deuteronomy 31:8).

## Cancer Care Ministry Overview

- ▶ What does a church-based cancer care ministry look like?
- ▶ How do we reach people?
- ▶ What is the impact?
- ▶ How can I receive group materials?

Immersion – Into The Future





# Overview: How Does It Look Like?

The leader will receive training and materials before starting a ministry training group in his or her church.

Then each group will engage in training that provides the biblical, intellectual, and practical foundation for doing cancer care ministry.

After the training, the group continues to meet regularly to share testimonies, receive training and encourage one another.

## Questions?

## Overview: How Do We Reach People



- ▶ The nature of cancer makes it hard to bring patients and caregivers together in one place. So those who have been trained and are able must go to them. No shortage of opportunities exists in being able to bring hope and care to those affected by this disease.
- ▶ Group leaders will work to identify opportunities for ministry and to help make connections.

## Overview: What is the Impact

- ▶ Imagine you are feeling afraid, rejected, alone, powerless, ashamed and without a future. Envision, then, if someone comes to you and says words that no one else has said, does things that no one else has done and leaves you with courage, strength, dignity, and hope for the future – and God's plan.
- ▶ How much would that affect you? What if instead of changing one day, they changed 10 days, or 100 days, or helped you through to see another whole season of life with Hope? The potential impact is indescribable.

*I really really miss you.*

# Overview: Receiving Materials

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Cancer Care Leadership Training Group 'Participants Workbook', Leaders Guide, and additional resource materials can be found at [www.mfhcc.org/cancer-training-materials](http://www.mfhcc.org/cancer-training-materials).

For more information please contact: Elder Patrice at [mfhcc@mfhcc.org](mailto:mfhcc@mfhcc.org).

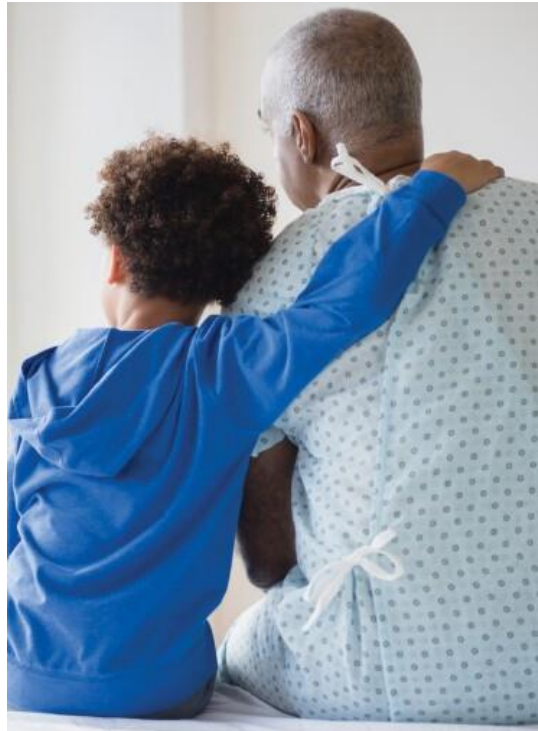
**Questions?**



# The 8 Modules: Ministry Curriculum Lessons

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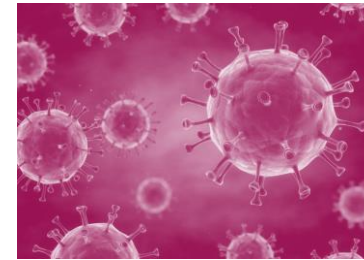
- ▶ The Need Is Great
- ▶ Know Your Enemy
- ▶ The Dos and Don'ts
- ▶ A Marvelous Calling



- ▶ Overcoming Fear
- ▶ Caring For Caregivers
- ▶ Practical Ministry
- ▶ The Least of These

# Lesson 1: The Need Is Great

- Why Cancer is Different
- A Step in Someone Else's Shoes
- Who is Affected
- Why Cancer Care Ministry Is So Important
- Able to Help Others



# Lesson 2: Know Your Enemy

- What Cancer Is
- How Cancer Is Treated
- The Impact on Spirit, Mind and Body
- Keeping the Commandment (Matthew 25: 34-36)



# Knowing Your Enemy





# Lesson 3: The Dos and Don'ts

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- Special Needs of Cancer Patients the proper tools.
- Intuition and Empathy
- Wisdom in the Small Things



**Questions?**

# Lesson 4: A Marvelous Calling

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- The Definition of a Ministering Person
- Discovering Our Calling
- Taking an Active Role Through Cancer Care Ministry

**Questions?**



# Lesson 5: Overcoming Fear

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- Overcoming Our Fears First
- Understanding the Response to Life-Threatening Illness
- Dealing with Feelings of Loss
- Three Styles of Helping

**Questions?**

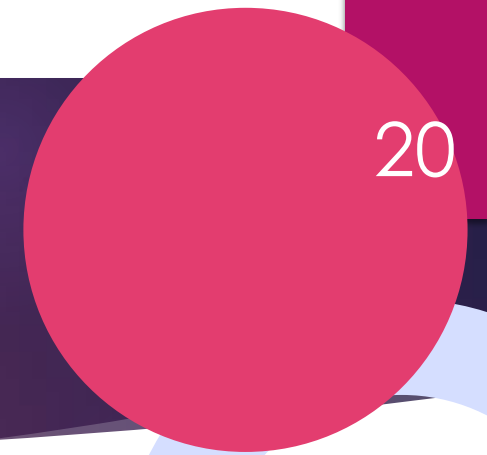


# Lesson 6: Caring For Caregivers

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- Hurting More Than The Patient
- Ministering To Caregivers
- Overcoming Stress, Anxiety and Sorrow
- Helping Through Grief

**Questions?**



# Lesson 7: Practical Ministry

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- Hospital Visitation
- Spiritual Preparation
- The Visit
- Dos and Don'ts of Hospital visitation
- Improving Your Communication
- Creative Care

**Questions?**



# Lesson 8: The Least of These

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- Preserving Dignity
- Seeing Christ in Them
- Seeking God's Heart
- Stepping Out
- Commissioning

**Questions?**



# 5 Reasons Why Reaching Out To Cancer Patients IS Important. #1

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**Health care is still in crisis.** People to continue to struggle with every aspect of it, including access and cost, the government and how much is enough.

Health care not funded by private individuals, or those with insurance that will not pay, will no longer be available. The natural place for it to fall is onto the church, from where health care first sprang

# 5 Reasons Why Reaching Out To Cancer Patients IS Important. #2

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**Cancer diagnoses are increasing.** The leading cancer research organizations in America released a study in 2000 indicating that the number of Americans diagnosed with cancer each year will double by 2050.

- In 2000, about 1.3 million people annually received a cancer diagnosis. By mid-century, experts predict that the number will have increased to 2.6 million annually.

The American Cancer Society estimates that in 2016, 1.6 million Americans will be diagnosed with cancer and more than 580,000 will die of cancer.<sup>2</sup>

- CNN is reporting that cancer has surpassed heart disease to become the leading cause of death among Hispanics in the United States, according to a recently released American Cancer Society report.



# 5 Reasons Why Reaching Out To Cancer Patients IS Important. #3

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**Cancer patients/families want spiritual support.** Two studies done between 2007-2009 and published in the Journal of Clinical Oncology addressed the spiritual needs of cancer patients.

- The **first** showed there is a strong desire for spiritual support on the part of cancer patients. **But of the 88 percent who considered religion to be at least somewhat important, nearly half said their spiritual needs were not being met by their religious community and 72 percent felt those needs were similarly unaddressed by the medical system.**
- The **second** study concluded that among terminally ill cancer patients, when the spiritual needs were supported by the medical team, there was greater hospice utilization and, among high religious copers, better patient quality of life near death.

# 5 Reasons Why Reaching Out To Cancer Patients IS Important. #4



**Cancer patients and their families are vulnerable, facing major life questions and issues.**

- The Institute of Medicine has published that cancer patients have seven critical psychosocial needs. They are:
- Information on cancer and its treatments
- Help in coping with emotions related to cancer
- Material and logistical resources
- Help in managing disruptions in work, school and family
- Assistance in changing behaviors
- Help in managing the illness
- Financial advice and assistance

# 5 Reasons Why Reaching Out To Cancer Patients IS Important. #5

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**The Church should show Jesus to cancer patients and their families** – attend to their needs, minister to them, care for their souls and open the doors of the church community to them.



# Scientific Research and Spirituality

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## Spirituality vs. Religion

- ❖ **Spirituality** – how we're connected in relationship with God ... deals with meaning and purpose and how these factors into being a “holistic” person.
- ❖ Spirituality is within us, around us, about us. Every aspect of life has a spiritual component.
- ❖ **Religion** – represents our outward actions in response to our spirituality. It's the formal expression of God incarnate expressed in relationship with others through education, worship, fellowship, etc.

# The Healing Power of Faith

- ✓ **Studies from the Duke University Center for Spirituality, Theology and Health, as well as hundreds of major studies by other physicians, researchers and organizations, have produced the following results:**
- People who regularly attend church, pray individually and read the Bible have significantly lower diastolic blood pressure than the less religious (in older adults, they were 60 percent more likely to). Those with the lowest blood pressure both attend church and pray or study the Bible often.
  - People who attend church regularly are hospitalized much less often than people who never or rarely participate in religious services.
  - The deeper a person's religious faith, the less likely he or she is to be crippled by depression during and after hospitalization for physical illness.
  - Religious people have healthier lifestyles. They tend to avoid alcohol and drug abuse, risky sexual behavior and other unhealthy habits.

# The Healing Power of Faith

Continued



- Elderly people with a deep, personal (“intrinsic”) religious faith have a stronger sense of well-being and life satisfaction than their less religious peers. This may be due in part to the stable marriages and strong families religious people tend to build.
- People with strong faith who suffer from physical illness have significantly better health outcomes than less religious people.
- People who attend religious services regularly have stronger immune systems than their less religious counterparts. People who went to church regularly had significantly lower blood levels of interleukin-6 (IL-6), which rises with unrelieved chronic stress. High levels of IL-6 reflect a weakened immune system, which, in turn, increases the risk of infection, autoimmune disease and certain cancers.
- Religious people live longer. A growing body of research shows that religious people are both physically healthier into later life and live longer than their nonreligious counterparts. Religious faith appears to protect the elderly from the two major afflictions of later life: cardiovascular disease and cancer. In this regard, religion may be as significant a protective factor as not smoking, in terms of survival and longevity.

# The Healing Power of Faith

Continued

- Religious hip-fracture patients recover faster than their nonreligious counterparts.
- Older people who attend religious services avoid disability significantly longer than their non-attending peers.
- After open-heart surgery, patients who find comfort in their religious faith are three times more likely to survive than nonreligious patients.
- Persons with mental illness like schizophrenia can achieve higher functioning if they're surrounded by a supportive church community.
- A year into recovery from heroin addiction, people in religious-based recovery programs were almost eight times more likely to report abstinence from opiates than those who received purely secular treatment.

# The Healing Power of Faith

Continued



Deeply sincere devotional practices reduce stress. People enjoy improved mood; they are delivered from anguished tension to tranquility. Mood is connected to chemical neurotransmitters in the brain, such as serotonin. Neuroscientists now believe many people suffering from depression have low levels of certain neurotransmitters, which seem to predispose them to drug or alcohol abuse.



# The Calling of God to Cancer Care Ministry

Cancer Care Ministry is not about healing people. Only God can heal.

## **Biblical Support**

A few days later, when Jesus again entered Capernaum, the people heard that he had come home. They gathered in such large numbers that there was no room left, not even outside the door, and he preached the word to them. Some men came, bringing to him a paralyzed man, carried by four of them. Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and lowered the mat the man was lying on.

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## **Biblical Support**

When Jesus saw their faith, he said to the paralyzed man, “Son, your sins are forgiven.” Now some teachers of the law were sitting there, thinking to themselves, “Why does this fellow talk like that? He’s blaspheming! Who can forgive sins but God alone?” Immediately Jesus knew in his spirit that this was what they were thinking in their hearts, and he said to them, “Why are you thinking these things?”

# The Calling of God to Cancer Care Ministry

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## Biblical Support

Which is easier: to say to this paralyzed man, 'Your sins are forgiven,' or to say, 'Get up, take your mat and walk'? But I want you to know that the Son of Man has authority on earth to forgive sins." So he said to the man, "I tell you, get up, take your mat and go home." He got up, took his mat and walked out in full view of them all. This amazed everyone and they praised God, saying, "We have never seen anything like this!"

— Mark 2:1-12 NIV

# The Calling of God to Cancer Care Ministry

Cancer Care Ministry is not about healing people. Only God can heal.

This is a man who found himself in a helpless situation. Four stretcher bearers got him to the feet of Jesus. At the feet of Jesus, he was healed.

How do we, as cancer care ministers, get patients and caregivers to the feet of Jesus? We meet their needs:

- Physical
- Emotional
- Social
- Spiritual

# The Calling of God to Cancer Care Ministry

Cancer Care Ministry is not about healing people. Only God can heal.

What would have happened to this paralyzed man if he had not had four friends willing to climb up on a roof and get their hands dirty?

This man's life was changed when he encountered Jesus. His life changed because four people helped him get there.

# A Minister's Role

Cancer is overwhelming physically, emotionally, and spiritually — both for the patient and the caregiver. Having someone to take the pressure off at various points in their life makes all the difference in the world.

**That is our calling.**

➤ But we are not called to do this alone.

Carry each other's burdens, and in this way you will fulfill the law of Christ. —Galatians 6:2 NIV

And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others. —2 Timothy 2:2 NIV

# Caring For The Spirit

At Immersion, faith is embraced as part of their commitment in providing hope that never quits.

One of the first things that cancer does is to try and steal hope. But the Pastoral Care Department at Immersion recognizes that God is the source of hope. Through faith, patients can find strength and hope in Him, especially in the face of challenges and difficult moments.

The Scripture is full of words of encouragement, but one verse that many patients find that particularly meaningful is Jeremiah 29:11...

# Caring For The Spirit

Most hospitals have a dedicated pastoral care team that is united in the purpose of encouraging patients in their faith and helping them find strength and hope in God.

From the moment a patient walks into one of these state-of-the-art medical facilities, a pastor is available to participate in the patient's care along with their oncologists, surgeons, nurses, and integrative care clinicians.



# Caring For The Spirit

Every patient, every caregiver and every family is precious to God. When they walk through the door at any Cancer Treatment Center, the Pastoral Care Team should be there to encourage them and provide spiritual support.

The team is dedicated to walking with patients through their personal journey as they face issues that impact life values: sickness and healing, despair and hope, guilt and forgiveness, fear and peace, anger and acceptance, as well as eternity and mortality.

# Caring For The Spirit

Additionally, the Pastoral Care Team should offer assistance and support to family members, as well as patients. Patients and family members can integrate spiritual care into treatment in a variety of ways:

- Individual and group prayer
- Counseling by a faith representative
- Weekly interfaith worship and communion services
- Communication between the pastoral care team and a family's spiritual advisors at home
- Patient and caregiver classes focused on healing, faith and life
- Covers of Love – a homemade blanket or quilt given to treating patients the first time they attend a mid-week worship service
- Taped ministry
- Support with end-of-life issues and decisions
- Baptisms, weddings and funerals

# Caring For The Spirit

If patients are more comfortable seeing clergy from their own church or denomination, the Pastoral Care team (You) can contact local clergy for them and help coordinate visitation and support.

The Pastoral Care team will do everything they can to support each patient's faith and help them through this journey with hope.

After patients leave a cancer treatment center, the team can continue to provide them and their family with spiritual support remotely by phone and Internet.

# What Is A Spiritual Cancer Ministry

A Spiritual Cancer Care Ministry is a hope ministry. While it involves prayer, counsel, visits, and assistance, it is centered on bringing God's hope to patients and their caregivers, family and friends. This requires an understanding of the impact of cancer, how people react to it and how God has called His people to respond.



# What Is The Purpose Of Ministry

In Christianity, ministry is an activity carried out by Christians to express or spread their faith, the prototype being the Great Commission.

## What Do Cancer Survivors Want To Hear?

Don't try to tell the person with cancer what to think, feel or how to act. You don't know what they're going through, so don't act like you do. Instead of saying "I know how you feel," try saying "I care about you and want to help." Don't suggest alternative forms of treatment, a healthier lifestyle, etc.

## What Not To Say To Cancer Patient?

- “Really you have cancer? ...
- “Just live in the moment.”
- “I read about this new diet that cures cancer!”
- “I know you will get better!”
- “I know what you're going through. ...
- “I can't stop worrying about you.” Please don't add another burden to my already heavy heart!

# We Asked & You Answered!

While most people mean well and have great intentions, finding the right words to say to a cancer patient can be **challenging**. Here are some tips, directly from cancer survivors, on certain phrases and expressions that may not come across as helpful.



# Phrases and Expressions that may not come across as helpful.

- ▶ “Really you have cancer? You don't look that sick.”
- ▶ “Just live in the moment.”
- ▶ “I read about this new diet that cures cancer!”
- ▶ “I know you will get better!”
- ▶ “I know what you're going through. My dog had cancer.”
- ▶ “I can't stop worrying about you.” Please don't add another burden to my already heavy heart!
- ▶ “So very sorry to hear that-- I like working with you!” Just got that one yesterday. What?!!
- ▶ “My \_\_\_\_\_ died of cancer.”
- ▶ “I know someone who had the same type of cancer and they just had a recurrence.” Not what I want to hear. Ever.
- ▶ “Oh, that's the good cancer. It's so curable.”
- ▶ “You're so strong and brave! I could never go through what you're going through.” Please remember I don't have a choice.

# Phrases and Expressions that may not come across as helpful.

- ▶ “Why are you letting her eat that? It feeds the cancer cells.”
- ▶ “Is it contagious...?”
- ▶ “How did that happen?”
- ▶ “If you didn't know he has cancer and you met him you would never know it!!! He looks so healthy!!!” But they don't see all the bad days.
- ▶ “Is it bad?”
- ▶ “You should have been eating organic.”
- ▶ “Are you a smoker? Did you quit?”
- ▶ “I hope that I don't get it!!!!” Please realize that we have cancer, not cooties.
- ▶ Please stop just saying “Let me know if there's anything I can do” and then leaving it at that. Rather, you can call them & ask “What specifically do you need done?” Better yet, call from the grocery store, “Do you need anything from the store?”
- ▶ “You really should exercise and eat better!!”
- ▶ “WOW, did they remove your breasts?”

# Phrases and Expressions that may not come across as helpful.

- ▶ “I know so & so who had the same type of cancer, and they were just fine!” ...or any variation of cancer stories.
- ▶ “You need to get chemo and surgery but not radiation.” You're not my doctor.
- ▶ “You don't have it as bad as \_\_\_\_.” Please do not compare stories.

# And Some Tips on what you SHOULD do and Say:

- ▶ I just want to be treated like everyone else, included like everyone else as much as possible so that I can feel as close to normal as possible. No sugar coating, it just honesty, friendship and love.
- ▶ How about just acknowledging that cancer is just plain horrible, period!!!!
- ▶ Just OFFER to do something specific, could be any idea, just offer to do something!!!! They will say yes or they will then feel comfortable actually asking for something they do need!

Please remember these are just opinions, but they may be helpful if you are struggling with finding the appropriate words to say to a loved one or acquaintance!

# Cancer Etiquette

## **No longer a silent disease**

It can be difficult to know what to say to someone with cancer. Unless you've been there yourself, you can't possibly understand how it feels.

Many people say inappropriate things without realizing it. We often do the best we can, but our efforts still fall short. How do we find the right words to talk to someone with cancer?

# Cancer Etiquette

Years ago, people spoke in whispers about cancer. Today, despite its prevalence, advances in treatment and increasing survival rates, many people still don't know how to handle the news.

At some point, someone you know will likely get cancer. When it happens, you should be prepared to communicate appropriately about the disease.

# Cancer Etiquette

Many cancer survivors share similar stories of awkward encounters and upsetting comments made by well-meaning individuals. Their collective observations help us define “cancer etiquette,” or rules of conduct for communicating with the cancer community. Since each person experiences cancer differently, one approach does not necessarily work for everyone. This information serves as a starting point for talking to someone with cancer. There is no single right way. Just keep trying.

# Tips For Caregivers & Survivors

## ▶ **Don't ignore them.**

Some people disappear when someone they know gets cancer. The worst thing you can do is avoid the person because you don't know how to handle it. Cancer can be lonely and isolating as it is. Tell them, **"I'm here for you," or "I love you, and we'll get through this together."** It's even okay to say, **"I don't know what to say," or send a note that says, "I'm thinking of you."** Just stay connected.

## ▶ **Think before you speak.**

Your words and actions can be powerful. One comment can instantly undo someone's positive mood. **Don't be overly grave and mournful.** Avoid clichés, like "hero" and "battle." If the person gets worse, does it mean they didn't fight hard enough? Try to imagine if you were in your friend's shoes. What would you want someone to say to you?



# Tips For Caregivers & Survivors

▶ **Follow their lead.**

Let the person with cancer set the tone about what he or she wants to talk about. It doesn't always have to be about cancer. Chances are your friend wants to feel as normal as possible. Tell him or her about something funny that happened. Allow your friend to talk about cancer if he or she wants. And save the pity eyes and voice.

▶ **Keep it about your friend, not you. Don't lose your focus.**

Avoid talking about your headache, backache, etc. This isn't about you. And as bad as you feel, he or she feels worse and may not be interested in hearing about how hard this has been on your life. Don't put him or her in the position of having to comfort you. Only ask questions if you truly want to hear the response.

# Tips For Caregivers & Survivors

▶ **Just listen.**

Sometimes just being there to listen—really listen—is the best thing you can do. Let the person with cancer talk without interruption. You don't always have to have all the answers, just a sympathetic ear. He or she may not want to talk at all and would rather sit quietly. It's okay to sit in silence.

▶ **Don't minimize their experience.**

**Try not to say, "Don't worry, you'll be fine."** You don't know that. Instead say, "I'm really sorry," or "I hope it will be okay." And don't refer to his or her cancer as "the good cancer." These statements downplay what he or she is going through. Leave the door to communication open so they can talk about fears and concerns.

# Tips For Caregivers & Survivors

## ▶ **Don't be intrusive.**

Don't ask those with cancer questions about their numbers or tumor markers. If they want to talk about their blood results, they will. Give them the freedom to offer this information or not. **Also, don't ask personal questions** that you wouldn't have asked before, especially when it comes to subjects like sex and religion.

## ▶ **Don't preach to them.**

Don't try to tell the person with cancer what to think, feel or how to act. You don't know what they're going through, so don't act like you do. **Instead of saying "I know how you feel," try saying "I care about you and want to help."** Don't suggest alternative forms of treatment, a healthier lifestyle, etc. **And don't tell them to "stay positive,"** it will only cause frustration and guilt.

# Tips For Caregivers & Survivors

## ▶ Refrain from physical assessments.

Refrain from comments about how those with cancer look, particularly if it's negative. They don't need their weight loss or hair loss pointed out to them. And if they just started treatment, don't ask them about potential side effects. If you say anything at all, tell them they look stronger or more beautiful, but mean what you say.

## ▶ Avoid comparisons.

Everyone does cancer his or her own way. Don't bring up the private medical problems of other people you know. And don't talk about your friend with cancer who is running marathons or never missed a day of work. Avoid talking about the odds or making assumptions about prognosis. Just allow your friend to be who they are.

# Tips For Caregivers & Survivors

## **Show them you care.**

Show those with cancer that they're still needed and loved. Give them a hug. Surprise them with a smoothie, books, magazines, or music. Offer to help, such as cooking, laundry, babysitting or running errands. Be specific by asking, "What day can I bring you dinner?" And offer to help only if you intend to follow through with it and won't expect something in return.

## ▶ **Share encouraging stories.**

Offer encouragement through success stories of long-term cancer survivors. Avoid saying, "They had the same thing as you." No two cancers are the same.

And never tell stories with unhappy endings. If you know someone with the same type of cancer, offer to connect the two of them.

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# IMMERSION

INTO THE FUTURE

Thank you

IMMERSION – INTO THE FUTURE