


Spiritual Care

SPRING 2007



*"Blessing is
a way of
acknowledging
the sacredness
of existence."*

-Helen Wells O'Brien*

A ministry of blessing

In a chapter of the book, "Spiritual Caregiving in the Hospital: Windows to Chaplaincy Ministry" (Leah Dawn Buechert and Daniel S. Schipani, editors), Rev. Helen Wells O'Brien describes the chaplain as bearer and giver of blessing. Chaplain O'Brien* writes that, "... the role and function of the chaplain is to mediate between the great tragedies of life and the spiritual human need to feel blessed and assured that God has not abandoned creation and the created ones. Blessing others is a way of acknowledging the sacredness of their existence. In the hospital setting, where people become vulnerable by losing privacy, control, routine and daily relationships, the act of blessing is powerful medicine." To describe blessing, Chaplain O'Brien cites Marilyn Robinson's novel "Gilead" as Reverend Ames reflects on blessing.

"There is a reality in blessing ... It doesn't enhance sacredness, but it acknowledges it, and there is a power in that. I have felt it pass through me, so to speak. The sensation is of really knowing a creature – I mean really feeling its mysterious life and your own mysterious life at the same time."

Chaplains offer blessings at the beginning of life, at the end of life and at every point of care

along the path of life. A blessing is a means of sharing God's unconditional love and attention to the details of our lives.

Chaplains also receive blessings through the stories of patients and families as God's presence is revealed amidst difficult situations and life's transitions. Chaplain O'Brien described this reality, imagining that, "The blessings I have received as a chaplain from patients and families stretch out behind me like jewels on a rosary that I pick up and finger whenever I am discouraged or sick at heart."

In 1979, archaeologists discovered a silver amulet in a Jerusalem tomb. Inscribed on the silver foil, which dates to the seventh century BC, were the words of a blessing, making this the oldest known quotation from Scripture. "The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace." (Num. 6:24-26)

*Rev. Helen Wells O'Brien is a staff chaplain, Gillette Children's Specialty Healthcare and Regions Hospital, St. Paul. She completed her chaplaincy residency in a joint HealthEast/Regions Clinical Pastoral Education program in 1998.

*"The Lord bless you and keep you;
the Lord make his face shine upon you and be gracious to you;
the Lord turn his face toward you and give you peace." (Num. 6:24-26)*

HealthEast Spiritual Care

Bethesda Hospital

Rev. Nancy Wigdahl, System Director, 651-232-2041

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Rev. Mary Sultz, 651-232-3335

Rev. Tony Wong, 651-326-3729

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651-326-8033 FAX

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Rev. Al Kleinsasser, St. John's Hospital, 651-232-7596

Jan Murphy, Bethesda Hospital, 651-232-2044

Michael Otto, Bethesda Hospital, 651-232-2256

LauraRose Paradis, St. Joseph's Hospital, 651-232-4368

On-call chaplains

Rev. Mike Erlander, 651-247-5723

Rev. Elizabeth Mahan, 651-232-6138

Rev. F. Peter Morlock, 651-778-3823

Deacon Don Fidler, 651-793-2115

Rev. Scott Cartwright, 651-232-1842

HealthEast Care System

Rev. Allen Dundek, CPE System Director, 651-232-3612

Rev. Scott W. Hinrichs, 651-232-2307

Vice President, Spiritual Care/Mission

HealthEast Parish Nurse Network (HEPNN) update

- Most HEPNN parishes participated in the February Caring Hearts for Homeless People supply drive.
- Four candidates were interviewed for the parish nurse position at Peace United Methodist Church.
- A part-time pastoral nurse position is being funded by Cerenity Residence: Marian of Saint Paul.
- Twin Cities Christian Homes has initiated a part-time parish nurse position for Scandia Shores facility in Shoreview.
- Inquiries about the HEPNN have been received from Lumen Christi Catholic Community in Highland Park, Blessed Sacrament Catholic Church, St. Paul and Bethlehem Baptist Church, Minneapolis.
- Community outreach parish nurse positions are being explored with Portico Healthnet and HealthEast Passport programs.
- University of Minnesota senior nursing students and Bethel University nursing students are working with HEPNN parish nurses as a component of their curriculum.
- Faith Community Nurse Network is surveying parish nurses in the Metro area.
- Blood pressure clinics continue on a monthly basis at three sites, serving an average of 65 seniors each month.
- A paper by Lori Anderson, RN and HEPNN Manager, entitled Strengthening Health Ministries to Seniors through the Pastoral Nurse Role, has been accepted as a presentation for the 21st Annual Westberg Symposium in St. Louis, MO in September 2007.



HealthEast Parish Nurse Network	Parish Nurse	Members
Parishes		
Central Baptist Church, St. Paul	Open position	580
Church of St. Thomas Aquinas, St. Paul Park	Maureen Dillon, RN	4,575
Corpus Christi Catholic Church, Roseville	Eileen Stack, RN	1,475
Peace United Methodist Church, Shoreview	Open position	250
St. Mary of the Lake Catholic Church, White Bear Lake	Bonnie Wek, RN	7,600
St. Pascal Baylon Catholic Church, St. Paul	Sue Ristow, RN	1,150
St. Thomas the Apostle Catholic Church, St. Paul	Carol McKenna, RN	1,500
Woodbury Baptist Church, Woodbury	Lee Cummins, RN	250
Community Outreach		
Cerenity Care: Marian Center of Saint Paul	Lori Anderson, RN	125 apts.
Scandia Shores, Shoreview	Lori Anderson, RN	108 apts.



In partnership with HealthEast, parish nurses are experienced registered nurses who have additional education in parish nursing. Parish nurses work with pastoral staff, promoting health and wellness in a faith community, through five primary roles: health educator, health counselor, volunteer coordinator, advocate and integrator of the faith/health relationship. For additional information on the HealthEast Parish Nurse program or to receive a copy of the parish nurse brochure, call Lori Anderson, RN, Parish Nurse Manager, at 651-232-5521.

Spiritual Care is a publication of HealthEast Spiritual Care. Direct inquiries to:
 Rev. Scott W. Hinrichs, Editor,
 HealthEast Care System, 559 Capitol Blvd.,
 St. Paul, MN 55103; 651-232-2307;
 shinrichs@healtheast.org.

Advocacy roles for parish nurses

Advocacy is *one* role that a parish nurse plays in a congregation. This role includes:

- Help obtain access to care
- Serve as a health navigator
- Serve as advocate in health care systems
- Work to acquire needed service
- Mobilize for the health of neighbors
- Raise awareness of legislative issues
- Advocate for environmental health concerns
- Work for others in developing countries

Eight Advocacy Roles for Parish Nurses – What can a congregation do to address health issues that cry out for advocacy? Written by Rev. Deborah Patterson, Executive Director of the International Parish Nurse Resource Center, *Journal of Christian Nursing*, Volume 24, Number 1, Jan–Mar 2007, p.35.

Parish nurse recognized

Arlis Bresnahan received a prayer shawl upon her retirement from the HEPNN to commemorate 12 years as a parish nurse at St. Paul's Lutheran Church.



Back left: Parish Nurses Marylss Wolf, Deb Gisch, Bonnie Wek, Lori Anderson, Eileen Stack, Sue Ristow, Carol McKenna.
Front left: Penny Kaiser, HealthEast Research and Parish Nurse Arlis Bresnahan.

Recommended reading

“Spiritual Caregiving in the Hospital: Windows to Chaplaincy Ministry,” Bueckert, Leah Dawn and Schipani, Daniel S., editors. (Kitchener, ON: Pandora Press, 2006) 263 pp.



A typical day for a chaplain includes accompanying staff, patients and family members who are making life-and-death decisions. It involves exposure to contagious and deadly diseases. It consists of preparing and leading worship services, memorial services, baptisms and prayers. It involves balancing budgets and allocating resources. It may also entail teaching, mopping a floor, mediating a conflict, crowd control, fundraising, networking, counseling, sending and receiving e-mail, attending a seminar or raising an ethical question. The day may bring celebration of the wonder of daily life or rejoicing at good news. It calls for remembering, identifying and naming the healing, even when there is no cure. Chaplaincy is listening, managing, leading, supporting, being and doing — and trying to get the balance right. (p. 7-8)

With these words, Chaplain Jan Knaus, one of many contributors to this volume, characterizes her vocational journey. *Spiritual Caregiving in the Hospital* is the result of a research and writing project done at Associated Mennonite Biblical Seminary. This project reflects their institutional commitment to contribute to the formation of health care chaplains through a concentration in pastoral care and counseling within the Master of Divinity program. The book is divided as follows: Part I: The place of spiritual care in the hospital; Part II: The chaplain as caregiver in specific settings; Part III: Special concerns in chaplaincy ministry.

Spiritual Caregiving in the Hospital succeeds because the book is written by practitioners of the art. In the introduction, the editors differentiate ‘spiritual’ from ‘pastoral.’ “Pastoral care is the dimension of the ministry of the church that has concern for the well-being of individuals, families, institutions and communities. It may include various functions — guiding, nurturing, sustaining, comforting, reconciling and healing — in diverse settings, including hospital chaplaincy... We adopt the understanding of faith as a human universal that may or may not find expression in terms of specific religious tradition and content... By spiritual, we mean the fundamental capacity to have faith, to make meaning, to create community and culture, to long for and practice love, peace and justice, and to be oriented toward wholeness.” (p. 3).

Opening ‘windows to chaplaincy ministry’ is an apt metaphor for the editors’ intention to allow a better view of health care chaplaincy by getting out of the reader’s way. Through effective use of Biblical imagery, anecdote, personal experience, case study and poetry, the editors and their contributors hold the reader’s interest without becoming pedantic. I recommend a thorough reading of this book by chaplains, students and teachers of pastoral care — anyone interested in this vital discipline!

Reviewed by Rev. Phil Pinchard www.plainviews.org/AR/c/v3n15/r.html

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Spiritual Care endowment

The HealthEast Spiritual Care endowment

exists to support the provision of spiritual care services to patients, clients, residents, staff members, physicians and community members/groups associated with HealthEast Care System. The endowment supports such programs as:

- **Clinical Pastoral Education** – Spiritual Care education for ministers and theological students, including a year-long residency program
- **Spiritual Care literature** – Inspirational and comforting brochures designed for specific clinical situations
- **Spiritual Care staffing** – Financial support for Spiritual Care staff in areas of health care for which funding is not available, such as hospice and home care
- **Worship materials/supplies** – Funding for chapel supplies in HealthEast hospitals and Cerenity Care Centers
- **Community education/support groups** – Funding for educational programs on subjects such as bereavement, faith and health, perspectives on suffering

Your gift is much appreciated. Donations to HealthEast Spiritual Care may be sent to HealthEast Foundation, 1690 University Ave. W., Suite 250, Saint Paul, MN 55104-3729.



St. Joseph's Hospital Chapel

Planning continues regarding specific features of the chapel within the new building at St. Joseph's Hospital. The chapel will be located above the lobby. Fundraising plans for the chapel are in progress and will be important to furnishing and interior design of the space.

BUILDING  **MISSION**
on our **MISSION**
THE CAMPAIGN FOR ST. JOSEPH'S HOSPITAL



Clinical Pastoral Education: Learning the art of spiritual care

Clinical Pastoral Education (CPE) is experience-based theological education which combines the practice of pastoral care with qualified supervision and peer group reflection. Utilizing a case study style of learning, CPE learning goals include self-awareness, pastoral skills and pastoral formation.

Applications for the 2007-08 Clinical Pastoral Education residency year are currently being accepted. Comprised of four units of CPE, the residency curriculum features emphases on pastoral identity and theological reflection, spiritual assessment and intentional ministry, bioethics and ministry leadership and systems theory. This program is partially funded by HealthEast Foundation. For additional information, please contact Rev. Allen Dundek at 651-232-3612 or adundek@healtheast.org

HealthEast
CLINICAL PASTORAL
EDUCATION



A leading training center for health care chaplains

The 2007 to 2008 **HealthEast CPE Residency Program** offers:

- > A faith-based organization that values its Spiritual Care staff
- > A variety of unique and diverse clinical ministry opportunities
- > Outstanding stipend and benefits with an award-winning employer
- > A track record of success in training persons for certification and employment following graduation

For program details, visit our web page at www.healtheast.org/cpe or contact Rev. Allen Dundek at 651-232-3612 or adundek@healtheast.org.



HealthEast Care System is a leading training center for health care chaplains

A track record of excellence marks the CPE program at HealthEast:

- One hundred percent of surveyed graduates indicated they would recommend CPE at HealthEast to others and take another unit themselves if the opportunity arose.
- Seventy-five percent of the past three residency graduating classes have found employment as chaplains within six months of program completion.
- One hundred percent of graduates surveyed in 2006 rated program components, such as weekly reflection and self-directed learning, as "excellent" or "very good."
- A recent accreditation review noted the programs' excellence in addressing educational standards and curriculum.

2007 HealthEast Mission Month activities

April 4

"One of Our Best" Tea, 2:30 pm, Town & Country Club

April 5

President's Prayer Breakfast, 7:30 am at The Prom Center, Oakdale, featuring music of Ann Hinrichs and Friends, as well as HealthEast staff members sharing their faith stories

April 9 to 20

HealthEast Foundation Employee Giving Campaign

**Our gifts make
a difference!**
Employee Giving Campaign

April 15 to 21

HealthEast Volunteer Recognition Week

For registration information to the President's Prayer Breakfast, call De Granstrom at 651-232-5104.

President's Prayer Breakfast

The Prom Center
484 Inwood Avenue • Oakdale, MN 55126

Thursday, April 5, 2007
7:30 to 9:30 am Cost: \$18

The HealthEast Care System President's Prayer Breakfast is based on the Christian faith traditions of HealthEast's sponsoring organizations. As part of Mission Month, the President's Prayer Breakfast offers an opportunity to reflect on faith and service and to seek God's blessing for HealthEast.

All HealthEast employees, volunteers, physicians, supporters and board members are invited and encouraged to attend.

Register early as seating is limited.
Registration deadline is Thursday, March 29, 2007.

Music by
Ann Hinrichs and Friends



Currently serving as Worship Minister at Plymouth Covenant Church, Ann Hinrichs has written and recorded Christian music for several CDs, including Lord We and Kids Songs from the Open House. She also leads short-term minisite with several organizations.

Personal reflections

See Washon, HealthEast Home Care
John Kwasnicka, MD, HealthEast Emergency Services



President's Prayer Breakfast registration form

Thursday, April 5, 2007, 7:30 to 9:30 am

Name _____ Dept. _____

Business address _____

Business phone _____ Home phone _____

E-mail address _____

I have enclosed the \$18 registration fee Please check if you would like a confirmation letter and map.

Please make check payable to HealthEast and send through interoffice mail to Continuing Education, HealthEast Midway Campus. Questions regarding this program may be directed to HealthEast Continuing Education at 651-231-5304 or 651-232-4952.

Watch for the HealthEast Employee Giving Campaign • April 9 through April 20, 2007

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For information call:

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- Parish Educator

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