

The Spiritual Caregiver

A Newsletter of the Ecumenical Institute for Pastoral Care

Welcome New Students

We welcome these new students to our clinical pastoral education training:

- Rick Van Ravenswaay** is a minister and student in the Reformed Church of America from Sioux Center.
- Harvey Hanson** is a licensed lay minister with the United Church of Christ at Castana.
- Soriya Roewn** is from South Sioux City and ministers with Asians at Salem Lutheran.
- Bob Holtrop** from Sheldon is assistant pastor and a student with the Reformed Church of America.
- Bonnie Wallace** has been active in small group ministry and Bible studies with Good News Community Church in Okoboji.
- Ron Ellefson** is active with Stephen Ministry and Christ Care small groups at St. Mark Lutheran, Storm Lake. †



Mobilizing Pastoral Care In Northwest Iowa

Caring for Community Ecumenical Institute Reaches Out

Since 2005, community leaders in Plymouth County have been working together to enhance spiritual care for seniors. Through the pilot project, EI has learned how to mobilize spiritual care for a targeted group – seniors in this case.

Through the community survey, needs were assessed. Through focus groups and planning meetings, strategies to meet these needs were developed. Many individuals and organizations are committed to meet these needs.

(continued in column 3)



Front from left:

Rick Van Ravenswaay,
Harvey Hanson,
Soriya Roewn

Back from left:

Bob Holtrop,
Bonnie Wallace,
Ron Ellefson

Volume 7, Issue 2
September, 2007

✓What have we learned?

Many senior services are offered in Plymouth County – from churches, agencies, organizations, and individuals. Yet, many seniors don't know about these services, much less where to find them. So, in cooperation with those providing services, Ecumenical Institute is compiling an up-to-date directory of both faith-based and secular services for seniors in Plymouth County.

EI to facilitate a Senior
Service Directory for
Plymouth County

✓What good has come from the pilot project?

First, we increased the desire of many to care for seniors better – both organizations and individuals. The senior service directory will guide people to services they need.

Also key community leaders are considering a charter for an "Ecumenical Council" to encourage, coordinate, and support inter-faith events.

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These may include:

- A worship service at the county fair
- A joint Thanksgiving service
- An ecumenical choir fest
- Joint Easter-related events
- An ecumenical Memorial Day service

The goal of the Ecumenical Council is to share responsibility for initiating and coordinating ecumenical events such as these, ensuring continuity from year to year. If you have any input, contact Elaine Doorenbos or Mike Donlin.

✓ How will we respond to the need for one-on-one ministry?

One identified need is that many people want to minister to older people, but lack the skills to be comfortable doing so. Ecumenical Institute will coordinate with Plymouth County providers to enhance the ministry of both new and existing providers. (See page 4.)

EI is excited to be a partner in ministry with others to enhance spiritual care for seniors. The Plymouth County experience helps us understand how to partner with providers in other counties to enhance pastoral care. We continue to work to strengthen and enhance established networks, and build new bridges to mobilize pastoral care. †

For Gifts of Stocks or Securities

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Rev. Dean Meeter, Supervisor

Chaplain Gene Sitzmann
Founder & Emeritus Supervisor



We Have Moved

The Ecumenical Institute classroom and office have moved to the 4th floor of the main building. Thanks to the Cherokee Mental Health Institute staff for providing wonderful accommodations and helping with the move. We are in the process of updating and organizing the library to make it even more useful to our students and alum.

Special thanks to Fr. Gene Sitzmann and Jim Adamson for painting and helping with the move. †



Shown are Sandi Bolton, administrative assistant, Fr. Gene Sitzmann, and Jim Adamson helping move the library.

**FOR
SOME
FOLKS...**



Here is a more cost effective way to give. On August 17, 2006, President Bush signed into law the Pension Protection Act of 2006, which includes a provision permitting charitable rollovers from individual retirement accounts (IRAs). For the remainder of this year, individuals age 70-1/2 can make charitable gifts directly from their IRA accounts. Call PhilanthroCorp for more details.

Our friends at PhilanthroCorp are here to help you navigate what can be confusing waters. We have retained them so they can serve you, at no cost, as our thank you for your commitment to our ministry. †

Call 800-876-7958

Tool Box For Ministry

Pure, unstained religion, according to God our Father, is to take care of orphans and widows when they suffer and to remain uncorrupted by this world.
James 1:27

Reaching Out

How does your church do it?

Please share with us
so we can share with others.

Women are Reaching Out to Other Women **CARES—Caring Adults Reaching Elderly Sweethearts**

Ardith Wynja (class of '06) shared that her church, First Reformed Church of Sioux Center, has a wonderful ministry of women reaching out to women. CARES is an inter-generational program light on structure with a lot of heart.

The program began with the realization that there are many widows and single ladies. It was also recognized that there are 50-70 year old women who have recently lost their mothers and have some free time. It made sense to match these people up in a mutually beneficial connection.

Thus it started that the younger women, anyone under 80-years old, were matched with the older women, (Elderly Sweethearts) age 80 and over. It was suggested that they meet every 4-6 weeks. A special newsletter is sent out to give encouragement and ideas. Some ideas include: meeting for a cup of coffee, painting nails, enjoying a common interest or hobby, and remembering their birthday or a special day with a card. CARES women may also call on the phone before going to the store to see if they want to go along or to see if there is something

that can be picked up for them.

The match is for one year and then a new assignment is made. The CARES group has a tea every year for all involved, now 25 pairs. They talk about how it's going and what could make the program better. The CARES leader discovered that once a match is made, that many times a pair wants to stay connected for more than a year.

Of course there is sadness when one of the partners dies. Most often the remaining person wants to be matched again. Today several women younger than 50 are part of the program. Many stories and experiences are shared in this intergenerational ministry. CARES started to help widows and has, in the end, been beneficial to both caregiver and receiver. As Christ said, "It is more blessed to give than to receive."



Ardith Wynja is Director of Calling Ministries at First Reformed Church in Sioux Center. Ardith says, "When I started my job visiting people, I felt called to serve in this way but not having done visiting for the church, I was a little anxious. Taking the Ecumenical

Institute CPE training helped me to enhance and develop the skills I had and to have the confidence to do what I now do and I love it!" †

*We can do no great things,
only small things
with great love.*

- Mother Teresa

The Clinical Pastoral Education Program sponsored by the **Ecumenical Institute** is accredited by the United States Conference of Catholic Bishops Commission on Certification and Accreditation
3211 South Lake Drive, St. Francis, WI 53235-3702; 414-486-0139



Ecumenical Institute is also accredited by:

The Association for Clinical Pastoral Education (ACPE)
1549 Clairmont Rd, #103, Decatur, GA 30033-4611
404-320-1472 www.acpe.edu

ACPE

AN ADULT RETREAT TO HELP YOU

DEEPEN YOUR RELATIONSHIP WITH GOD

IF YOU WANT TO KNOW GOD,
COME AND WALK WITH HIM.



Facilitator:
Cary Brown

Various kinds of
prayer will be
experienced.

COME AND SEE

**Location: Early United
Methodist Church,
Furrow Hall**

Date: September 30, 2007

Time: 1:00—5:00 PM

Notes: Bring your bible and your favorite appetizer
to share. Free will donation will be taken according
to what God is speaking in your heart!

Please RSVP by Friday, September 28 to:

CPE ALUM:

Dawn Freese 712-273-5430

Cary Brown 712-732-5160



Jean Miller Honored for Dedicated Service

Jean Miller was recognized by the board for being a charter member starting in 1993 and many years of dedicated service as secretary. †



Shown is Fr. Gene Sitzmann, board member and founder, Jean Miller, and Karen Borchers, Executive Director.



**ECUMENICAL
INSTITUTE
TO HOST FORUM**

HOW TO HELP A LOVED ONE AT THE END OF LIFE

**WHEN: OCTOBER
WHERE: LE MARS AREA**

Presenters will be from:

- Hospice
- Floyd Valley Hospital
- Ecumenical Institute

We are waiting to hear back from other presenters. If you have recommendations, please let me know!

Karen Borchers

Phone 712-368-2500

caregivingnow@yahoo.com

Watch the newspaper, listen to KLEM, and watch church bulletins for more details.

New Board Member



Richard Cook is our newest board member. He is an attorney with the family law practice in Cherokee. Rich and his wife, Andrea, have two daughters, Katherine who is a freshman at Iowa State University and Emily, a high school freshman.

Rich and Andrea serve on various church committees at St. Paul's United Methodist Church. He serves on the board of Cherokee State Bank and the Cherokee County Pheasants Forever Chapter.

Rich states that the practice of law in a county seat allows the lawyer a good perspective into the lives of people who could benefit greatly from counseling and pastoral care. It is important to have special training available for these people to be of real value to those they serve. As with many charitable causes, the good work of the Ecumenical Institute often goes unseen except by those who it helps, directly and indirectly. By service on its board Rich hopes to assist EI in expanding its reach and visibility in northwest Iowa. †

Ministry in Action

Ecumenical Institute Grad Hired as Hospice Spiritual Director



We were glad to hear from Wende Douglas, class of 2000, that she was recently hired as the Spiritual Director of Hospice at Buena Vista Regional Medical Center, Storm Lake. She played an active role in the lay

training program, Stephen Ministry, for many years at St. Mark's Lutheran in Storm Lake. The role of the Spiritual Director is to provide one-to-one care to people in need, many of whom are either dying or grieving.

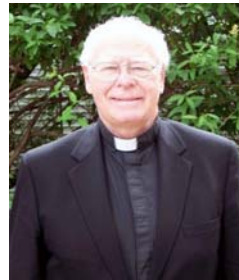
"It's an honor to be with families at this time in their lives."

Wende says the training at Ecumenical Institute, her BSN degree, and involvement in Stephen Ministry has prepared her well for the role, as well as the competent and caring staff at the hospital. The ultimate teachers of death and grief are families experiencing it. Wende notes that she will be a companion along the way for each individual during their life journey. She will intently listen to their stories, share their sorrow, hear their questions, and look for moments of joy and peace. For patients who are connected with a local congregation, her role will be to supplement the care patients receive from their own pastors, not to replace it. Wende anticipates her work with hospice will be very meaningful and indeed an honor to be with families at this time in their lives.✝

Wende says, "Ecumenical Institute's vision for mobilizing pastoral care is right on target. The needs for pastoral care are vast and our area is significantly underserved by clergy. Northwest Iowa is blessed to have such a resource for training. My CPE experience opened a door to a future beyond anything I would have imagined for myself. It is such a privilege and an honor to enter into the lives of people at this very holy time. Much of my work this summer was tending to families whose pastors were on vacation which meant people did not feel neglected or abandoned by the church and the pastors did not feel guilty. EI is bearing fruit in Buena Vista County!"

Rejoice with those who rejoice; mourn with those who mourn.
Romans 12:15

One of Our First Students Says CPE Is the Best Training He Had



Fr. John Cain was one of the first students of Clinical Pastoral Education (CPE) in Northwest Iowa. He recently retired from ministry after celebrating 50 years of service. He reports back that our training was one of the greatest learning experiences in his whole life!

Fr. Cain says, "My CPE experience was the summer of 1970. I had just been appointed chaplain at the Woodward State Hospital-School at Woodward, Iowa, near Des Moines. My training in Cherokee was to be very helpful in preparing me for that work and in future positions thereafter as well."

"My CPE supervisor at that time, Msgr. Louis Lynch, encouraged me to attend the training and offered to fill in for me at Woodward as needed. The course was fulltime, extending a full twelve weeks in duration that summer. The very first week of the program I was asked why I was taking CPE. I answered that my plan was to help people. I was told that instead, the program was going to help me. That was a great jolt to my ego as I didn't even know that I needed help! Yet, indeed, pastorally, I did."

He continues, "Well, that summer proved to be the greatest learning experience of my entire life. I am forever grateful to Rev. Bob Alexander, Sister Michaela Galles, and in more recent years, Fr. Gene Sitzmann, along with all the staff of the Cherokee Mental Health Institute for offering the public the opportunity to participate in an accredited Clinical Pastoral Education (CPE) program."

Fr. Cain concludes, "I recommend that students of pastoral care get even more than one unit of training in the CPE experience. It is beneficial in all aspects of life. I hope that many more will be able to continue to have the same kind of quality experience that I had well into the future as the Ecumenical Institute continues its mission in support of pastoral caregivers. I believe that with your support and mine, a new generation of effective caregivers will emerge within the solid faith traditions of Northwest Iowa. To this end I have pledged my own support and invite yours in order that 'His will be done'." ✝

Thank You

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Thanks!

The New CPE Classroom & Office



Karen Borchers, Executive Director, and Rev. Dean Meeter, Supervisor, welcome you to our new room.

Estate Planning Thought

Do you have a child named Charity?

Whether your estate is big or small, there are only 3 choices you have when it comes to where you direct assets at the time of death.

- Loved Ones
- Taxes and Fees
- Charities You Care About

For those who have a lifetime pattern of giving, it is natural to include charity in your estate plans. But many donors have chosen to create "A Child called Charity" as a way to structure their charitable giving. Once children are grown and no longer dependent, giving an amount to charities equivalent to what each child is to receive can be quite satisfying.

In creating a custom-built plan for you, that fulfills your goals and priorities, PhilanthroCorp will help make estate planning not just a pleasant experience, but one with eternal significance as well.

The service is free and there is no obligation to you. †

Call 800-876-7958