

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/>

Prayers from USCCB: <http://usccb.org/about/communications/usccb-president-reflection-and-prayer-during-coronavirus.cfm>; www.usccb.org

Review your diocesan websites for local resources and support including on-line Masses, rosaries, and prayers.

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

Listening Hearts are available: <https://www.nacc.org/wp-content/uploads/2020/04/CHAPLAIN-HEROES.pdf>

Grief the new normal – I feel so overwhelmed (<https://chaplaincyinnovation.org/2020/05/chaplaincy-coronavirus>)

07/18/22 – Noon CT

It's good to connect. People moves, lives change. This is a good opportunity to connect.

We renamed this group to open the space to bringing what we need to this space.

Opening Prayer – in summer we are encouraged to breathe differently, to take time for ourselves. O ANTIPHONS FOR SUMMER by Joyce Rupp and Macrina Wiederkehr, lovely words on Summer... (full text below)

Recently certified in May work in North Dakota. Our hospital has been going through administrative changes. Our Administrator was removed, now they eliminated travelers out of system, I'm having a difficult time being hopeful with these massive changes. How do others navigate this in the past? It may be due to costs. With travelers gone, it's a struggle to get permanent nursing placements. It trickles down with a smaller census and have people complain about waiting for beds. It's frustrating.

WE had these changes at our hospital, but we are part of Trinity and the system supported us.

When I was in Catholic Healthcare West changed to Dignity Health and now Common Spirit. There were many changes and cutbacks. I did hang in there. Self-care and centering in a good space to be strong enough to emanate hope. A good support group outside of the hospital helped as did spiritual direction. I look back, it was a real journey. There are many ways to reach out and also center to have your own needs met.

When we are chaplains we are the ones that listen and respond, but we are also insecure. We need care for ourselves, to find out balance. It's important for us to center ourselves back. Traveling nurses have costs our systems a lot and its impact will continue. We need to be careful. Rumor mills are much more effective than reality.

Not to get caught in the maelstrom of reality. Problems are created as travelers need to leave.

There is a lot of griefwork for the staff. NACC does have resources. Chaplain does have a role in this. Have grief gatherings to be able to air feelings.

I appreciate what I'm hearing. It's challenging. I'm one of 2 full-time chaplains. We can't get any thinner.

I'm working to be sure my ducks are in a row so I can be a source to others.

In a retirement community, I am surprised to see people/staff leaving. My own space is beautiful surrounded by nature, I have my own support group. I'm dealing with a world that is different for me. I encounter memory care issues of the other residents. I need to adjust. I also hear what you need to adjust

to. I find I need to place my trust in the Lord. Than anything can happen because I am doing His will, and this is my journey. Music is my strength in God. Find what supports you and unite it in your journey. Thank you for bringing this to us. NACC offers listening hearts by emailing membership@nacc.org. Please know you do have a support group here.

I am grateful to still have my job. I do feel supported, but it's hard to see how this upheaval upsets patients and staff. It's a situation where I am impatient.

Like a storm at sea. What irritates me is that we are getting through COVID. I think that Jesus asks, "What are you worried about." Those of us that are blessed with age, this too shall pass...

When I was a new chaplain, I had a very challenging year, God was also working on me to prepare me for my future ministry. Nothing will go to waste.

I am a weekend chaplain, I work alone. I found when I talk to staff I remind them that I can say other things, encouraging, I pass out happy notes that shares my energy and it helps them to go through their day.

Example? I bought some at a Christian store and sign them, also attitude cards from Amazon. I know you're not fine, talk to me... It's what I've done to help change the tone. We're doing a [Penny War](#), so I'll add this.

I also get cards/quotes from the dollar store.

Know you are not alone.

Make of list of things you can control and those you cannot and let go of those. Have little ways you can respond, sometimes you can hold, be present.

I'm trusting in life after 4th unit CPE. It feels good to be here to get to know you and feel supported from all directions.

I've been listening. I am currently the only chaplain. My coworker retired and they are not rehiring. I'm trying to figure out my new normal with some volunteers, are also transitioning systems and process. I do have my certification renewal coming up, it's a looming stress with my busy schedule. I need to compile and get organized. I do want to continue at NACC. Does anyone have suggestions for this?

Baby steps. At the beginning it is so overwhelming. But you also need to take care of yourself and your patients.

The office will help and support you. NACC offer materials and webinars to support you.

Once you are organized then it can become manageable if you can schedule by pieces. It gets easier the more you get into it.

With the loss of a chaplain, there is a bigger demand on my time, needing to deal with the extra work. It's a challenge to balance the pressure.

There are many suggestions, it is good to start now. I would add that you find a peer reviewer now, they can help you with the process.

At Kaiser we had someone who was alone, so they developed a good volunteer group to back you up.

We've had setbacks with the virus, so it's good to see all of you. I feel supported.

For Continuing Education, track it as soon as you can. There is a form you can use. You do need to schedule the time to attend to the tasks.

Use your calendar over the past few years, it can help you track it.

O ANTIPHONS FOR SUMMER; Macrina Wiederkehr and Joyce Rupp; - Circle of Life 2005; Ave Maria Press

O Breath of Summer,
 Come! Come with your warm winds.
 Breathe on all within us that resists growth.
 Temper our desire to be in control.
 Raise up some wilderness in us.
 O Come!

O Fireflies of Beautiful Evenings,
 Come! Come enchant us with your mystic dance.
 Brighten our evening with your little lights.
 Lead us away from day's duties.
 Lift our spirits into your carefree flight.
 O Come!

O Gardens of Plenty,
 Come! Come bless us with your wealth.
 Sustain us with your abundance.
 Remind us of the world's hunger.
 Nudge us to give from our fullness.
 O Come!

O Dazzling Sun,
 Come! Come with your golden rays.
 Anoint us with your energizing beams,
 Recharge us with your radiant vitality.
 Refresh our overworked spirits.
 O Come!

O Festivals, Fireworks, Feasts, and Fairs,
 Come! Come with barbecues, crafts, and games.
 Unite us in the common bond of our desire for joy.
 Entertain us with the simple things of life.
 Deepen our gratitude for all things good.
 O Come!

O Long Days of Extended Light,
 Come! Come with your wide expansive arms.
 Open our eyes to the daily miracle of life.
 Slip into our distracted hearts with every dawn.
 Expand our ability to see beauty in our world.
 O Come!

O Summer Word of God,
 Come! Come with your transforming breath.
 Breathe on us until we are ripe with life.
 Fire us to be light for the world.
 Nourish us with your healing rays.
 O Come!

O Source of Growth and Light,
 Come! Come encourage us to stretch toward light.
 Warm us with your abiding presence.
 Challenge our lethargic spirits,
 Walk with us into the deep, green forests.
 O Come!