"Chapel Talk" has been described as Interfaith Group Pastoral Counseling. A group of offenders of various faith traditions meets weekly with a chaplain facilitator. Members of the group consider one topic each week (e.g. hope, integrity, teamwork, family,...). The facilitator poses questions that draw on the personal experiences and beliefs of the offenders. We often examine quotations related to the theme. Participants in this workshop will experience first-hand how a session of "Chapel Talk" is conducted, and they will have all the resources necessary to introduce this type of ministry to their institution.

Attached Handouts include:
1. Ground Rules for Chapel Talk (read aloud at the start of each session).
2. Handouts provide to participants on various themes:
   a. Masks – what mask do I wear? Why?
   b. Love – questions, definition, quotations for discussion
   c. Peace – questions and quotations
3. Handouts for use in Secure Special Needs Unit (SSNU)
   a. Friends
   b. Prayer

Workshop consists of introduction and overview along with a live session with participants.

These materials may be copied and used as appropriate without further permission.

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NACC 2014 Conference
May 19, 2014
St. Louis, MO
Getting Started

Ground Rules for Chapel Talk

We are a pastoral counseling group where we address life issues from a religious or spiritual point of view. Our goal is to help each of us, including myself, develop the spiritual resources to tackle tough questions and make thoughtful decisions. All faith traditions and beliefs are welcome and encouraged to participate.

1. Each of us shares responsibility for what happens here, because we are in this together.

2. The way we make it a good experience is by talking respectfully to the whole group, and by listening respectfully to all in the group, so that each of us has a chance to speak and to be heard.

3. When I pay attention and wait for another to finish speaking, I am respecting him as I want to be respected myself.

4. When I have been talking a while, I need to listen to another speak, to hear another point of view.

5. Speaking respectfully means speaking from my own experience about my own feelings.

6. I need to remember that others have different life experiences and may not believe as I do.

7. When I give my point of view and tell how I feel, I am being respectful to myself without being disrespectful to others.

8. I understand that I cannot change someone else, only myself. So if chapel talk is to help someone change, that is up to the individual.

9. What is said here needs to stay here. This is because if we start hearing things from Chapel Talk on the block, it harms this time together and discourages people from being open and honest.

10. That goes for the Chaplain as well, unless someone speaks of planning to hurt himself or others, or is planning an escape, in which case the Chaplain is required to pass along that information.

SCI Pittsburgh
**We Wear the Mask**

Paul Laurence Dunbar was an African American poet who was born in 1872. He was the son of slaves.

- Whom do you think he might have been writing about in this poem?
- Why might these people be wearing a mask?
- He writes, “With torn and bleeding hearts we smile.” Why would the hearts of African Americans be torn and bleeding in the years after the Civil War?
- Why would African Americans still be smiling? Are their smiles happy smiles?
- Why did Dunbar call this poem “We Wear the Mask”?

_Think about a time when you pretended to be something or someone other than yourself, or a time when you hid your true feelings._

_Why did you choose to hide a part of your identity?_
Introduce ourselves (name, faith tradition – if any)

Review Chapel Talk Guidelines

When you hear the word “Love”, what comes to mind?

What strikes you about the definition below? Would you change it? How?

How have you been loved? Can you name the person who showed you love?

Whom have you loved (describe one person / situation that comes to mind)?

What quotations stand out below? Please explain.

What connection is there, if any, between your faith and your experience of love?

<table>
<thead>
<tr>
<th>Love (definitions from Merriam-Webster on-line dictionary)</th>
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1. The hunger for love is much more difficult to remove than the hunger for bread. ~Mother Teresa
2. Gravitation is not responsible for people falling in love. ~Albert Einstein
3. There is no surprise more magical than the surprise of being loved. It is God’s finger on man’s shoulder. ~Charles Morgan
4. You have to walk carefully in the beginning of love; the running across fields into your lover’s arms can only come later when you’re sure they won’t laugh if you trip. ~Jonathan Carroll, "Outside the Dog Museum"
5. Ah me! Love can not be cured by herbs. ~Ovid
6. Love is the only sane and satisfactory answer to the problem of human existence. ~Eric Fromm
7. Love has no desire but to fulfill itself. To melt and be like a running brook that sings its melody to the night. To wake at dawn with a winged heart and give thanks for another day of loving. ~Kahlil Gibran
8. Infatuation is when you think he’s as sexy as Robert Redford, as smart as Henry Kissinger, as noble as Ralph Nader, as funny as Woody Allen, and as athletic as Jimmy Conners. Love is when you realize that he’s as sexy as Woody Allen, as smart as Jimmy Connors, as funny as Ralph Nader, as athletic as Henry Kissinger and nothing like Robert Redford - but you’ll take him anyway. ~Judith Viorst, Redbook, 1975
9. Love is only a dirty trick played on us to achieve continuation of the species. ~W. Somerset Maugham, A Writer’s Notebook, 1949
10. Life has taught us that love does not consist in gazing at each other but in looking outward together in the same direction. ~Antoine de Saint-Exupéry, Wind, Sand and Stars, 1939, translated from French by Lewis Galantière
11. When love is not madness, it is not love. ~Pedro Calderon de la Barca
12. Let your love be like the misty rains, coming softly, but flooding the river. ~Malagasy Proverb
13. Do I love you because you’re beautiful, or are you beautiful because I love you? ~Richard Rodgers and Oscar Hammerstein II, Cinderella
14. For you see, each day I love you more. Today more than yesterday and less than tomorrow. ~Rosemonde Gerard
15. Forget love - I'd rather fall in chocolate! ~Sandra J. Dykes
16. Love is much like a wild rose, beautiful and calm, but willing to draw blood in its defense. ~Mark Overby
17. Love is a symbol of eternity. It wipes out all sense of time, destroying all memory of a beginning and all fear of an end. ~Author Unknown

18. Love - a wildly misunderstood although highly desirable malfunction of the heart which weakens the brain, causes eyes to sparkle, cheeks to glow, blood pressure to rise and the lips to pucker. ~Author Unknown

19. Love is a sweet tyranny, because the lover endureth his torments willingly. ~Proverb

20. The lover is a monotheist who knows that other people worship different gods but cannot himself imagine that there could be other gods. ~Theodor Reik, Of Love and Lust, 1957

21. Love is an act of endless forgiveness, a tender look which becomes a habit. ~Peter Ustinov


23. Love looks not with the eyes, but with the mind, and therefore is winged Cupid painted blind. ~William Shakespeare, Mid-Summer Night's Dream, 1595

24. The art of love... is largely the art of persistence. ~Albert Ellis

25. Love one another and you will be happy. It's as simple and as difficult as that. ~Michael Leunig

26. Who would give a law to lovers? Love is unto itself a higher law. ~Boethius, The Consolation of Philosophy, A.D. 524

27. Who, being loved, is poor? ~Oscar Wilde

28. Love must be as much a light, as it is a flame. ~Henry David Thoreau

29. To find someone who will love you for no reason, and to shower that person with reasons, that is the ultimate happiness. ~Robert Brault, www.robertbrault.com

30. Without love, what are we worth? Eighty-nine cents! Eighty-nine cents worth of chemicals walking around lonely. ~Laurence Marks, M*A*S*H, "Love Story," original air date 7 January 1973, spoken by the character Hawkeye

31. A baby is born with a need to be loved - and never outgrows it. ~Frank A. Clark

32. Love is the condition in which the happiness of another person is essential to your own. ~Robert Heinlein

33. The hours I spend with you I look upon as sort of a perfumed garden, a dim twilight, and a fountain singing to it. You and you alone make me feel that I am alive. Other men it is said have seen angels, but I have seen thee and thou art enough. ~George Moore

34. We loved with a love that was more than love. ~Edgar Allan Poe

35. If I love you, what business is it of yours? ~Johann Wolfgang von Goethe

36. The hardest-learned lesson: that people have only their kind of love to give, not our kind. ~Mignon McLaughlin, The Neurotic's Notebook, 1960

37. Absence diminishes small loves and increases great ones, as the wind blows out the candle and fans the bonfire. ~François Duc de La Rochefoucauld

38. We choose those we like; with those we love, we have no say in the matter. ~Mignon McLaughlin, The Neurotic's Notebook, 1960

39. The ultimate test of a relationship is to disagree but to hold hands. ~Quoted by Alexandra Penney in Self

40. Love is, above all, the gift of oneself. ~Jean Anouilh

41. When a man is in love or in debt, someone else has the advantage. ~Bill Balance

42. Anyone can be passionate, but it takes real lovers to be silly. ~Rose Franken

43. Love is the magician that pulls man out of his own hat. ~Ben Hecht

44. Love is like dew that falls on both nettles and lilies. ~Swedish Proverb

45. Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love, time is eternity. ~Henry Van Dyke

46. Love is much nicer to be in than an automobile accident, a tight girdle, a higher tax bracket or a holding pattern over Philadelphia. ~Judith Viorst, Redbook, 1975

47. Passion makes the world go round. Love just makes it a safer place. ~Ice T, The Ice Opinion, quoted in Reader's Digest, "Quotable Quotes," February 2002

48. Love is an ocean of emotions entirely surrounded by expenses. ~Lord Dewar

49. When you're in love you never really know whether your elation comes from the qualities of the one you love, or if it attributes them to her; whether the light which surrounds her like a halo comes from you, from her, or from the meeting of your sparks. ~Natalie Clifford Barney

50. Only in love are unity and duality not in conflict. ~Rabindranath Tagore

51. It is astonishing how little one feels alone when one loves. ~John Bulwer

52. 'Tis sweet to know there is an eye will mark our coming, and look brighter when we come. ~Lord Byron
Chapel Talk – SCI-Pittsburgh – “Peace”

Introduce ourselves (name, faith tradition – if any)

Review Chapel Talk Guidelines

When you hear the word “Peace”, what comes to mind?

How do YOU find internal peace?

Which quotations stand out? Explain.

What connection is there, if any, between your faith and peace of mind?

1. We look forward to the time when the Power of Love will replace the Love of Power. Then will our world know the blessings of peace. ~William Ewart Gladstone

2. If we have no peace, it is because we have forgotten that we belong to each other. ~Mother Teresa

3. Peace cannot be achieved through violence, it can only be attained through understanding. ~Ralph Waldo Emerson

4. One must look hard through history to find when a clear understanding of the truth moved anyone to fire the first shot. ~Robert Brault, www.robertbrault.com

5. If they want peace, nations should avoid the pin-pricks that precede cannon shots. ~Napoleon Bonaparte

6. The more we sweat in peace the less we bleed in war. ~Vijaya Lakshmi Pandit

7. Let there be peace on earth, and let it begin with me. ~Seymour Miller & Jill Jackson, "Let There Be Peace on Earth," 1955

8. I take it that what all men are really after is some form of, perhaps only some formula of, peace. ~James Conrad

9. The real differences around the world today are not between Jews and Arabs; Protestants and Catholics; Muslims, Croats, and Serbs. The real differences are between those who embrace peace and those who would destroy it; between those who look to the future and those who cling to the past; between those who open their arms and those who are determined to clench their fists. ~William J. Clinton, 1997

10. The pacifist’s task today is to find a method of helping and healing which provides a revolutionary constructive substitute for war. ~Vera Brittain, 1964

11. You cannot shake hands with a clenched fist. ~Attributed to both Golda Meir and Indira Gandhi

12. Peace hath higher tests of manhood than battle ever knew. ~John Greenleaf Whittier

13. Five great enemies to peace inhabit with us: avarice, ambition, envy, anger, and pride. If those enemies were to be banished, we should infallibly enjoy perpetual peace. ~Francesco Petrarch

14. Yes, we love peace, but we are not willing to take wounds for it, as we are for war. ~John Andrew Holmes, Wisdom in Small Doses
15. If in this present age we were to go back to the old time of "an eye for an eye and a tooth for a tooth," there would be very few hon. gentlemen in this House who would not, metaphorically speaking, be blind and toothless. ~Mr. Graham, 1914, Canadian House of Parliament member, commonly attributed to Mahatma Gandhi as "An eye for an eye leaves the whole world blind." (Thanks, Garson O'Toole of quoteinvestigator.com!)

16. There is one armor that the world of men and women, as a world, has never yet put on. The churches have long bungled with its fastenings, but the world has gone unfended, and few have been those in whose hands the mystical sword of the spirit has shone with daily use. This armor, waiting to be worn, is the armor of brotherhood and sacrifice, the world of unselfishness, a conquering sword, with the power, where used, to unite the world in love. And there are none who may not put it on. ~M.A. DeWolfe Howe

17. If you go, go in Peace it makes the flowers sweeter along the path. ~Mike Dolan, www.hawaiianlife.com

18. I think that people want peace so much that one of these days government had better get out of their way and let them have it. ~Dwight Eisenhower

19. Lord, bid war's trumpet cease; Fold the whole earth in peace. ~Oliver Wendell Holmes

20. We have all taken risks in the making of war. Isn't it time that we should take risks to secure peace? ~J. Ramsay MacDonald

21. We seek peace, knowing that peace is the climate of freedom. ~Dwight D. Eisenhower

22. Right is more precious than peace. ~Woodrow Wilson

23. Maybe we should develop a Crayola bomb as our next secret weapon. A happiness weapon. A beauty bomb. And every time a crisis developed, we would launch one. It would explode high in the air - explode softly - and send thousands, millions, of little parachutes into the air. Floating down to earth - boxes of Crayolas. And we wouldn't go cheap, either - not little boxes of eight. Boxes of sixty-four, with the sharpener built right in. With silver and gold and copper, magenta and peach and lime, amber and umber and all the rest. And people would smile and get a little funny look on their faces and cover the world with imagination. ~Robert Fulghum

24. In the name of peace they waged the wars. Ain't they got no shame. ~Nikki Giovanni

25. Let us love the world to peace. ~Quoted in The Angels' Little Instruction Book by Eileen Elias Freeman, 1994

26. We shall never be able to effect physical disarmament until we have succeeded in effecting moral disarmament. ~J. Ramsay MacDonald
SSNU Chapel Talk – SCIP – “Friends”

Read the questions below and use the space provided to write or draw something that describes your thoughts.

You may want to discuss your responses with one of the chaplains.

1. What comes to mind when you hear the word “Friends?”

2. What makes a GOOD friend?

3. How do you experience “Friends” inside the Walls?

4. What role, if any, does your faith play in your experience of “Friends?”
Read the questions below and use the space provided to write or draw something that describes your thoughts.

You may want to discuss your responses with one of the chaplains.

1. What comes to mind when you hear the word “Prayer?”

2. What role does prayer play in YOUR life?

3. If you pray, describe how you like to pray (e.g. following a devotional guide, memorized prayers, meditation, scripture, etc.)

Return to Deacon Tom Berna (Chapel), if you desire to have him review your responses to the Chapel Talk questions.