

## Full Circle

Where Behavioral Health and Spirituality Meet

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

# 7 PSALMS to Help Calm ANXIETY

I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth... (v. 1-2)

>>>>>> 2. Pzalm 116

The Lord preserves the simple; when I was brought low, he saved me. Return, O my soul, to your rest; for the Lord has dealt bountifully with you. (v. 6-7)

3. Psalm 103 <<<<<<

For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us. (v. 11-12)

>>>>>> 4. Psalm 23

The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid? (v. 1)

The Lord is near to the brokenhearted and saves the crushed in spirit. (v.18)

As for you, O Lord, you will not restrain your mercy from me; your steadfast love and your faithfulness will

7. Psalm 62

For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken. On God rests my salvation and my glory; my mighty rock, my refuge is God. (v. 5-7)

Read more at:

WWW.LIVINGFREEINDEED.COM

All Scripture quotations taken from the English Standard Version.

## "Do not be anxious about anything..." (Philippians 4: 6) By: Rev. Carl Yusavitz, Director of Pastoral Services

A recent poll by the American Psychiatric Association reveals that we Americans are more anxious about our safety, health, finances, politics, and relationships than ever before. Even compared to the results of a similar poll a year ago, 39% of all adults polled say they are even more anxious today than they were a year ago.



As people of faith, what are we to make of polls like this? The Bible contains many verses about anxiety and how anxiety can diminish our living of a full and rich spiritual life - an "abundant life" - to borrow a phrase Jesus uses in John's Gospel (10: 10). We would do well to "heed" God's word.

Here at Penn Foundation, we see a great deal of what our counselors call "unregulated anxiety." Sadly, we see it in many of the children and adolescents who come to us for help. From a layman's point of view, we know that anxiety is different than fear. Anxiety is an "undifferentiated fear" of the unknown. By that, I mean that people who are anxious have a hard time identifying exactly what they are afraid of. Additionally, our children and adolescents are growing up in an increasingly stressful world – a world which holds up instant gratification, competition, independence, and constant availability (through social media) as "normal" cultural values, a world where even schools can sometimes feel unsafe.



So, what have we learned that can help any of us work our way through our anxiety? A couple of things come to mind:

 Mindfulness practices (such as relaxation exercises, guided meditation, daily and inspiring devotionals and scripture reading, attention to breath, relaxing music, and visualization) help many of our clients accept, tolerate, and move through their anxiety.



- Prayer, which also means being quiet and listening to God, helps us to remember that we are beloved in God's eyes.
- Talking to someone about how we feel helps us to feel less alone and "normal."
- Taking charge of what we can in our stressful lives doesn't always erase our anxiety, but it helps
  us to challenge its power in our lives.
- Moving from negative self-talk and "catastrophizing" to positive self-talk and putting things in perspective always helps but requires practicing "the 3 Cs" - <u>catching ourselves</u>, <u>checking ourselves</u>, and <u>changing our response to negativity</u>.
- Knowing when our "buttons" get pushed helps us to accept our vulnerability to things that make us anxious as well as clues on how to respond rather than react.



As people of faith, we are grateful to have a different "story" to understand our current "anxiety story." It is a story that begins with an invitation by Jesus in Matthew 6:25: "Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food and the body more than clothes?"

And our response???

#### **Basic Pastoral Skills Course 2018**

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 course has been a refreshing experience for many of our participants to explore the theological roots of their pastoral care. Tuition for the entire 6-week (1.5 hour) evening course is \$50 per student - to cover the cost of preparation, facilitation, light refreshments, handouts, etc.

#### Our syllabus includes:

- ♦ 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"



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

### Autumn Event featuring ABC News Chief Meteorologist

**Ginger Zee** 

Tuesday, September 25, 2018 | 7:30 pm
Pennridge High School | 1228 N. Fifth Street, Perkasie

Known to millions as the face of ABC News' meteorology team as well as for her third place finish on the 22<sup>nd</sup> season of Dancing with the Stars, Zee's story goes far beyond the confines of television. With the release of her New York Times best-selling memoir *Natural Disaster: I Cover Them, I am One*, Zee brings readers along the immensely difficult path that took her from a depressed fledgling meteorologist to the first female chief network meteorologist at a network. Zee was struggling with significant mental health issues that went undiagnosed until she entered a mental health hospital ten days before starting her job at ABC. This inpatient therapy slowly but surely got her on track.



Penn Foundation's 15<sup>th</sup> annual Adventures in Excellence Award will be presented to **David and Carolyn Landis and their family**, owners of Landis Supermarkets.

**Gordon Hornig, MSW, LSW, Director of Mobile Engagement Services**, will receive Penn Foundation's 5<sup>th</sup> annual Vernon H. Kratz, MD Penn Foundation Service Award.

**Richard Curtis**, a teacher at Souderton Area High School and host of *The ClassH-Room* on Fox 29 will be our emcee.

Tickets are \$25 each or four for \$75. To purchase tickets, visit <a href="www.PennFoundation.org">www.PennFoundation.org</a> or call 267.404.5937.

#### **Complicated Grief**

Saturday, October 27, 2018 | 9:00 am - 12:00 pm Penn Foundation - Loux Healthcare Center 807 Lawn Avenue, Sellersville



Grieving is a normal part of life. But what happens when someone becomes stuck in grief, unable to move forward in their lives? When feelings of grief, guilt, anger, and bitterness persist and the individual seems unable to move past these intense feelings? This workshop will address the issues of complicated grief - how to identify it and how to help those who suffer with it.

This workshop will be presented by Rev. Dr. Jane Williams, Professor of Clinical Counseling and Chair of the MA in Clinical Counseling Program at Moravian Theological Seminary.

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



#### **CPE Interns Celebrate the Ordination of Their Classmate**



Pictured are CPE interns from last year's class with Deacon Lou Steffenhagen, who was ordained at the Episcopal Cathedral on June 9<sup>th</sup>. With Lou are (left to right) CPE Supervisor Rev. Dr. Carl Yusavitz and classmates Deborah Neild, Lynn Nolan, Madeleine Gehringer, and Peyton Petty.



Instilling hope. Inspiring change. Building community.

807 Lawn Avenue | PO Box 32 | Sellersville, PA 18960 215.257.6551 | www.PennFoundation.org

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