



Full Circle

Where Behavioral Health and Spirituality Meet

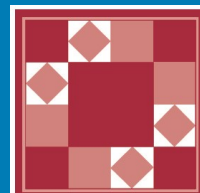
August 2017

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Full Circle is a publication of Penn Foundation's Pastoral Services Department.



Basic Pastoral Skills Course

Once again, Penn Foundation will offer a **Basic Pastoral Skills Course** to members of local churches or church-affiliated agencies who are non-ordained pastoral caregivers. These include deacons, elders, pastoral volunteers, and Eucharistic ministers.

In the past, this exploration has been a new and refreshing experience for many of our participants to explore the dynamics of their pastoral care. The course is taught by Rev. Carl Yusavitz, Director of Pastoral Services.

The course will run from October 4 - November 8, 2017. Tuition for the entire six-week (1.5-hour) evening course is \$50.00 per student - to cover the cost of class preparation, facilitation, light refreshments, handouts, etc. This fee may be paid by the individual participant, his/her church, or church agency.

See page 3 for more information.

Crisis Ministry

By: Rev. Carl Yusavitz, Director of Pastoral Services

The recent catastrophic hurricane and tropical storm that hit Texas got me thinking of what it must be like to be a pastor or chaplain there. I often remind my CPE interns that ministry happens on a continuum between encounter (as in, deep affective presence, when you're not "doing" a lot) and helping a person through a crisis (when you are doing a lot).

Penn Foundation manages an Emergency Services program at Grand View Hospital, and our providers there remind us that a crisis is an event of limited duration that seriously disrupts a person's coping and problem-solving capabilities. In other words, a crisis is a normal response to an abnormal situation.

If you are a pastor or chaplain who has ever accompanied a person through a crisis, you are aware that a crisis:

- ◆ is unforeseen
- ◆ experienced as overwhelming
- ◆ is potentially volatile in nature
- ◆ is perceived as a threat to one's integrity
- ◆ creates a sense of vulnerability
- ◆ causes loss and stress



Our pastoral goal in crisis ministry is to help the individual in crisis eventually restore balance and safety in his/her life. The pastoral theologian, Howard Stone, offers these 10 questions to ask yourself during someone else's crisis. I offer here a paraphrase:

1. Can I be a “safe harbor” from this person’s “storm?” In other words, can I be a dependable, non-judgmental companion to this person, as they begin to move through this crisis?
2. Can I be with people who are hurt and in pain without identifying with them too much?
3. Can I set down my “reality” and try and see the world through the eyes of this hurting person
4. Does this person “get” my desire to really understand them? More importantly, do I have willingness to be taught by them how to be with them?
5. Am I able to pull back and know I need “time outs” from this difficult ministry? Am I able to sense when my own emotional or spiritual “bucket” is low and needs to be filled?
6. Do I accept my separateness from this person? Am I able to maintain healthy boundaries this relationship?
7. Can I respect my own need for help and support while focusing on the needs of others?
8. Am I able to free myself from the need to “fix” this person?
9. Can I see this person as someone who is “*becoming*” rather than as a static person bound and defined by this crisis?
10. Am I able to confront (i.e., be direct) with hurting people, if that is necessary?

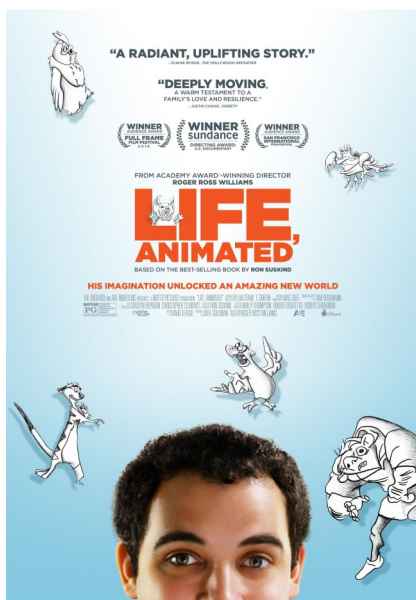
*“The substance
of faith is...*



Join us
Autumn Event
on Tuesday, September 26, 2017
for an evening of conversation with
RON SUSKIND
Pulitzer Prize-Winning Journalist and
Best Selling Author of *Life, Animated*

The Autumn Event benefits
Penn Foundation, which brings
hope and healing to over 10,000
people each year.

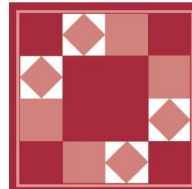
TIME: 5:30 pm - Silent Auction | 7:30 pm - Main Event
LOCATION: Pennridge High School | 1228 N. Fifth Street | Perkasie
TICKETS: \$25 or 4 for \$75 | www.PennFoundation.org or 267.404.5937



Penn Foundation
Autumn Event
SAVE - THE - DATE !
An Exclusive Screening of
Life, Animated
Wednesday, November 8, 2017
4:00 - 6:15 pm
Penn Foundation | Loux Healthcare Center
Univest Community Room
807 Lawn Avenue, Sellersville
There is no cost for this event.
This event is made possible by a grant from the
VNA Foundation of Greater North Penn.

*a hope in the
unseen.”*

~ Ron Suskind,
Pulitzer Prize-Winning Journalist
Best-Selling Author



Four Ministerial Assumptions About Crisis

Ministry often means setting aside our assumptions about the people we care for as we try to meet them “as they are,” not as we “assume” they should be. However, there are four assumptions that can be helpful in our ministry to people in crisis. They are:



- ◆ Remember that most people in crisis were normally functioning people before the crisis occurred. We sometimes see people at their worst in a crisis. The danger is over-helping.
- ◆ Recovering from a crisis does not mean merely returning to the way things were before the crisis. Depending on the crisis, they may never be the same. In fact, people often become stronger!
- ◆ The long-term goal of your ministry is to help the person find a deeper sense of meaning in their lives, gratitude for their survival, and a yearning for the future. This is more the “fruit” of your labors, not a stage along the way. This takes time.
- ◆ Get the experience and training you need before you try and help others move through a crisis. Don’t be surprised if your own unresolved grief (about crises in your life) emerges.

Goals of Crisis Ministry

- ◆ Preventing the stress of the chaotic situation from escalating into something more catastrophic (called “de-escalation”)
- ◆ Maintaining a structure and order of normal routines in order for the person to return to some predictability and control over their lives
- ◆ Doing whatever you can to help the person return to pre-crisis level of functioning (or to a new “normal”)
- ◆ Facilitating the grief process in a manner that decreases the potential for long-term deficits on functioning
- ◆ Making appropriate interventions focused on the pastoral needs of the “survivors” of the crisis (those left behind to “pick up the pieces”)



Continued from page 1

The Basic Pastoral Skills Course syllabus includes:

- ◆ The Dynamics of Pastoral Relationships and Pastoral Conversation
- ◆ Pastoral Presence and Pastoral Listening Skills
- ◆ The Do’s and Don’ts of a Hospital Visit
- ◆ The Spirituality of Aging and Retirement Home Visitation
- ◆ The Impact of Grief and Loss on a Pastoral Relationship
- ◆ The Use of Prayer and Scripture during a Pastoral Visit

Registration is necessary, and we need at least six participants to form a class. Contact Carl for more details or to register - cyusavitz@pennfoundation.org or 215-453-5170.



SAVE-THE-DATE

Pastoral Seminar and Brunch

Friday, October 27, 2017 | 9:00 - 11:00 am

Souderton Mennonite Homes | 207 W. Summit Street, Souderton

Living Branches invites all pastors for food, fellowship, and conversation with Marianne Mellinger, D.Min, PhD about "Spirituality and Aging."

Marianne just retired from her position as Coordinator of Spirituality and Aging at the RBJ Schlegel-University of Waterloo's Research Institute for Aging.

To RSVP, contact Margaret Zook at 215.698.4438, ext. 44231 or margaret.zook@livingbranches.org.



Beyond Codependency: Insights into Effective Relationships and Addiction Recovery Through the Lens of Attachment Theory and Science

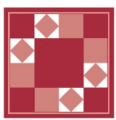
Saturday, October 28, 2017 | 9:00 am - 12:00 pm

Penn Foundation - Loux Healthcare Center | 807 Lawn Avenue, Sellersville

Join us for this informative workshop that will help you understand how codependency and attachment theory can affect family relationships.

This workshop will be presented by Dr. Michael McFee and Daniel A. White, LPC, CADC, both of whom have over 20 years of clinical experience in a variety of behavioral health settings.

For more information, contact Karen Kern at 215.453.5171 or kkern@pennfoundation.org.



PENN FOUNDATION

BEHAVIORAL HEALTH SERVICES

Instilling hope. Inspiring change. Building community.

807 Lawn Avenue | PO Box 32 | Sellersville, PA 18960

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