

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

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

Welcome & Introductions

REFLECTION: Vince Scully – Meditations on Christian Doctrines

What's on your heart?

Brand new here at NACC and started 3 to 4 years ago in hospice care. I now have a new position as a hospital chaplain. I thought being a hospital chaplain would be easier, but I was wrong. I have been struggling with coping. Is it because I'm older then when I started? I'm trying things for self-care but still haven't found a stride. I've tried jogging but it didn't work.

Right now, I am the only full-time chaplain and I have not had a day off since I started at the hospital. There is no stable schedule. The only time I took off was for my mom how has transferred into palliative care. It is difficult. Haven't found that balance between ministry and self-care.

I remember the ugly days of COVID when all of the energy is drained out of you. Its different than burnout. Its traveling to a place harder, where you can't make sense of anything anymore. I just wanted to wander out into the forest. It's a hard place to get out of, I don't even know how I did it. You just have to know that there is something much bigger than you to provide that resilience.

May also be a justice issue. It is important that you are not working outside of legal requirements and may need to examine that. Not having days off doesn't sound right.

I had cancer in 2019 and had to leave chaplaincy, but I do see the traffic. You are not alone. There are people out there that can and want to help. Make sure you reach out. The Holy Spirit may not have any wiggle room for even the easiest thought without reflection.

Just like this past Sunday reading (Jesus was healing lepers) we are participating in the ministry of Jesus.

We are in the ministry where anything can make that difference with one smile, one touch, one word.

“Black out Prayer” – Take a scripture and scan, circling the words that stick out to you. Then color around/cross out all the other words. It may just give you what you needed to hear.

Music! It can be as easy as three cords and Psalm 118 – “This is the day the Lord has made; we rejoice and be glad in it” Highly recommend purchasing a ukulele!! Music is incredibly uplifting. I didn't play before ministry and its incredibly easy to integrate.

For the first time since Covid I set aside 5 days for a retreat. It was hard to do because of my ministry and my family, but I came back refreshed. It was amazing how much of a difference it made.

I've been working here for 6 years, and I am the only chaplain for over 150 beds. When I leave here, I start my second job as a dad. The days are very full. In order to be really present I need to do self-care.

These networking calls are becoming my self-care.

There became a point in my career where I realized that I couldn't do it alone and sought support through a spiritual director. They recommended a therapist. It was a time of enormous growth and provided great relief and help

Other ways of Self -Care

- You need reflection, boundaries and help to help you feel like yourself again
- Walking/exercise is important but so is diet. Make sure you are eating well.
- Walk 1 mile a day
- Keep your sense of humor
- Being able to be with the Lord
- Reflection/Quiet time before ministry to help calm and then I can better minister. It is important to clear your head before work
- Go to mass and receive the Eucharist
- Arts & Crafts -Easy as taking a pencil and scribbling – let your inner child out and allow yourself to explore outside of the professional scope
- Going back to the reflection with Vince Scully, it brought me peace to listen to him broadcasting the baseball game.
- Join a Franciscan mass/meditation on their livestream. Incredibly resource to join them in prayer.

Closing Prayer