

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.

Refer to the CHA Guidelines for Sacramental Celebrations in a Health Care Setting: [https://www.chausa.org/docs/default-source/pastoral-care/guidelines-for-sacramental-celebrations-in-health-care-setting\\_jan2021.pdf?sfvrsn=4](https://www.chausa.org/docs/default-source/pastoral-care/guidelines-for-sacramental-celebrations-in-health-care-setting_jan2021.pdf?sfvrsn=4)

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](http://www.usccb.org)

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

Addressing the Spiritual Needs in Pictures: <https://www.nacc.org/resources/specialty-care-resources/dementia/>

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Welcome & Introductions:

**REFLECTION: Daily Reflection – Journey with the Pope & “Your Sorrow is My Sorrow” By Joyce Rupp – Standing under the Cross of the one that hurts & remembering the feast of the Holy Cross**

What’s going on that is weighting you down?

I am the only chaplain at this hospital with no plan to hire another chaplain. I am struggling with what is the best use of my time. Also, I am facing re-certification for the first time and that has been a stressor. Conflicted in spirit.

This is a common theme right now that chaplains are so busy and so alone.

Newly Certified and I am assigned 5 units. We have lost almost three babies a day. We lost two mothers last week that have left their babies. So, just listening and grieving with their families. Submitting re-certification as well but it is a process that is stressful. Supported through this call.

Struggling with my board certification. Every time I try to start writing, life seems to get in the way. Also debating whether it is worth it or not. Also, I only work part-time, so financially it is a hardship for me.

It is worth it to get that certification, but you must do what is right for you.

The supervisors here are also hiring people that have no CPE experience. Why bother is they are not going to utilize their experience.

There is an opportunity here in the Bronx - Lincoln pastoral Care Director Contact: 646-305-2759. Please reach out to me if you are interested in an opportunity.

NACC also requires less hours for certification

Always bring back your focus to why you are doing this. You are not doing it for the institution you work for, you are doing it for God and for the ministry.

Mentors available?

Yes! I am a certified chaplain- take a break and carve out two days to be able to write.

Go under NACC website and go to mentors and find a list of mentors that will work for you.

Directory is not quite updated and Lisa what having a hard time finding someone to mentor me.

**Large Issue: Access and availability to mentors**

Self-Care and how to put yourself first?

- See plays
- Work out
- Play sports
- Convince myself that its okay. That you are not going to be able to do everything and get eceryone.
- Inner listening- align with the need of the moment
- Going to nature
- Make sure you are eating – treasure it and make time for it
- Make appointments within ministry
- Plan a retreat
- Dance /twirling
- Listen to audiobooks
- Being still and listening to
- Start and end each day with meditation/reflection and prayer
- Knowing when to stop/ leaving work that can wait
- Visit a chapel and just breathe
- Keep boundaries and pay attention to need of the moment