



Full Circle

Where Behavioral Health and Spirituality Meet

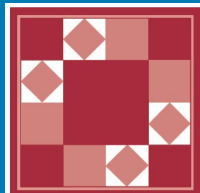
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Full Circle is a publication of Penn Foundation's Pastoral Services Department.



Christmas Without Your Loved One

The holiday season can be a very stressful time without a loved one who recently died. Christmas can be especially tough. Here are some practical ways to remember your deceased loved ones during this holiday season.

- Give a donation to a charitable organization in the name of your loved one. Choose an organization whose mission and vision reflects what your loved one cared about.
- Buy or make a holiday ornament in memory of your loved one. Then, give it to each of your loved one's close relatives and friends.
- Buy a special plant or wreath for your front door to remind you of your loved one.
- Lay a place setting for your loved one at your holiday meal. Have each person mention what they loved most about your loved one during the grace before the meal.
- Donate holiday flowers to your church in memory of your loved one.
- When you send a Christmas card to your loved one's special friends, thank them for their friendship and love during your difficult time.
- Give away something that belonged to your loved one to a family member or close friend. Tell them what this item meant to your loved one.

None of these suggestions will take away the pain you experience. But it will help to honor their life by channeling your grief into life-giving activities.



Basic Pastoral Skills Course

In the fall of 2016, Penn Foundation will once again offer a **Basic Pastoral Skills Course** to members of your church who are non-ordained pastoral caregivers. These include deacons, elders, 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.

Turn to page 2 for more

Syllabus

- “The Nuts and Bolts of a Pastoral Conversation”
- “The Importance of Presence and Listening”
- “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 Spiritual Growth”
- “The Use of Prayer and Scripture during a Pastoral Visit”



Pastoral Skills Class Graduation
 Penn Foundation Chapel
 November 11, 2015

Tuition for the entire six week (2 hours) evening course is \$50.00 per student. This covers the cost of preparation, facilitation, light refreshments, handouts, etc. This fee may be paid by the individual participant or your church.

As in the past, the course will be taught by Rev. Dr. Carl Yusavitz, Director of Pastoral Services and CPE Supervisor at Penn Foundation.

Registration is necessary, and we need at least six participants to form a class. For more information or to register, contact Carl at 215.453.5170 or cyusavitz@pennfoundation.org.

A Jewish Folk Tale

One day, God decided to become visible to a king and a peasant. So, he sent an angel to inform both of them of this blessed event. “O king,” the angel announced, “God has decided to become visible to you in whatever form or manner you wish. What is your desire?”

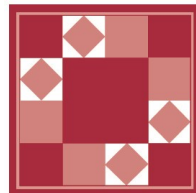
Seated pompously on his throne and surrounded by his awestruck subjects, the king royally proclaimed, “How else would I wish to see God, save in his majesty and power! Show God to me in the fullness of glory and power!” God granted his wish and appeared in a thunderous bolt of lightening that instantly pulverized the king and his entire court. Nothing remained, not even a cinder.



The angel then went to the poor peasant and said, “God has decided to become visible to you in whatever form or manner you wish. What is your desire?”

Scratching his head and looking puzzled for a long time, the peasant finally said, “I am a poor person and not worthy to see God’s face. But if it is God’s will that he be revealed to me, let it be in those things that I am familiar with. Let me experience God in the earth I plow, the water I drink, and the food I eat. Let me see the presence of God in the faces of my family, my neighbors, and – if God deems it as good for myself and others – even in my own reflection as well.”

God granted the peasant his wish, and he lived a long, happy life. May it be the same with us!



A Prayer for Caregivers

I created the world - it's nations, races, and creeds.
Some require no help but others have needs.
They are the most special and need special care.
Some one to help them, some one to share.
People call them names and more than one label.
What they cannot do instead of what they are able.
Other say there is something wrong and they are disabled.
But in my sight they are perfect and are just differently abled.

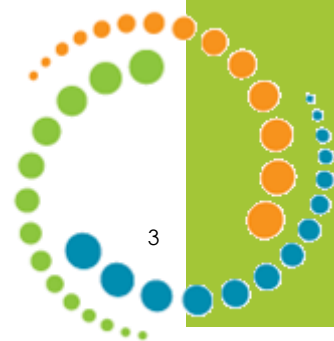
Able to worship and able to pray.
Able to laugh and able to play.
Able to smile and able to share.
Able to love and able to care.

You are their eyes when they cannot see.
You are their legs when they cannot walk.
You are their ears when they cannot hear.
You are their voice when they cannot talk.

So I give you my blessings for doing your part.
I bless you for having a true servant's heart.
A heart that sees their needs each and every day.
A heart that tries to help in many different ways.

And when I call each of them home to me,
Into their lives I will be able to see.
You, who have been there to love, help, and care,
For my special child your love did you share.

~ Anonymous ~



Holiday Gift Suggestions

To your enemy, forgiveness.

To an opponent, tolerance.

To a friend, your heart.

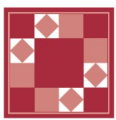
To a customer, service.

To all, charity.

To every child, a good example.

To yourself, respect.

~ Oren Arnold



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