

Reflections

Greetings from a former Resident Chaplain

They say, “Time flies when you’re having fun!” Over the last 17 years, there have been some fun times and some not-so-fun times, but the time has flown since completing my year of CPE residency at UNC in 1993. As someone who values continuing education and life-long learning, I had promised myself that if I wasn’t able to fit in CPE while in seminary, I would do a parish-based CPE as soon as possible after graduation. As a chaplain resident at UNC, I soon found that life-long learning is hard work, but worthwhile work, and in fact, holy work. I was challenged and supported throughout the entire experience with a healthy balance of grace and accountability.

Following my CPE residency, I returned to the local church as a pastor in Durham. There were many times when I drew upon the things I learned from CPE – not just in the area of pastoral care, but also in the area of self-care - establishing boundaries, truly listening to what people are saying, and so much more.

From Durham I travelled to Louisburg College, where I served for two years in a variety of roles, including a chaplain and church relations coordinator. Although I enjoyed many aspects of this work, I soon decided that the local church was where I was called to be and accepted an appointment in Wilson, NC. During the four years I was pastor there, the church experienced a great deal of death and dying as well as trauma related to personal issues among members of the church. Over and over, I called on my training in CPE to help me and the church navigate through troubled waters. I was able to be strong but not rigid, to resist taking things personally and becoming defensive, and to keep a balanced perspective, just to name a few examples.

From Wilson, I headed to Burlington and became leader to a church that had suffered great brokenness just prior to my arrival. Once again I found myself drawing on many of the principles I learned in CPE. As a wounded healer, I was able to be with them in their grief and pain

and anger, and to encourage them to name and claim those feelings, without guilt or shame. I was able to be a non-anxious presence among them, not trying to rush them through the healing process, but not encouraging them to wallow in it indefinitely, either. We addressed things openly and honestly and directly. I daresay I would not have been able to be the kind of pastor they needed had it not been for my grounding and foundation work in CPE.

Currently, I serve as the Senior Associate Pastor at University UMC in Chapel Hill. Not a day goes by that I don’t draw upon and benefit from my CPE experience in some way. Whether it’s being reminded that it’s not up to me to fix everything or to please everyone, but simply to be true to who God is calling me to be or being reminded that grace is something that is available not only to everyone else but also to me, I am aware that so much of what sustains me in ministry goes back to my CPE experience. It was one of the best investments I have ever made – a gift that I wish every pastor would give themselves! It has made a tremendous difference in my journey. In fact, I often wonder if I would still be in ministry if I had not done CPE. I know for a fact that it would have been much harder if I hadn’t. I am so grateful for the ministry of CPE and for those people who mentored me and modeled for me a healthy way of living and being in ministry.



Delores Anne Langley

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Recent Donations

The Department of Pastoral Care says, "Thank You" to the individuals who have made generous contributions. These funds continue to help support the ministries of the department and allow innovative initiatives to continue.

The following individuals and organizations have made recent contributions:

Shay Montgomery Crenshaw

Lucy Oliver

Chi Omega Sorority

Clinical Pastoral Education

Denise Kilgo-Martin

Denise Kilgo-Martin completed her CPE internship at UNC Hospitals in Spring 2010 after graduating with an M.Div from Duke Divinity School in December 2009. She earned a B.A. from the University of Florida, where she majored in Religion and minored in Family, Youth and Community Sciences. Denise attends Orange UMC here in Chapel Hill with her husband Dean, where they volunteer with the youth group. Denise and Dean were married Oct. 3, 2009 and have two dogs - Imala, a Belgian Malinois, and Sierra, a "rescue special." Denise is in the ordination process for the UMC as a certified candidate and hopes to pursue ministry as a chaplain.



Pictured here from left to right: Beth Brashear, Denise Kilgo-Martin, Wallace Allen, Meridith Grandy and Phillip Sigmon

Wallace (Al) Allen

Wallace Allen graduated from high school June 1984 and went into the US Marine Corps. He is married to Josephine and they have six adorable children: Cherie (23), Angel (23), Jackson (22), Jonathan (18), Jonte (16), and Joshua (12). He stayed in the Marine Corps on active duty from 1984 until 1996. In February 1998, joined the North Carolina National Guard and served in Global War on Terrorism and received a Medical Discharge in January 2004. Al was ordained in May 1995, at the New Fellowship Missionary Baptist Church, in Cartersville, Georgia. He served as Pastor of the New Bethel Missionary Baptist Church, in Alton, Virginia from January 1997 to June 2000. He received the Bachelor of Art in History from North Carolina Central University in December 2006. In May 2009 he completed Master of Ministry at Andersonville Theological Seminary in Camilla, Georgia. In May of 2011 Al will complete a Master of Divinity from Shaw University Divinity School in Raleigh, NC. He hopes to become a Clinical Chaplain, ACPE Supervisor, or complete a Doctorate of Pastoral Psychology at Graduate Theological Foundation.

Beth Brashear

Beth Brashear hails (mostly) from Chapel Hill. Born in Charlottesville, VA, Beth has lived in multiple southern states and, most recently, in Johnstown, PA. Beth earned a Bachelor of Music at Appalachian State University and an MDiv from the Lutheran Theological Seminary at Gettysburg. She has spent the last five years serving a congregation in Johnstown, PA; she has taken a leave from call for the purpose of growing through the CPE process. She has returned to her hometown after 13 years away. Beth enjoys spending time with family, riding horses, drawing, singing, playing guitar, swimming, exercising, and hiking. She is wicked at Rummikub.

Phillip Sigmon

Phillip was born and raised in Hendersonville NC, and grew up Methodist/Presbyterian. He went to Guilford College in Greensboro for undergrad, and graduated with a BA in Religious Studies and minor in Music. Afterward he spent a year in Boone as a stone-mason's apprentice, and a year in Tucson as a volunteer at a large Food Bank in a program through the P.C. (USA). He recently graduated from McCormick Theological Seminary with an MDiv, and got married the day after. He plays the mandolin, has two cats, likes to exercise, and has two nephews. His wife also graduated from McCormick and is seeking ordination in the Disciples of Christ. Phillip is currently seeking ordination in the P.C. (USA).

Meridith Grandy

Meridith grew up in Massachusetts and Connecticut and lived there until her family moved to Arizona when she was a sophomore in high school. She is the oldest of three girls – her middle sister is a sophomore at Arizona State University and her youngest sister will be entering her freshman year at Northern Arizona University. Meridith returned to the frigid winters of Boston to complete a Bachelor of Science in Rehabilitation and Human Services with a minor in Education at Boston University. She applied to several seminaries around the country and eventually chose Duke University Divinity School. After graduating from BU in 2007, Meridith moved to North Carolina to participate in a pre-enrollment field education placement in Kenly, NC and began Divinity School that fall. She is a certified candidate for ordained ministry in the Desert Southwest Conference of the United Methodist Church. She will be meeting with her Board of Ordained Ministry in January with the hopes of being Commissioned next May at Annual Conference.

Pastoral Care



Pictured here Fall interns Amanda Leahy and Casey Hickman

Durham Bulls Game!

On Tuesday, August 31, the Department of Pastoral Care headed out to a Durham Bulls baseball game for some R & R! Staff chaplains, residents, interns and family members all joined together and bonded over hot dogs, popcorn, laughs and cheers. It was a beautiful, breezy, late summer night and lots of fun!

Alumni News

Lucy Oliver: (Resident 1990-91) Lucy Oliver lives in Asheville, N.C. with her daughter, Sarai, husband Willie, and amazing 16 month old daughter. Her son Dallas lives in Knoxville. She is involved in interfaith work, mostly Dances of Universal Peace in Asheville. She and husband will move to a retirement home, Deerfield in the summer 2010.

Perry Pike: (Resident 2005-06) visited Lucy Oliver in Asheville last July to share his Master's Thesis, the Christian Gospel Zikr.

Christina Peterman: (Resident 2007-08) Christina married husband Josh on May 29th, 2010 in Cincinnati, Ohio.

Betty Morton: (Resident 2008-09) is currently in the Supervisory Education Process at Duke University Department of Pastoral Care. She recently passed the candidacy committee in the certification process.

Tom Hehenberger: (Resident 2008-09) Tom is currently working as a chaplain at Duke Home Health and Hospice, in Durham and as a paid on-call Chaplain for UNC Hospitals.

David Wilson: (Resident 2008-09) is currently working at UNC as a 20 hour in-patient chaplain at the N.C. Jaycee Burn Center. He is also working 20 hours at Wake County Hospice.

Clark Scalera: (Intern Fall 2007) served his last day at White Memorial Presbyterian Church in Raleigh in August. He will be moving to Israel and Palestine to work with a group called Ecumenical Accompaniment Programme in Palestine and Israel (EAPPI).

Kim Moss: (Intern Spring 08) was appointed to Union Bethel African Methodist Episcopal Church in Cary.

Holly Kilbourn Gaudette: (Intern Spring 2008) lives in New Jersey and works full-time as a chaplain with another UNC CPE alumni, Pam Bell.

Dana Trent: (Resident 2006-07) married Fred Eaker on July 17. She is employed as a writer and annual giving officer for The Center for Child & Family Health in Durham.

Beth Sexton: (Resident 2007-08) is a nightshift chaplain at the University of Kentucky Hospital in Lexington, Kentucky. She and her husband Jeremy welcomed Baby Noah into their family in April.

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

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Pastoral voice

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Take Note

For some time now, you have been encouraged to stay tuned for more information on the completion of our newly designed website. Here is the update: we are live and looking good! Check us out: www.unchpastoralcare.org. Some of the new features you will notice include an extensive listing of bereavement resources, electronic versions of past newsletters, the ability to contribute financially to our department with your credit card in a safe and easy way, and perhaps most important, CPE information and downloadable applications to our intern and resident programs. We still have some tweaking to do but we feel great about our new look. We would love to hear your feedback!



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