

Calendar Events

Labyrinth in Chapel every
second and fourth Thursdays
12 Noon Thursday -12 Noon
Friday

UNC Hospitals Grief Recovery
Group

Monday evenings beginning
September 8, 2008

United Church of Chapel Hill

October 1-4, 2008 Raleigh,
N.C. World Burn Congress,
Co-Hosted by University of
North Carolina Jaycee Burn
Center and Office of State Fire
Marshalls

October 9, 2008

North Carolina Chaplains'
Association Fall Education
Day, Asheboro, N.C.

October 22-25, 2008 ACPE
Annual Conference, Omni
Hotel, Richmond VA

February 1-4, 2009
Association of Professional
Chaplains, Association of
Clinical Pastoral Educators,
Orlando, FL

April 15-18, 2009
Association for Death,
Education, and Counseling,
Dallas, TX

Clinical Pastoral Education



Tom Hehenberger, Christi Dye, Laura Roach, Betty Morton, David Wilson

Welcome, Residents!

Christi Dye is a graduate of Duke University; she earned her BA and her M.Div. there! Christi is United Methodist (North Carolina Conference) and completed her initial unit of CPE at Wake Med in 2006.

Tom Hehenberger is an ordained Lutheran (ELCA) minister who has served as pastor. Tom graduated from Indiana University and Lutheran Theological Seminary in Columbia, SC. He completed his first unit of CPE at Palmetto Health Alliance in Columbia.

Betty Morton graduated from Hood College twice, earning both her BA and an MA in Human Sciences/Counseling. She earned her law degree at the University of Kentucky, and her M.Div. at Duke's Divinity School. She is under care with the United Church of Christ as she moves toward ordination. Betty completed her initial unit of CPE at John Umstead Hospital.

Laura Roach is a graduate of Gardner-Webb University, where she earned her B.S. in Psychology, and Campbell University Divinity School where she earned her M.Div. Laura is Baptist. She completed her first unit of CPE at Wake Med.

David Wilson is an ordained Fellowship Baptist minister. He served the Mt. Gilead Baptist Church in Pittsboro. David is a graduate of the University of Tulsa and Campbell University Divinity School. His initial unit of CPE was at Wake Med.

Reflections *(continued from page 1)*

Carolyn: What are you most thankful for over your sixteen years of service here?

Elizabeth: I am thankful for so many things. I have had an incomparable opportunity to grow and mature as a CPE supervisor here. I had the chance to work with some of the best supervisors and chaplains in North Carolina. For sixteen years Wayne helped me keep things in perspective, and not always take challenges so seriously! But perhaps at the heart of it all, I am thankful for the students who have taught me so much. I have deep, deep appreciation for the students who have come through our program and have gone on to serve in a multitude of pastoral care arenas. I feel honored to have had the chance to work with them. One sorrow for me is that I will not have as easy access to our alumni. UNC has had the blessing of really good students and I thank them for the opportunity to learn and grow with them over the years.

Pastoral Care

The following is excerpted from an article by Laura Johnson that ran in The Chapel Hill Herald on Sept 9, 2007.

Loss Binds Strangers in Grief

Last fall, Darline Millet walked into a room of strangers. "It was such a room of grief," she recalls. "You could feel it." She was scared; she thought of leaving. Then she took a seat. Millet lost her husband, Jim, two years ago February to a heart attack. He was 56. She didn't know anyone in that room. What she did know was that everyone in it had also lost a loved one.

The room was in the United Church of Chapel Hill, and she was there for the Community Grief Recovery Groups, offered by the UNC Hospitals Bereavement Support Service. "Some of the people were very recent deaths, some were longer, some were multiple," Millet says. "And we just kind of came as this grieving, gelatinous mass."

Heidi Gessner, Bereavement Coordinator and Burn Chaplain, and Darryl Owens, Women's Services Chaplain and Grief Counselor, facilitate the sessions. A chaplain resident is invited to train and help co-facilitate during the seven-week program, which is free to anyone grieving a death in the community regardless of faith background.

"The focus of the group is focusing on sharing and moving toward healing in a safe, supportive setting," Gessner says. "If they have nowhere else to talk about it or deal with it, that's one safe place where they can bring it out and share; be sad; just be with other people in the same boat."

In the months that followed Jim's death, Millet had often thought of going to the group. But she was scared. "I didn't know what I was going to find," she says. She worried; "What if I cry, what will I look like? Will I sound stupid?" But inside that room, she says, "it's all OK."

At first, she did a lot of listening. She didn't speak for several sessions. Then, gradually, the strangers got to know each other. They began sharing discussions, tears and sometimes, "it might be hard to believe," even laughs.

"The age range was large, the circumstances were wide and varied, and it didn't matter because we were in that room," Millet says. Her experience in that room was invaluable. "You get to where you don't even need to talk because someone could finish your sentences. The bond between the participants is unbreakable."

Each week, Gessner and Owens cover a different aspect of grief. They discuss grief in the workplace, spirituality and grief, coping, the impact on relationships, the phases of grief, and anniversaries and holidays. They provide literature, factual information, even poetry.

A year later, Millet still thinks back to the group. "I think back to these people often, several times a week," she says. "I can see everybody in that room clearly, and I think of their moms and partners and husbands and sisters. The human spirit is amazing, and I have not forgotten."

The fall session of the Community Grief Recovery Group, offered by the UNC Hospitals Bereavement Support Service, will begin on Monday, September 8, 2008 and will be held for seven consecutive weeks from 6:30-8:00pm at the United Church of Chapel Hill. For more information, please contact Heidi Gessner, UNC Hospitals Bereavement Coordinator, at 919-966-0716, or hgessner@unch.unc.edu.

Departmental News

CHANGE: Reflections from a Resident

This has been a tremendous year filled with experiences that I will carry for a lifetime. I have been a part of big change and the most rewarding change for me has been to go from being a patient to an employee; serving those who lie where I once lied. In early childhood, I was diagnosed with a rare chronic respiratory condition.

So, my year as a Resident Pediatric Chaplain has truly been a year of change and reflection on many levels both personally and professionally. Since moving back to my home state of NC, I dreamed of working at the hospital which essentially saved my life.

Professionally, I have learned the great reward from giving back as well as the challenges in facing change. Our Pastoral Care Director left in November and the Pediatric Chaplain who mentored me stepped into our Interim Director's position. I learned very quickly the need for balancing and managing my time as I prioritized my visits in the children's hospital along with various changes within the department. Working through this transition has brought new growth for the office and for me.

It is often hard to face change, yet I believe it can stir refreshment and new vision. I celebrate the active work that those in the Pastoral Care Department are doing to create the best possible future for the pastoral care needs of the patients and staff of UNC Health Care. I too am changed!

Mission / Accreditation

The Department of Pastoral Care conducts an interfaith ministry to patients and their families at UNC Hospitals in Chapel Hill. The department is accredited by the COMISS Commission for Accreditation of Pastoral Services (CCAPS) and provides training in Clinical Pastoral Education, accredited by the Association for Clinical Pastoral Education, Inc.

This letter is published for interested clergy, alumni, and other friends of the pastoral care program. Comments and suggestions are welcome. Please send to Shirley M. Massey, smassey@unch.unc.edu.

Staff

Patricia Cadle, MRE
pcadle@unch.unc.edu

Shay Crenshaw, M.Div.
scrensa@unch.unc.edu

Peter Maffly-Kipp, M.S.W.
pkipp@unch.unc.edu

Shirley Massey, M.Div.
smassey@unch.unc.edu

Darryl Owens, M.Div.
diowens@unch.unc.edu

E. Wayne Robinson, D.Min.
wrobinso@unch.unc.edu

Heidi Gessner, M.Div.
hgessner@unch.unc.edu

Pastoral voice

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FROM THE UNC HEALTH CARE PASTORAL CARE DEPARTMENT

Business Hours

Monday - Friday, 8am - 4:30pm

Telephone / Fax

919.966.4021 / 919.843.0330

Web Address

www.unchpastoralcare.org

Take Note

The Department of Pastoral Care has a FACEBOOK Group!

Please join. The name of the group on FACEBOOK is UNC Hospitals Chaplains. We encourage past and present team members and friends of the department to join. See You on FACEBOOK!

www.facebook.com



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CHANGE SERVICE REQUESTED

Pastoral voice

Volume 24, No. 2
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FROM THE UNC HEALTH CARE PASTORAL CARE DEPARTMENT

Reflections

CHANGE ...

(Interview with Elizabeth Stroop 6/25/08)

Carolyn: Congratulations, Elizabeth, on your new position as Supervisor of Clinical Pastoral Education at New Hanover Regional Medical Center in Wilmington, NC. We will all miss you very much. As Associate Director and CPE Supervisor at UNC Medical Center, what prompted your move after 16 years of service here?

Elizabeth: As I look back at my life, I realize that I have made huge life changes each ten years. I graduated from High School in '68, got ordained in '78, met my partner and began supervisory education in '88, and Lu and I committed ourselves to becoming parents in '98. Perhaps it shouldn't be surprising that in '08 I was ready for another major shift. The folks at New Hanover heavily recruited me and offered me an opportunity that was just too appealing to turn down.

Carolyn: So what is it like to make this move... not only away from the department of colleagues with whom you've spent so many years but also from a community that you and your family love?

Elizabeth: It is very bittersweet. My family is deeply rooted in Chapel Hill, especially within our church community. I feel sad to leave this hospital, which has been my professional home for so many years, and grieve leaving Chapel Hill and our church. And yet it is really exciting to begin to know a new community ... and it probably goes without saying that it is appealing to be so close to the ocean! I was actually surprised to discover that I was ready to shake my life up a bit, explore new options, and grow in some ways that are hard to do when I'm immersed in so much that is familiar. Moving gives me the opportunity to shatter old paradigms and begin to live a new adventure. At this point in my life, it's rather fun to take on something new and to get out of my comfort zone. This move also gives my family the opportunity to move into a house that will better fit our needs in the years to come, and the homemaker within me finds it very exciting to contemplate decorating a new space!

Carolyn: What about the work that you will be doing at New Hanover? What are you most excited about implementing, sustaining or growing?

Elizabeth: I think that one of my strengths is curriculum design, and I will enjoy collaborating with the staff at New Hanover to create top-notch intern and residency programs. I want to help equip clergy for their varied ministries in the years to come. I also have a dream for New Hanover to offer supervisory education, which at this point does not exist in eastern NC. Many excellent CPE centers, including UNC, do not currently train people to become supervisors. In the years to come, we will need an influx of new supervisors! Many of my colleagues are nearing retirement age. In order to keep up the momentum in offering solid education for chaplains, additional people need to be nurtured and supported as they prepare for becoming CPE supervisors. At this point in my career I would very much like to participate in encouraging and educating people who have caught that dream!

Carolyn: What is your hope for the vacancy you leave at UNC?

Elizabeth: This department of pastoral care is comprised of chaplains who have a wealth of experience and a commitment to ministry in this evolving institution. The staff is creating a vision for the department that calls for new energy and passion. The staff at UNC has been remarkably stable and my hope is that they will recruit a supervisor who can bring a new perspective, an influx of energy, and a wealth of enthusiasm for CPE within this context. My hope is also that someone new will help find ways to strengthen the CPE program in this context.

Carolyn: What are you most proud of from your experience here?

Elizabeth: As I look back, I am proud to have helped develop and sustain a solid and well-respected CPE program at UNC Hospitals. It has been important to me to work in a setting where I could offer students a high quality educational opportunity in the context of care, challenge, respect, and appreciation.

(continued on page 3)