

Full Circle

Where Behavioral Health and Spirituality Meet

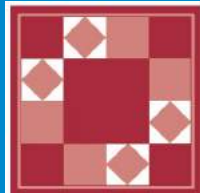
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Resilience

does not involve returning to our original form. We can never be the same.

What stretches us launches us forward.

What compresses pulls from deep within us the strength to break out.

Eventually, you have been through this process so many times, a reflex kicks in.

You know that you aren't alone and you aren't breakable.

You feel the pain, say a prayer, make a plan.

That is when the magic happens. You can feel yourself expand with pure strength.

Then you know, whatever storm is coming, you will continue to rise.

You are that strong.

~ Jennifer Bostic

The Spiritual Side of Resilience

By: Rev. Carl Yusavitz, Director of Pastoral Services

I recently attended the graduation of two members of our REACH program here at Penn Foundation. REACH is an intensive psychiatric rehabilitation program that assists adults living with mental illness and co-occurring mental health and substance abuse disorders to achieve their personal goals. In other words – to gain the “tools” necessary to live a richer and more fulfilling life. The hard work our REACH clients do is intensive and can last for up to two years. The word I would use to describe each of our graduates is “resilient.”

Resilience is a word we clergy borrow from positive psychology. Old-timers like me used to call it “grit.” The Bible calls resilience by another word - perseverance.” It appears 13 times in the New Testament (NIV).

A working definition of resilience is the process of adapting well in the face of adversity, trauma, threats, or even significant sources of stress such as family and relationship problems, serious health problems, or workplace or financial stressors. In a word, resilience is not about how we fall down. It’s about how we get up!



<https://www.jcaglobal.com/resilience>

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The Bible tells us this about our capacity for resilience in passages like these:

- * We are all created beloved in God's image (Gen. 1:27 & 5:3)
- * God seeks the best for us (Jer. 29:11 & Psalm 20:4)
- * We always have the capacity to hope for things unseen in the present moment (Rom. 12:12, Eph. 1:18, Heb. 6:19 & 10:23)

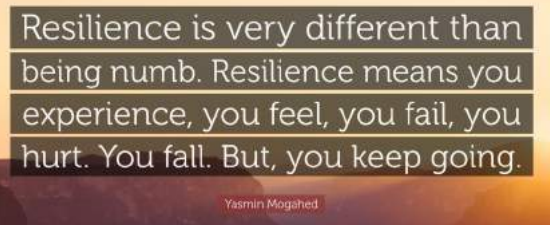
No two people are resilient in the same way, but each person needs a personal strategy to "bounce back," another metaphor for resilience.



God's creation can also teach us something important about resilience too. Consider the paradox of flexibility: "The oak tree breaks while the willow bends."

Resilience also holds these paradoxes as true:

- ◆ Let yourself experience strong emotions while also realizing you may need to avoid experiencing them at certain times in order to continue functioning
- * Step forward and take decisive action to deal with your problems while also stepping back to rest and reenergize yourself
- * Spend time with loved ones to gain support and encouragement while also learning how to nurture yourself
- * Rely on others while also learning to rely on yourself

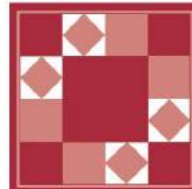


To paraphrase the "Serenity Prayer," resilience teaches us to know the difference between the things we need to accept and the things we can actually change. May we all enjoy a resilient life!

National Nurses Week



National Nurses Week was May 6-12, 2019. Penn Foundation chaplains were available to bless the hands of nurses at Penn Foundation and Grand View Health. Here, Chaplain Lorene Derstine blesses the hands of two Grand View nurses.



Join Us for an evening of conversation with

RYAN LEAF

Former College and NFL Quarterback
Mental Health Advocate

Tuesday, September 24th, 2019



The Autumn Event benefits Penn Foundation, which brings hope and healing to over 19,000 people each year.

7:30 PM
Penndridge High School
(1228 N. Fifth Street, Perkasie)

TICKETS: \$25 or 4 for \$75
www.PennFoundation.org
267.404.5937

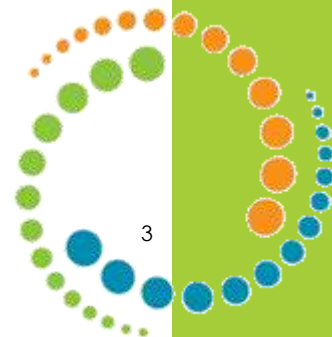
Six Students Graduate from CPE Program

Six students graduated from Penn Foundation's Clinical Pastoral Education (CPE) program. CPE is a form of theological education for seminarians, clergy, and laity that takes place both in a classroom and a clinical setting. It is required for certification as a chaplain or pastoral counselor. The CPE program at Penn Foundation is unique because all clinical placements incorporate a behavioral healthcare perspective.

Students completed 400 hours of supervised ministry in several of Penn Foundation's programs as well as Grand View Hospice, CityTeam Chester, and Success Rehabilitation Services. They also completed 100 hours of structured educational activities including case studies, reflection papers, learning goals, self-evaluations, and four hours per week of individual and group supervision.



Pictured (left to right) are CPE graduates John Hoy, Paul Auckland, Fred Bartholomew, Kathleen McCauley, Linda Wisser, John Walsh, and Rev. Dr. Carl Yusavitz, Penn Foundation's Director of Pastoral Services and certified CPE Educator.



Basic Pastoral Skills Course 2019

Thursdays | October 3 - November 7, 2019 | 4:30 pm

Penn Foundation will once again 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. This course is taught by Rev. Dr. Carl Yusavitz, Director of Pastoral Services at Penn Foundation.

Tuition for the six week (1.5-2 hour) evening course is \$50 per student to cover the cost of class preparation, facilitation, light refreshments, handouts, etc. This fee may be paid by the individual participant, their church, or church agency.

The syllabus includes:

- ◆ “The Nuts and Bolts of a Pastoral Relationship 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” (followed by Graduation)



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

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