

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" - catching ourselves, checking ourselves, and changing our response to negativity.
- 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

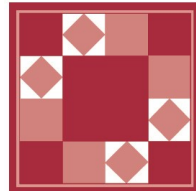
Penn Foundation will once again offer a **Basic Pastoral Skills Course** to members of your church who are non-ordained pastoral caregivers. These include deacons, elders, and Eucharistic ministers. In the past, this course has been a refreshing experience for many of our participants to explore the 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 22nd 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 15th 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 5th 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 www.PennFoundation.org or call 267.404.5937.

SAVE-THE-DATE

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 9th. With Lou are (left to right) CPE Supervisor Rev. Dr. Carl Yusavitz and classmates Deborah Neild, Lynn Nolan, Madeleine Gehringer, and Peyton Petty.

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