



Full Circle

Where Behavioral Health and Spirituality Meet

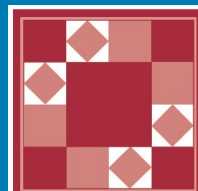
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Full Circle is a publication of Penn Foundation's Pastoral Services Department.



Mindfulness

By: Rev. Carl Yusavitz, Director of Pastoral Services

There is a lot about "mindfulness" in our public media these days, although it is hard to come up with a universally-accepted definition of what mindfulness means. This is also true of the word "spirituality."

Much of what we hear about mindfulness is the result of the influence and integration of "Eastern" spirituality into our "Western" way of thinking - particularly how we deal with stress or resolve conflict in our lives. Behavioral healthcare has also begun to create a space for mindfulness in the therapeutic relationship. Like yoga, prayer, Reiki, or Tai Chi, mindfulness is sometimes called an "alternative therapy."

As part of our Mennonite/Anabaptist heritage of non-resistance and our commitment to holistic healthcare, Penn Foundation recently offered all employees a six-week intensive mindfulness training course. I was blessed to be a part of that first cohort, and it was so well-received that another is starting up after the holidays. Here is a bit of what I learned.

"We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are."
- Calvin & Hobbes



Save-the-Date

**Addiction & Recovery:
Caring for Your
Congregation**

March 16, 2017

8:00 - 10:00 AM

(Breakfast will be served.)

Penn Foundation

(807 Lawn Ave., Sellersville)

Join us for an interactive morning designed to give you the tools to feel more comfortable ministering to individuals struggling with substance use and their families.

More information coming soon.

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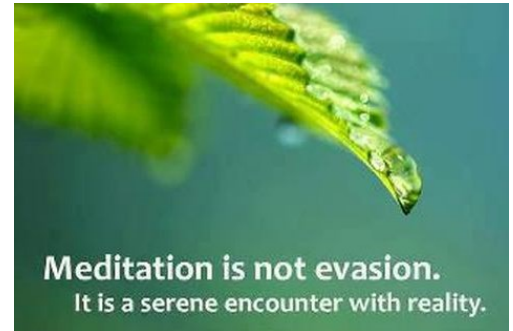


Being mindful requires a lot of intentionality. According to Howard Kabat-Zinn, an early pioneer of mindfulness work in America, mindfulness is a universal human capacity that can foster clear thinking and openheartedness in our lives. Its goal is to maintain awareness moment-by-moment by disengaging oneself from strong attachment to beliefs, thoughts, or emotions - thereby developing a greater sense of emotional balance and well-being.

Our six-week course included lectures, various breathing exercises, and very practical ways to incorporate mindfulness into our daily lives – like how we wake up from sleep, wash our face, eat, drive our cars, and even how we communicate by email and text.

One of my favorite quotes from the course was a paraphrase from Dr. Viktor Frankl, a psychiatrist who survived the Nazi concentration camps. In his book *Man's Search for Meaning*, Frankl wrote that between stimulation and response there is always a space and, in that space, we have choices. It is in those choices that we experience our freedom.

A recent conversation with a friend helped me realize that it is one thing to try and become more mindful of God. It is quite another thing (and the Bible documents this) to remember just how mindful God is of us!



Rev. Carl Yusavitz Receive Vernon H. Kratz, MD Penn Foundation Service Award at Autumn Event

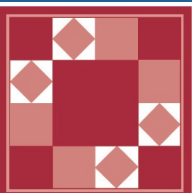


Dale Wentz (left), Chair of Penn Foundation's Autumn Event Committee presents the Penn Foundation Service Award to Rev. Dr. Carl Yusavitz.

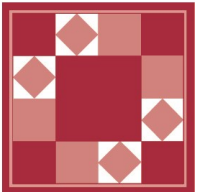
"I am blessed with the most fulfilling ministry in my 45 years of ordained ministry and grateful for the small part I play in helping so many people here at Penn Foundation hope and heal for a better tomorrow," said Rev. Carl.

"I will light candles this Christmas, Candles of joy, despite all sadness, Candles of hope where despair keeps watch. Candles of courage where fear is ever present, Candles of peace for tempest-tossed days, Candles of grace to ease heavy burdens. Candles of love to inspire all my living, Candles that will burn all the year long."

- Howard Thurman



If I Had My Life To Live Over Again



When asked “How would you have lived your life differently if you had a chance?,” Nadine Stair, an 85-year-old woman from Louisville, Kentucky, provided these poetic words as her response...

If I had my life to live over again,
I'd dare to make more mistakes next time.
I'd relax.
I'd limber up.
I'd be sillier than I've been this trip.
I would take fewer things seriously.
I would take more chances.
I would eat more ice cream and less beans.



I would, perhaps, have more actual troubles
but fewer imaginary ones.
You see, I'm one of those people who was sensible
and sane, hour after hour, day after day.

Oh, I've had my moments.
If I had to do it over again,
I'd have more of them.
In fact, I'd try to have nothing else—
just moments, one after another,
instead of living so many years ahead of each day.



I've been one of those persons who never goes anywhere without a thermometer, a hot-water bottle, a raincoat, and a parachute. If I could do it again, I would travel lighter than I have.



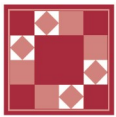
If I had to live my life over,
I would start barefoot earlier in the spring
and stay that way later in the fall.
I would go to more dances,
I would ride more merry-go-rounds,
I would pick more daisies.



Christ Bell

I KNOW WHO I AM

I am God's child (Rom. 8:16)
I am a light in the world (Phil. 2:15)
I am sealed by God (II Cor. 1:21-22)
I am bought with a price (I Cor. 6:19,20)
I am a saint (set apart for God) (Eph. 1:1)
I am a personal witness of Christ (Acts 22:15)
I have peace with God through Christ (Rom. 5:1)
I have been saved in order to bear fruit (Rom. 7:4)
I am a member of the Body of Christ (I Cor. 12:27)
I am a citizen of Heaven living on earth (Phil. 3:20)
I am free from any charge against me (Rom. 8:31-34)
I am seated with Christ in the heavenly realm (Eph. 2:6)
I have access to God through the Holy Spirit (Eph. 2:18)
I am a minister of reconciliation for God (II Cor. 5:17-21)
I cannot be separated from the love of God (Rom. 8:35-39)
I am assured all things work together for good (Rom. 8:28)
I may approach God with freedom and confidence (Eph. 3:12)
I have been crucified with Christ and He liveth in me (Gal. 2:20)
I can do all things through Christ who strengthens me (Phil. 4:13)
I am God's temple (I Cor. 6:19). I am complete in Christ (Col. 2:10)
I have been justified (Rom. 3:24). I am hidden with Christ in God (Col. 3:3)
I am God's workmanship created in Christ Jesus unto good works (Eph. 2:10)
I am confident that the good work God has begun in me will be perfected (Phil. 1:6)
I am redeemed and forgiven (Col. 1:14). I have been adopted as God's child (Eph. 1:5)
I belong to God. Do you know. Who you are?



PENN FOUNDATION
BEHAVIORAL HEALTH SERVICES

Instilling hope. Inspiring change. Building community.

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