Refer to NACC website https://www.nacc.org/resources/coronavirus-resources/. New things are being posted daily, with many new resources that can be used in your changing ministry.

Refer to the CHA website https://www.chausa.org/ for resources. New things are being posted daily. CHA website. – front page is a link to Corona Virus resources and Spiritual Care resources and a series of short podcasts.

Chaplaincy Innovative lab https://chaplaincyinnovation.org/

https://www.nacc.org/resources/spirituality-and-prayer-resources/world-day-of-the-sick/

10.21.21 – 2pm CT - Welcome to everyone

Reflection – Invite us to close our eyes, and take a deep breath in… Autumn is marked by change…

Come back and share what is on your heart …

I’m feeling hopeful, its been a long time. There is a fruition of hope. The last month or so we’ve been able to go on all units. We are masked, we test, we have an option for a 3rd shot. I am able to visit the residents, getting to know the new residents. I’m feeling like I’m starting again, like kindergarten. I learned that we can start over again.

Its good to hear the optimism and the image of kindergarten.

I’ve been retired several years, but I keep in touch with colleagues. I’m not experiencing the hopefulness. Chaplains are saying that patients and staff are having a hard time with hoarding (seeing the container ships) by those of means to exploit the poor. Its hard to see how good can prevail. The anxiety and stress is with them all the time. It’s challenging to keep hope going. We haven’t lost it, but its being tested. I do relaxation on the phone with my colleagues, imaging. I don’t know what more to do. How do you destress folks?

Its beautiful that you can be this presence and support.

I hear their fatigue of young professionals, they are tired and angry, for the non-vaxxers. It’s a lot for staff to carry. Our system introduced aromatherapy, using diffusers in their offices, using quick mediations. They do peace circles. I would like to bring them in to help support our staff and residents. Little Friends of Peace www.lffp.org.

We haven’t brought our volunteers back yet.

Some of the people I conference with, there is a You-Tube Tim Janis, his music can be very healing. https://www.youtube.com/channel/UCdi8yQBdBfn1ECu3ayH_TnA. There is also chakra music, very healing.

I was remembering the movement of energy which is so critical. When we know our chakras from bottom up, it cleanses us.

Capacitar La Frontera - Chakra Tai Chi with Pat Cane, Fingerholds and other videos https://www.youtube.com/results?search_query=Capacitar+La+Frontera+Pat+Cane

Work has been busy, a good busy.

There is also the use of labyrinth, hand labyrinth. https://educationsvoice.wordpress.com/2016/03/26/mindfulness-in-the-classroom-finger-labyrinth-meditation/

Giving people a place to verbalize their frustrations, to be a thought partner, it’s a powerful gift.

We think of you and your lack of volunteers and how you still minister without these extra hands.

Closing prayer… moments of gratitude… thank you

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