

# Spiritual Care

S U M M E R 2 0 0 6

## A ministry of presence

**Ministry in a health care** setting is more about being than doing. A chaplain doesn't enter a room with a list of tasks that needs to be accomplished. Rather, the intention is to form a relationship within which caring can be expressed. From a Christian perspective, this purpose stems from the example of God's self-revealing love as One who dwelt among us. In the Dictionary of Pastoral Care and Counseling, G. Fackre defines the ministry of presence as "... a form of servanthood characterized by suffering, alongside of and with the hurt and oppressed – a being, rather than a doing or a telling." This ministry seeks to act out the good news of God's love, touching the part of our souls that long for companionship.

The chaplain was called late in the evening to be with a family as they stood in the room with their loved one who was dying. After introductions and sharing the essentials of the story, they waited together. Occasionally, a family member shared a memory or asked a question. They took turns coming near the

bed, touching the one who would no longer be with them, except in memory. Time seemed to slow down. There were long moments of silence. A nurse came in to administer a medication. At one point, the chaplain led the family in a prayer, holding hands together and touching the person in the bed. More time went by, more stories were shared, and when the time seemed right, the chaplain said good-bye. The family was very grateful for the chaplain's presence. Why? They were reminded of the support of their community of faith and of hope that comes from a loving God. This understanding did not come from a sermon or helping with specific problems; it was communicated by the desire and willingness to be present.



*"Absence  
sharpen's love,  
presence  
strengthens  
it."*

– English proverb

*"Right at the depth of the human condition,  
lies the longing for a presence, the silent desire for a communion."*

– Taizé web site

**Bethesda Hospital**

Rev. Nancy Wigdahl, System Director, 651-232-2041  
 Rev. Jerry Storm, Coordinator, 651-232-2042  
 Rev. Naa-Abashie Ankrab, 651-232-2440  
 Cindy Rudh, Secretary, 651-232-2060

**St. John's Hospital**

Rev. Ted Hein, System Director, 651-232-7397  
 Rev. Cheryl Szabo, 651-232-7398  
 Rev. Jonathan Fischer, OSB, 651-232-7598  
 Rev. Leo Schneider, 651-232-7060  
 Michel Willard, 651-232-7597

**St. Joseph's Hospital**

Rev. Stephen LaCanne, System Director, 651-232-4155  
 Rev. Marian Eisenmann, 651-232-3119  
 Rev. Mike Erlander, 651-232-3071  
 Rev. Jonathan Fischer, OSB, 651-232-3075  
 Sr. Geri Lane, CSJ, 651-232-3441  
 Clare Cassell, Chemical Dependency, 651-232-3657  
 Renee Miller, Eucharistic Min. Coordinator, 651-232-3441  
 Nancy Walter, Secretary, 651-232-3060

**Woodwinds Health Campus**

Sr. Marian Louwagie, CSJ, System Director, 651-232-0062  
 Joan Wittman, Eucharistic Min. Coordinator, 651-232-0062

**HealthEast Hospice Care**

Maureen Feely, 651-232-3133  
 Rev. Timothy Nelson, 651-232-3301  
 Father Thomas Hunstiger, 612-710-3452  
 Judith Oberhauser, 651-326-3699  
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**HealthEast Parish Nurse Program-  
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Lori Anderson, RN, Coordinator, 651-232-5521

**Clinical Pastoral Education residents 2005-06**

Julie Schaffer, Bethesda Hospital, 651-232-2044  
 Rev. Tony Wong, St. John's Hospital, 651-232-7596  
 Rev. Erik Saxvik, Bethesda Hospital, 651-232-2256  
 Alma Langley, St. Joseph's Hospital, 651-232-4368

**On-call chaplains**

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  
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## Parish nursing or faith community nursing – what is the difference?

<http://www.healtheast.org/parishnursenetwork>

The term “parish nursing” was coined more than 25 years ago by the Rev. Dr. Granger Westberg, a Lutheran General Hospital (now Advocate Health Care) chaplain in the Chicago area. Since that time, parish nurse has been the recognized title referring to a registered nurse who has additional training in parish nursing and who works as part of the pastoral staff of the local church.

In 1998, the Health Ministries Association (HMA) and the American Nurses Association (ANA) developed the scope and standards of practice for this unique and growing nursing specialty (available at [www.HMAssoc.org](http://www.HMAssoc.org)). In the fall of 2005, the term “faith community nurse” was adopted as the official umbrella term for RNs working as parish (now faith community) nurses in the local churches. One reason for the change in title is that Jewish and non-Christian faith groups have expressed interest in adding nurses to their staffs and the term “parish” is most often associated with Catholic churches, or in the south, refers to a county. Beyond the effort to be more inclusive of traditional faith groups in churches, synagogues and mosques, is the emerging idea that non-church faith communities also exist and provide settings for ministry as well. For example, for the past 11 years the HealthEast Parish Nurse Network has partnered with churches in the East Metro area but is expanding that vision to include faith-based senior living facilities and a potential community outreach parish/faith community nurse that would work alongside existing inner-city faith-based ministries.

In March of 2005, the HealthEast Parish Nurse Network launched a one-year pilot project to place a parish nurse in an independent senior assisted-living facility (now Cerenity of St. Paul: Marian Residence, formerly HealthEast Residence: Marian of St. Paul). The parish nurse here used the title “pastoral nurse” because the setting was a residence and not a church. Another



example of new settings for faith community nursing is MeritCare's Parish Nurse Ministry program in the Fargo-Moorhead area, which recently launched a full-time “shelter faith community nurse” position. The role ensures that residents are using the most appropriate avenue of health care, makes referrals, tracks follow-up care, including blood pressure checks, medication refills and health teaching, focusing most importantly on advocacy and a faith-based presence. The HealthEast Parish Nurse Network is in the process of interviewing potential community partners for a position similar to the shelter faith community nurse in Fargo-Moorhead and is beginning to explore funding sources for such a position.

HealthEast Parish Nurse Network	Parish Nurse	Members
Arlington Hills Lutheran Church, St. Paul	Open position	1,100
Central Baptist Church, St. Paul	Open position	580
Central Presbyterian Church, St. Paul	Open position	233
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	Sue Ristow, RN	1,150
St. Paul's Lutheran Church, Minneapolis	Arlis Bresnahan, RN	150
St. Thomas the Apostle Catholic Church, St. Paul	Carol McKenna, RN	1,500
Woodbury Baptist Church, Woodbury	Lee Cummins, RN	250



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 Coordinator, at **651-232-5521**.

## Recommended reading

**Building on the acclaim** of their book "The Faces of Forgiveness," winner of the Narramore Award from the Christian Association for Psychological Studies, LeRon Shults and Steven Sandage continue the dialog between theology and psychology with "Transforming Spirituality: Integrating Theology and Psychology."

In this collaborative work the authors closely explore the growing academic and cultural interest in spirituality and spiritual transformation. They argue that "we are witnessing a new horizon of converging interest in the intersections between science, religion and spirituality." Organized in three parts – transforming spirituality in psychology, transforming spirituality in theology and modeling spiritual transformation – "Transforming Spirituality" fills a void in the current literature. In turn, its nine chapters discuss spirituality in relation to health, human development, the biblical tradition, philosophy and the natural sciences. Not only does this work examine the positive aspects of spiritual experience, but it also discusses negative phases in spiritual development, such as the reality of suffering and the "dark night of the soul." The book concludes with case studies that model and illustrate how to apply the authors' interdisciplinary approach.

Author Information: F. LeRon Shults (PhD, Princeton University; PhD, Walden University) is professor of theology at Agder University in Kristiansand, Norway, and the author of several books, including "Reforming the Doctrine of God and Reforming Theological Anthropology." Steven J. Sandage (PhD, Virginia Commonwealth University) is a licensed psychologist, associate professor of marriage and family therapy at Bethel Seminary, and co-author of "To Forgive Is Human."

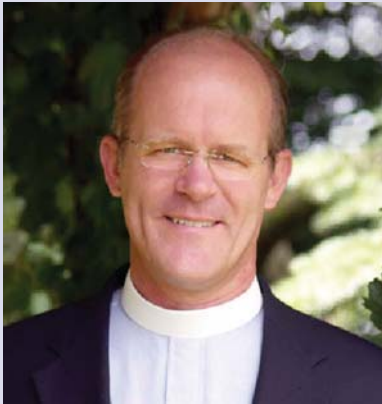
## TRANSFORMING SPIRITUALITY

Integrating Theology and Psychology



F. LERON SHULTS  
STEVEN J. SANDAGE

*"We are witnessing  
a new horizon  
of converging  
interest in the  
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spirituality."*



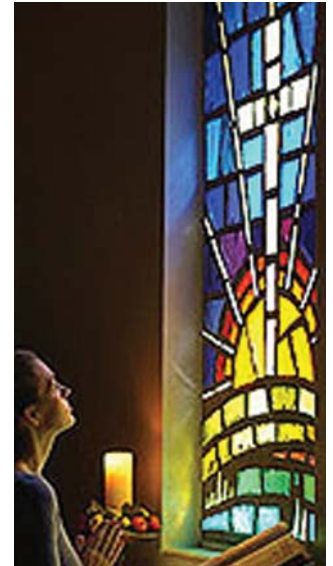
**A seminar celebrating** the 10th anniversary of HealthEast's Clinical Pastoral Education Residency program was held Monday, June 26, from 9 am to noon at Woodwinds Health Campus. The seminar featured Rev. Peter Marty speaking on "Callus and Sensitivity in a Pastor's Soul: Pastoral Authority in the 21st Century." Rev. Marty is senior pastor of St. Paul Lutheran Church in Davenport, IA and host of the radio program "Grace Matters" ([www.gracematters.org](http://www.gracematters.org)). He is currently on the board of The Christian Century magazine and Genesis Medical Center. Respondents were the Revs. Helen Wells O'Brien (Chaplain, Gillette Children's Hospital) and Randy Nelson (Luther Seminary).

For additional information on this seminar and the HealthEast Clinical Pastoral Education program, contact the Rev. Allen Dundek at **651-232-3612** or **[adundek@healtheast.org](mailto:adundek@healtheast.org)**.

For information on the Association for Clinical Pastoral Education, **[www.acpe.edu](http://www.acpe.edu)**.

## Learning the art of spiritual care – HealthEast celebrates 10 years of CPE residency

**Since 1996**, the HealthEast Clinical Pastoral Education (CPE) program has trained CPE residents in the art and skill of Spiritual Care for ministries in health care settings. Beginning as a joint program with St. Paul-Ramsey Medical Center (now Regions Hospital) and continuing independently, 40 people have graduated from the program and many serve as chaplains in the greater Twin Cities area. Each year four people are selected to serve as resident chaplains at Bethesda, St. John's and St. Joseph's hospitals. They provide spiritual care, lead chapel worship and respond to emergency call requests. Their training includes case-review presentations, theological and personal reflection, group discussion and individual supervision. Residents are also assigned a staff chaplain who serves as mentor for their clinical ministry. The yearlong training is a major requirement for professional certification in the field. Current supervisory staff at HealthEast Care System include the Revs. Allen Dundek, Scott Hinrichs and Nancy Wigdahl.



Prior to the current CPE residency program, HealthEast was one of the first health care organizations to be accredited as a system-wide CPE center and the Rev. Larry Shostrom supervised CPE residents for three years, 1987-1990.

### Alumni of the CPE program from 1996 to 2006

#### 1996-97 CPE residents

Carolyn Arnett  
Musa Filibus  
Rosemary Golias  
Paul Knutson  
Lisa Lucas  
Gretchen Warre

#### 1997-98 CPE residents

Carolyn Arnett  
Barbara Kaufmann  
Paul Holle  
Allan Simms  
Helen Wells

#### 1998-99 CPE residents

Mary Hauke  
Ronda Renee-Koch  
Daniel  
Rakotojoelinadrasana  
Bea Vue-Benson

#### 1999-2000 CPE residents

Judith Oberhauser  
Vicki Pedersen  
Erick Thompson  
Jim Weyland

#### 2000-01 CPE residents

Richard Jenkins  
Ann Knudsen  
Naa-Abashie Mensah  
David Wergin

#### 2001-02 CPE residents

Jo Cassidy-Maloney  
Alfred Kambaki  
Paul Langenfeld  
Gerald Onuoha

#### 2002-03 CPE residents

Glorestine Creighton  
Linda Lund  
Robert Nash  
Everett Thies

#### 2003-04 CPE residents

Rebecca Hanson  
Mark Jicinsky  
Bob Keim  
Cheryl Szabo

#### 2004-05 CPE residents

Florence Conover  
Ann Degenhard  
Bob Lyndes  
Linda Roal

#### 2005-06 CPE residents

Alma Langley  
Erik Saxvik  
Julie Schaffer  
Tony Wong

## On eagles' wings

**Fr. Jan Michael Joncas** was the featured speaker at the HealthEast Spiritual Care staff summer retreat. He presented a spiritual and theological reflection entitled "Hopefulness in the Face of Fear" on his experience of illness. He also led staff members in worship. Fr. Joncas' music is well known throughout the church, especially for the song, "On Eagles' Wings" based on Psalm 91. Fr. Joncas identified stages along his journey of recovery from a neurological illness, including the stages of confusion, diagnosis, suffering and recovery. Within each stage, he referenced both physical and spiritual experiences, facilitating dialogue with staff members on the role of spiritual care providers. He also presented a study on the Psalms, focusing on Psalms of lament as prayers reflecting the experience of a sufferer. Fr. Joncas holds a PhD in liturgical studies, and he teaches at the University of St. Thomas and Notre Dame.



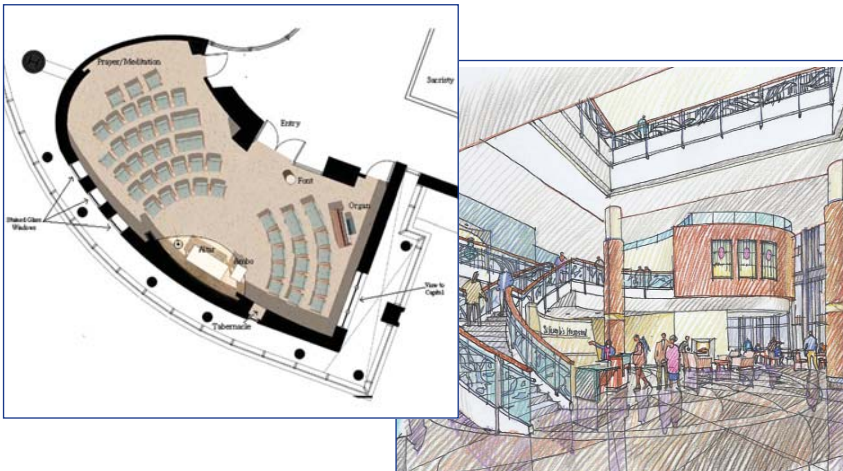
Fr. Jan Michael Joncas speaks at the HealthEast Spiritual Care staff retreat.

*"And He will raise  
you up on eagles'  
wings, bear you  
on the breath of  
dawn, make you  
to shine like the  
sun, and hold  
you in the palm  
of His hand."*

– Fr. Michael Joncas

## St. Joseph's Hospital – chapel planning

**Plans continue to evolve** for the new chapel in the St. Joseph's Hospital building project, which will be located near the front entrance of the hospital on the level above the lobby. Fr. Steve LaCanne and Phyllis Novitskie, Associate Administrator, recently visited the chapel at St. Ambrose Catholic Church in Woodbury for ideas. A liturgical consultant has also been involved in the planning process.



## Notes

- **Inside:**

“A ministry of presence”

Faith community nursing

Chaplain Residency Program –  
10th anniversary

- **Spiritual Care volunteers**

For information call:

Rev. Nancy Wigdahl

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Rev. Ted Hein

St. John’s Hospital

**651-232-7397**

Rev. Stephen LaCanne

St. Joseph’s Hospital

**651-232-4155**

Sr. Marian Louwagie

Woodwinds Health Campus

**651-232-0062**



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