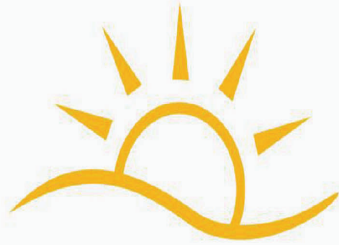


The Spiritual Caregiver

A Newsletter of the Ecumenical Institute for Pastoral Care



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**Training
Faith
Based
Caregivers**

**Volume 10, Issue 2
Fall 2009**

- Check out EI's website:**
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- Daily Devotions
 - Faith based Caregiving Articles
 - General Information about EI
 - Plymouth County Senior Service Directory
 - EI Newsletters
 - Enrollment Information
 - Opportunity to donate online
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WELCOME NEW STUDENTS

The fall clinical pastoral education class started on Monday, September 14, 2009. Welcome to these students:

- **Lynn Egesdal**, a participant in Wartburg Seminary's TEEM Program (Theological Education for Emerging Ministries) of the ELCA and lay leader at Nain Lutheran in Newell. She is also the Education, Youth and Family Ministry Coordinator for the Western Iowa Synod, Evangelical Lutheran Church in America.
- **Joyce Kizzier**, is Director of Faith Formation and Pastoral Minister at Immaculate Conception Catholic Church in Merville.
- **Chris Mondak**, is a veterinarian and the ISU dairy specialist for 20 counties in Northwest Iowa. She leads support groups for dairy farmers in crisis and attends Christ the King Catholic Church in Sioux Center.
- **Catie Newman**, is pastor at Hornick United Methodist Church and Salix Community United Methodist Church.
- **Diana Pollard**, certified lay minister, serves United Methodist churches in Langdon and Spencer Zion.
- **Roger Sassman**, member of First Church of Christ, Cherokee, has a ministry visiting area nursing homes.

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Rev. Peter Holland, Supervisor
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Welcome New Board Member

Ecumenical Institute (EI) would like to welcome Mary Herbst to the Board. Mary says that she has been on a lifelong journey to promote the welfare of children and building healthier families. Her support of EI is an out growth of her interest and involvement in Stephens Ministry (a lay training program) at St. Joseph Catholic Church in LeMars. Mary states, "I support EI because the training offers the opportunity for spiritual formation of individuals so that they can minister to others at a deeper level. There is a shortage of well trained people and EI helps meet that need."

Mary has lived in LeMars for 24 years where she and her husband raised four children. She has been a communion minister, participates in an ecumenical Bible Study, and has been a part of Ladies Guild and Catholic Daughters. She has been active with CASA (court appointed special advocate) for 15 years and has been the coordinator for 8 years. Her area is Sioux, Lyon, and Plymouth Counties. Her training is in nursing.

Her hobbies include playing piano, cards, listening to music, reading, and watching sports—especially football.

The EI Board welcomes the opportunity to help build stronger communities together with Mary.

Health Care Ethics End of Life Issues

Friday, October 23, 2009
9:00 am-4:00 pm
Marina Inn, South Sioux City, NE

TOPICS:

*Care & Treatment Decisions
Contested Issues
Decision Making
Medical & Spiritual Care
Secularization & Euthanasia*

Register with Sheryl Oetken
Call (712) 279-2507

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St. Luke's and Mercy Medical Center
on THURSDAY, October 29, 2009



8:30: Breakfast Buffet
9:00-11:15: Educational Program
Supportive Presence in Illness and Death
11:15-11:45: Worship

Registration: \$10, Please register by
contacting Rosann Boettger (712) 279-2564 or
email, boettger@mercyhealth.com.

Supervisor Update

The Ecumenical Institute is glad to welcome Rev. Peter Holland as our supervisor this fall. He has been serving as a supervisor in Sioux Falls for 28 years. Peter says, "I am glad to be a partner with EI to provide CPE in this region. I support ACPE (Association of Clinical Pastoral Education) training and look forward to strengthening it as we train a new supervisor for this area. I am excited about the partnership with St. Luke's/Mercy and EI so that CPE will continue to be offered locally."



Peter was born in England and completed his education there. Following his seminary training, he received a scholarship from the World Council of Churches and studied at the University of Chicago Divinity School, obtaining a Master of Arts and Doctor of Ministry Degrees. He was ordained in the United Reformed Church in England. After becoming a certified CPE supervisor in 1980, Peter moved to Sioux Falls to direct the Presentation (now Avera) Health Systems' CPE Program.

The following is an article that was in our regional ACPE newsletter. It explains CPE well. The author, Julia Taylor, is a student in the Fairview CPE program in Minneapolis, MN.

CPE Reflection

I stand here with a profound sense of gratitude: for the Supervisors and clinical coordinators who have challenged us to come to terms with (among many other things), the limitations of our role, our fear of dying, our residual grief from past hurts, and our broken but well meaning families. They bless us with the gift of time and critique. I remember after a lengthy defense of many of my personal flaws, a CPE supervisor said to me, "you know rarely if ever in life will people take the time or care enough to challenge you like this." Even as I shuddered at the mirror placed in front of me, I knew she was right. In what other venue are we encouraged to share our weakness, pain, doubt and fear-knowing it will be heard without judgment? Our supervisors, clinical coordinators, and fellow students care enough about the person we are becoming and the ministry we are joining to challenge us. They know that if we embark on the sometimes painful, often joyous work of integrating our personal growth and pastoral care, we will emerge with greater humility and provide more compassionate care for the patients, families and clients we serve.

I stand here grateful for every patient and loved one who allowed me the privilege of walking with them through illness, loss of independence, crisis of faith, renewed hope, and restored identity. We could not be a part of this life giving work if patients and loved ones did not risk sharing and allow us to mourn with them, when they mourn, and rejoice with them when they rejoice. I believe we are treading on sacred ground when people invite us into the beautiful messiness of their lives and like you all, it is not a role or responsibility that I take lightly.

I am grateful for the humility and openness of an elderly patient dying of cancer who wept as he told me of the affair his wife had while he was fighting in WWII. He had not spoken of it to a single soul for over 50 years. Though his wife had already passed away, he was struck by his need to forgive her and perhaps his even greater need to be known and comforted by another.

I am grateful to the patients who have asked us to be with them in their dying, for the family member that looked to me and said, "what do we do now?", for the sister who shook her dead brother and yelled at him for leaving her, for her father who received a new liver and reflected that God gave him life so he could pour his life into people living with downs syndrome.

I am grateful to listen and engage the questions asked boldly to us in this work, "After so many prayers, why is God taking away my 12 year old?" "Why did my husband have to leave me?" "Can we pray for the family of my donor who died in a car accident?" "Do you think there is a reason I survived this suicide attempt?" "How do I forgive my mom for abandoning me?" "Who will take care of my wife when I am gone?" "Where was God in the midst of my abuse?" "Is it okay to remove life support?" "Will you say a prayer of thanksgiving for my doctor who gave me my life back?"

"CPE teaches us to honor our patients in their struggles and not to rush in and fix or rescue, not that we could if we tried.

...As a result of doing this work, I have learned to trust God more-seeing first hand that God loves and cares for people in their suffering more than I could ask or imagine....."

CPE teaches us to honor our patients in their struggle and not to rush in and fix or rescue, not that we could if we tried. As we work through our own struggles

and explore what gives us meaning and value, we can affirm and celebrate with patients as they do the same. As a result of doing this work, I have learned to trust God more-seeing first hand that God loves and cares for people in their suffering more than I could ask or imagine, that quite apart from me, God is working beautifully and creatively in the lives of the patients and families I'm blessed to encounter. I have bared witness to their strength, ingenuity and courage in the face of illness and lengthy rehabilitation that I don't know if I could face myself.

I am grateful to the administrators, board members, and financial donors, many of whom I will never meet, who see value in tending to the emotional and spiritual needs of our patients and ourselves. They have blessed me with one of the most significant years of my life, and in turn given hundreds of patients the chance to tell their story and truly be heard.

*Julia Taylor
May 21, 2009*

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