

Lamp

Memory Verse: "...he poured oil and wine on his wounds and bandaged them" (Luke 10:34)

Study Plan: One way to live out your baptismal promises is to care for others. You will learn that professions in healthcare allow individuals to carry out their Baptismal Covenant promises on a daily basis.



Discern

Step 1. The Good Samaritan

Luke 10:25-37 Leader's Initials _____

A teacher of the Law came up and tried to trap Jesus. "Teacher," he asked, "what must I do to receive eternal life?"

Jesus answered him, "What do the Scriptures say? How do you interpret them?"

The man answered, "'Love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind' and 'Love your neighbor as yourself.'"

"You are right," Jesus replied; "do this and you will live."

But the teacher of the Law wanted to justify himself, so he asked Jesus, "Who is my neighbor?"

Jesus answered, "There was once a man who was going down from Jerusalem to Jericho when robbers attacked him, stripped him, and beat him up, leaving him half dead. It so happened that a priest was going down that road; but when he saw the man, he walked by on the other side. In the same way a Levite also came there, went over and looked at the man, and then walked on by the other side. But a Samaritan who was traveling that way came upon the man, and when he saw him, his heart was filled with pity. He went over to him, poured oil and wine on his wounds and bandaged them; then he put the man on his own animal and took him to an inn, where he took care of him. The next day he took out two silver coins and gave them to the innkeeper. 'Take care of him,' he told the innkeeper, 'and when I come back this way, I will pay you whatever else you spend on him.'"



And Jesus concluded, "In your opinion, which one of these three acted like a neighbor toward the man attacked by the robbers?"

The teacher of the Law answered, "The one who was kind to him."



- What did the teacher of the Law ask Jesus?
 - What was Jesus' answer?
 - Which person in the story do you think acted like a neighbor?
 - How did he help the man who was robbed?
- Jesus told this story to Jews. Jews and the Samaritans had a long history of despising one another. One thing in the story really surprised the listeners: it was the *Samaritan* who helped the man who had been robbed.
- Why do you think the Samaritan reached out and helped the injured man?
 - Do you think it was easy to help someone who was "the enemy"?



Jesus replied, "You go, then, and do the same."
 Act out this parable with the members of your branch.

Step 2: How am I involved in all this? Leader's Initials _____



When you are baptized, there are certain things you promise to do. You make a "covenant", an agreement with God, to live your life in certain ways.

Three of the promises are:

- to proclaim the Good News
- to seek and serve Christ in all people
- to respect the dignity of every human being

These are BIG PROMISES. You will spend your entire life trying to live up to these promises! That's okay - it's a big challenge for everyone.



Find the Baptismal Covenant on page 305 of the Book of Common Prayer

- Discuss the meaning of these words with your leader.

Write out the three baptismal promises in your own words.

I promise to _____

I promise to _____

I promise to _____



Make a prayer rock to remind you of your promises. Find a rock that you like; paint it all one color. Then paint on it the words “I promise”. When it is dry, you can hold it while you pray; seeing it in your room or wherever you choose to keep it will remind you of the promises you made at your baptism.



Step 3: The Story of a Healer: Florence Nightingale
Leader’s Initials _____

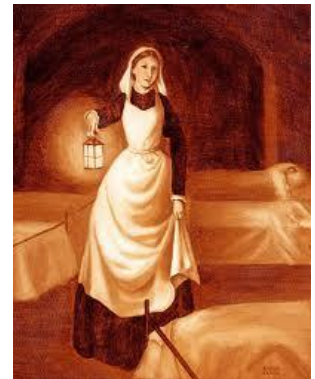
Florence Nightingale is honored as the founder of the modern profession of nursing. She was born in 1820 in Florence, Italy, and grew up in England. As she became an adult, she began to visit the poor, and became especially interested in looking after those who were ill. What she found out was that nurses were not respected; nursing was thought to be a job that did not require study or intelligence, and patients were not well cared for.



That picture changed for Miss Nightingale when she traveled and saw how nurses worked in other places. She trained in Germany and Paris, and returned to England and began to work there to change how patients were cared for. In 1854 the Crimean War broke out. Reports of the poor treatment of the sick and wounded in the English camps moved Miss Nightingale to volunteer to serve. She recruited 38 nurses. When they arrived in Scutari, Turkey, they found appalling conditions; the hospital was filthy, there was no soap, towels, or clothes; there was little food available, and medical supplies were lacking. Miss Nightingale and her nurses worked long and hard hours to improve the hospital and the care given to the wounded soldiers. She became known as “The Lady of the Lamp” for her compassionate and caring treatment to the patients.

When she returned to England, she established a training school for nurses; this school helped to elevate nursing into a respected profession. Her work resulted in many changes in hospitals, in army nursing, and in public health.

Florence Nightingale was an Anglican; her faith sustained her through her many years of hard work and many years of ill health. She died in 1910.



You can find out more about Florence Nightingale by going to your library and finding books about her, by reading *in Holy Women, Holy Men*, or by going online.



- Why did Florence Nightingale choose to be a nurse?
- How did the profession of nursing change under her direction?



Present the skit about the life of Florence Nightingale which is found in the Leader's List at the end of this lesson.



Step 4: What are other caring professions? Leader's Initials _____

There are many people who work in the caring professions - that is, they help take care of people's health.

You've met some of them; your doctor and the nurses in your doctor's office are the ones you probably know best. Other health care professions are counselors, nurse's aides, physical therapists, social workers, psychologists, occupational therapists, physician's assistants, paramedics, nursing home attendants.



In order to serve as a health care professional, specific education and training is needed. A person who chooses to go into any of these fields needs to be compassionate and caring, willing to work with others, and patient.

As these health care professionals help and heal other people, they are fulfilling their baptismal promises. They are serving God by loving and caring for God's people.



• How does helping people care for their health serve God?



Research one of the health care professions and share your research with your group.

Find out:

- what this person does
- what kind of education and training are needed

If possible, invite this person to come to your meeting and talk about what they do. Prepare the questions you would like to ask this person. Be sure to write a thank you note to the person after your time together.

Write a prayer that someone in this profession might use as she or he performs her duties. For example: "Lord, give me the courage to face the challenges of this day and help me to remember that as I care for these injured people I am also showing my care for you."



Step 5: What can I do? Leader's Initials: _____

As a young person, you can do quite a bit to care for others:

- You can learn some basic first aid to help others who have small injuries.
- You can learn to be comforting and caring to people when they are hurt.



- Why might it be helpful to know some basic first aid?
- Do you suppose how we do first aid now is like what the Samaritan did? Why has this changed?
- When you are hurt, what is it that you want most?

Do all three of the following activities:

1. Learn the basic first aid for:

- a cut
- a burn
- a sprain or strain
- bug bites



Write this information down on cards and keep it with your first aid kit. This information is in the Leader's List on page 6.

2. Make a first aid kit. Keep it at home or in your family's car. Information is in the Leader's List on page 6.

3. Make a list of whom to contact for help and keep this list by your phone. Enter these numbers into your cell phone if you have one. There is a form in the Leader's List on page 6 for this.

Leader's List

Emergency Numbers

Emergency: Dial 911	Poison control phone number
My Address	My doctor's phone number
Mom's work number	Church phone number
Dad's work number	Family Friend phone number
Police dept. phone number	Other important numbers
Fire dept. phone number	

Basic First Aid Kit

A first aid kit can be simple or more elaborate, but here are some essentials:

- antiseptic cream ▪ scissors ▪ instant cold packs ▪ tweezers
- gauze pads ▪ adhesive tape ▪ band aids ▪ hand cleaner

Basic First Aid

You can copy this information onto cards and put on a ring so you can find the information you need.

<p>First Aid for Cuts</p> <ol style="list-style-type: none"> 1. Wash your hands. 2. Clean the area with water or a wipe. 3. Put on band aid. 	<p>First Aid for Bug Bites</p> <ol style="list-style-type: none"> 1. Wash the site. 2. Apply a cold pack. 3. If there is a bee stinger, remove it with the edge of a credit card or tweezers, then apply cold pack.
<p>If there is lots of blood:</p> <ol style="list-style-type: none"> 1. Call an adult. 2. Put a gauze pad over the wound and apply pressure. 3. Raise the wounded part above the heart. 	<p>First Aid for Strains and Sprains</p> <ol style="list-style-type: none"> 1. Apply a cold pack. 2. Wrap the area with a cloth or elastic bandage, but not too tightly. 3. Raise the injured part above heart level.
<p>First Aid for Burns</p> <ol style="list-style-type: none"> 1. If it is a small burn, run cool water over the area, or place it in cool water. 2. Bandage loosely with gauze. <p><i>If it is a big or deep burn, seek medical help right away. Do not apply water.</i></p>	

A Skit: Florence Nightingale goes to Skutari

Characters:

Narrator

Florence Nightingale

Jane Smith, a young nurse

William, a wounded soldier

Ralph, a wounded soldier



Scene 1 *On a boat*

Narrator Here we are, in the year 1854, on a boat on the Mediterranean Sea. The Crimean War is being fought between Russia on one side and the United Kingdom, France, and Turkey on the other. The boat we are on is going to Scutari, where they take the wounded soldiers from the war.

Jane Here's your tea, Miss Nightingale. I hear it will be another week before we arrive in Scutari.

Florence Thank you, Miss Smith. Yes, we still have a ways to go. *(Looks at map and shows it to Jane.)* Here's where we started out *(pointing to England)*. We couldn't see this from the boat, but this is Florence, where I was born *(points out Florence)*. Here is where they are fighting this war *(points to Crimea)*, and here is where we are going *(points to Scutari)*.

Jane What will it be like when we get to Scutari?

Florence I don't know exactly. But I imagine there will be a lot of hard work.

Jane Miss Nightingale, did you always want to be a nurse?

Florence As long as I can remember. As I was growing up, what I liked doing most was taking care of our pets when they got sick, and sometimes I even helped the servants when they were sick. Then I knew that God was calling me to help people who were helpless and miserable.

Jane Were your parents happy about that? My parents were really upset when I told them I wanted to go with you and learn how to be a nurse.

Florence My parents weren't happy either when I told them what I wanted to do. Be a nurse was not something that a well-educated woman was supposed to do. The nurses I knew about were sloppy, and dirty, and didn't know what to do or how to care for sick people. It was pretty awful.

Jane Then how did you do it?

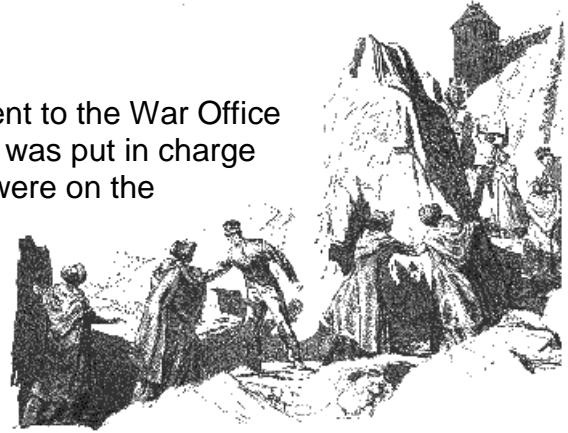
Florence My family still wasn't happy, but eventually they let me learn how to be a nurse. I traveled to other countries to learn about nursing, and finally I was put in charge of a hospital for women in London.

Jane I heard about the work you did there, about the many changes you made in how patients were cared for.

Florence Yes, there were many things we had to do there to make sure that people who were sick got better. Then our soldiers went off to war, and we heard back that the sick and wounded soldiers were suffering terribly, and I knew I had to do something.

Scene 2 *At the hospital in Scutari*

Narrator And she did do something. She went to the War Office and volunteered her services. She was put in charge of the nurses. Thirty-eight nurses were on the boat with Miss Nightingale. They arrived in Scutari on November 4.



William *(Groans in pain)* Help me, please help me.

Ralph Please do something for him. He's been lying there for days, and no one will help him or even clean him up.

Jane Miss Nightingale, I never imagined things could be so bad. It's filthy here; there is no soap, no towels, no clean clothes for the soldiers. There are rats running around, and the food is all spoiled. How can we help these men?

Florence We have a lot to do here. The soldiers are dying from all the dirt and filth here, not from their wounds. The first thing we must do is to clean everything up, and find decent food for the men. Let's get to work.

Jane I'll get the others and start right away.

Scene 3 *Some time later, at Scutari*

William We're still here at the hospital, Ralph.

Ralph Yes, William, but at least now we've been washed, and have clean clothes. We have food to eat; I hear the nurses went out and found food for us.



William Thank goodness for these nurses; they've done so much. They're really changed how this hospital runs.

Ralph But do you know what I remember most? It was at night, and my wounds hurt so much. I must have yelled because of the pain. And, then in the

darkness, a woman came to me carrying a lamp so she could see. It was Miss Nightingale - the lady with the lamp - and she stayed with me and put new bandages on my wounds and talked to me until I could fall asleep again. The lady with the lamp - I'll never forget her kindness.

Narrator

The Lady with the Lamp continued to work at the hospital at Scutari, stopping only when she herself became sick. After the war was over, she returned to England. Her work changed the nursing profession from an untrained, terrible job to a highly skilled and well-respected medical profession with very important responsibilities.

