

THE CONNECTING

NEWSLETTER OF THE PASTORAL CARE ALLIED HEALTH GROUP NEWFOUNDLAND AND LABRADOR

Fall 2010

2010-2011 PCAHG Executive

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Education	Sister Mary Molloy mary.molloy@easternhealth.ca
MIS Chair	Sister Diane Smyth diane.smyth@easternhealth.ca

would not give myself credit for. I have learned to appreciate the person who I was, the person I am and the person I will be.

I learned the practical side of pastoral care. Practical things are something that no instructor, no journal article, nor any textbook can ever give a person. Experience in Palliative Care and 4C (strokes, brain injury and long term) is something that has shaped my view of pastoral care and it is presently shaping my studies at Queens College, as I am studying for priestly ministry in the Anglican tradition. As I sit in some of my classes and as I am digesting such huge amounts of information, I reflect on experiences with my time being a chaplain on those two units.

The thing that was most affected during this unit of CPE was my calling. Since childhood, I have been called to ordained ministry. I have to be honest that at this present stage in my learning, my vocation is not within the walls of a hospital. I have no issues in ministering to people in hospital beds, some of which are in the end of their lives but I am not called to such a gifted ministry.

I thank God for all the blessing received during my first basic unit of CPE. Since coming back home I am considering the possibility of doing another unit to investigate for myself how I have grown and view my ministry in the institutional setting. In closing I would like to thank PCAHG for their support to me and to others who have attended CPE.

CAPPE Name Change to CASC

At the 2010 Annual Meeting of *The Canadian Association for Pastoral Practice and Education/ Association Canadienne pour La Pratique et L'education Pastorales* a motion was adopted to change the name of the organization to the *Canadian Association for Spiritual Care/Association canadienne de soins spirituels*.

2010 Clinical Pastoral Education

Jeffrey Petten 2010 CPE Bursary Recipient



I was given the opportunity to do my first basic unit of Clinical Pastoral Education at the Cape Breton Regional Hospital in Sydney, NS. The Supervisor was the Reverend Sandra Morrison. The unit began May 17th and it concluded July 30th. Between these two dates, to say that

I learned a lot would be an understatement. I learned things about myself, my abilities to give pastoral care and my calling.

I learned a lot about myself. I learned that I am capable of doing a lot of things that I normally

HAVE YOU SENT IN YOUR PCAHG 2010-2011 MEMBERSHIP RENEWAL

Send your \$15.00 cheque to:
PCAHG

Sister Betty Morrissey
St. Clare's Mercy Hospital
Pastoral Care Department
154 LeMarchant Road,
St. John's, NL A1C 5B8

Special Worship Services at the Caribou Memorial Veteran's Pavilion

At the Caribou Veteran's Memorial Pavilion, there are special services throughout the year to remember our veterans and their contributions, both present and past. Veterans, family members and staff gather to remember and to celebrate the lives of each deceased veteran. Each Last Post Service is usually held on the Friday following the death.

On July 1st, we gathered for a **Service of Remembrance and Commemoration of Beaumont Hamel**. Leading and participating in the service were members of our pastoral care team. Guests were Ms. Louise Jones, President and Chief Nursing Officer, Eastern Health; Mr. Calvin Crane, Past President, Royal Canadian Legion, Newfoundland and Labrador Command; Rev. Dr. Ian Wishart, Chaplain Royal Canadian Legion, and the Minister of Veterans Affairs and Minister of State, the Honourable Jean-Pierre Blackburn, along with some members of his staff.



The Candle of Remembrance was lit by veteran Jack Stratton and the wreath from Veterans Affairs was laid by Veteran Bill Barton. Joining with their gifts of music were Linda and Leo Reddy and Frances Crotty, song leader Sister Patricia Gallant, and trumpeter Gillian Dawe. Colin Taylor, Air Cadets: 515 North Atlantic Squadron read the poem: **Remembering**. Greetings on behalf of the Pavilion were brought by staff nurse Robert Dewling, representing Ms. Sharon Nolan. Thanks and appreciation were given by Sister Diane Smyth, Manager of Pastoral Care and Ethics, Miller Center.

We remembered Beaumont Hamel and we also remembered veterans who have died since our Remembrance Day Service. During the Last Post, Rev. Dr. Ian Wishart read the names and regiments of the departed veterans.

A special thank-you was given to our veterans and their families for all that has been done for freedom. We continue to hold in our hearts and prayers all those who continue to work towards peace. The service was followed by a social hour.

We will remember them!



Retirement

Dr. Rick Singleton of EH has advised the Reverend Stephen Flower opted for medical disability retirement effective immediately. Stephen has worked within EH for the past ten years. He has been Manager of Pastoral Care and Ethics for Long Term Care for the past few years. Stephen's ministry, interest and energy was noticed and appreciated by residents, patients, families and staff. He will be missed from our Pastoral Care and Ethics team and from the workforce of EH.

September Education Session

Our session began with Western Health SA chaplain Judy Goudie and AC chaplain, the Rev. David Russell providing an overview of the Fall Conference agenda.

Our guest speaker was Father Leo English who shared his reflections on the topic 'Care of Souls, Care of Ourselves'. Father Leo began by reading from Ezekiel 37:1-14 (valley of dry bones). We all have our own story, and it is our personal experiences that led to personal reflections. There are times we get so wrapped up in the work of the Lord, we forget the Lord of the work. Father Leo reminded us to be in touch with our grief so that we can experience grace... grief is our Good Friday, grace is our small Easter Sunday. We connect with others' stories when we listen. Listening is very important, but hard to learn. When we make time to listen to another's story and know our own as well, we will find that Jesus walks with us.

From Here and There

The Rev. Florence Sanna, EH UCC Chaplain is on a three month sabbatical... *The Rev. Bill Williams is the new UCC Chaplain at the Agnes Pratt Home...* The HSC/J Pastoral Care and Women's Health held its annual 'Walk to Remember' on October 3rd in Bowring Park... *Ms. Susan Hall has joined the AC Waterford team as a Sunday worship leader...*

From Here and There continued

On September 19th, L.A. Miller Centre chaplains led the Palliative Care Memorial service... *Clergy Orientation sessions have been held at the Pentecostal Senior Citizens Home, Clarke's Beach and the Placentia Health Care Centre...* Ms. Josie Furlong and Ms. Jean Hall are RC lay chaplains at the HSC/J... *The Rev. Bill Williams is the new UC chaplain at the Agnes Pratt Home.*

St. Clare's motto, *Mercy Above All*, has been the guiding principle since the opening of the hospital in 1922. All of the life of St. Clare's, and especially the theme of Mercy, was captured in the recent book that was published "The Mustard Seed: The Story of St. Clare's Mercy Hospital", written by Sister Kathrine Bellamy. The launch of the book took place in late June in the cafeteria of the hospital...

The AC Diocese of Western NL held a reception to express thanks to Mr. Doug Beattie who has served as the relief lay chaplain to Western Memorial Regional Hospital, Interfaith Home, and the O'Connell Centre...

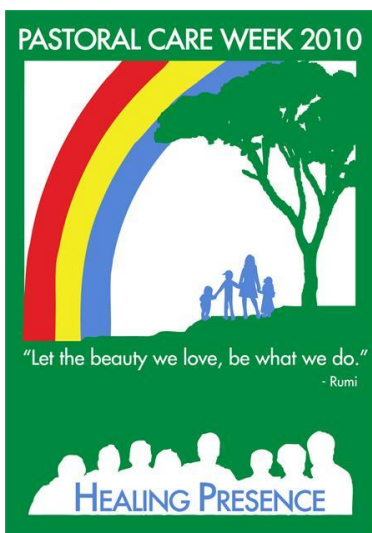
EH Rural Avalon are hosting a clergy day November 10th at Riverside United Church, Salmon Cove on the topic: *"Giving Care to People with Complex Needs"*... For information contact: curt.clark@easternhealth.ca

To see the revised Constitution please visit: http://www.nlhba.nl.ca/Web_Site_Files/PC/PC.htm

PASTORAL CARE WEEK

Theme: "Healing Presence"

October 24th - 30th, 2010



The Tree is for nature and the creative, healing power within us. The Rainbow is for Hope. Blue is cool and calming – a beautiful colour. Green is for growth in those spiritual areas that relate to our pastoral and spiritual care in the community of faith. The Children are for

healing—they are natural healers. It takes a whole community to have healing presence and that's the beauty of the thought.

Throughout our province hospitals, long term care facilities, ministerial and local communities will celebrate Pastoral Care week through worship, displays, cakes, socials and gatherings as we show we are indeed a real 'Healing Presence'.

Signing the 2010 Provincial Proclamation



Front L-R: Sr. Diane Smyth, The Rev. Ed Keeping and The Rev. Dr. Gerry Benson; Back L-R: The Rev. Scott Parsons, The Rev. Jean Smith, Sister Mae Kierans, Sister Betty Morrissey, The Rev. John Courage and Major Barbara Pritchett.

In **Central Health** posters and buttons have been distributed to all sites (buttons for the local committee members and senior leadership). The CEO of Central Health, Karen McGrath will be signing the proclamation declaring this week in Central Health to be 'Pastoral Care Week'. Media releases will be placed on internet, intranet and our internal Meditech systems. In **Grand Falls/Windsor** there will be a staff tea/cake on the morning of the 25th, followed by a celebration service at the Carmelite House that afternoon. In **Botwood**, a meeting and a social event are being planned. Twillingate mayor, Gordon Noseworthy will sign the local proclamation. Plans include hosting a service for the long-term care residents as well as a social event for the staff. Gander will host a local site pastoral care committee meeting.

Eastern Health - Peninsulas has several events planned: On October 26th Golden Heights Manor, Bonavista will host an Ecumenical Service; the G.B. Cross Hospital is hosting coffee and cake for community clergy and pastoral care volunteers and at the Burin Hospital community clergy invited for coffee and cake. The U.S. Memorial Health Centre, St. Lawrence will hold a Service of Memories and a volunteer appreciation gathering on Wednesday, October 27th.

Eastern Health - St. John's has many events planned throughout the hospitals and long term facilities. On October 26th, a retreat is planned for pastoral care staff, denominational chaplains, and pastoral care associates at the Waterford Hospital chapel with the Rev. Bill Williams as presenter. He will speak on "How do we speak justly of the healing power of God in situations of extreme suffering?" That evening, the Pastoral Care and Ethics Department are hosting a get together in the main auditorium of the HSC for all involved in EH pastoral ministries.

During Pastoral Care Week in **Happy Valley Goose Bay** each denomination will be conducting a service every morning of that week and on Thursday morning October 28th there will be the dedication of the Chapel at the new Long Term Home.

**Memorial Service of Remembrance
and Thanksgiving
for Mr. James Hugh Shields, Veteran**



Mr. Jim Shields (foreground) with former Lt. Governor Ed Roberts giving the salute during a Remembrance Day parade.

On August 11, 2010, veterans, staff and pastoral care team of the Caribou Veterans Pavilion gathered with family members of the late James Hugh Shields, Veteran, World War II, Royal Navy. It was a wonderful service of remembrance and thanksgiving for his life.

It was indeed moving as veterans Sam Johnson lit the candle in memory of Jim Shields and in memory of all those who have contributed to peace. Mr. Calvin Crane, Past President, Royal Canadian Legion, Newfoundland and Labrador Command along with family member, Art Meaney, gave tribute to Jim's life.

Jim Shields enlisted during World War II in the Royal Navy at age 19 and served in the North Atlantic, the Mediterranean and did convoy duty around the Cape of Good Hope. He took part in the landings at Salerno and Anzio during the Italian

Campaign of 1942-43 and served in support of the Normandy Invasion 1944. He was a lifetime member of the Royal Canadian Legion, Branch 56 and long-time President of the Naval Association of Newfoundland. He published several accounts of Newfoundland's participation in World War I and II. His awards include, among others, the Governor General's Caring Canadian Award presented by Governor General Adrienne Clarkson and His Highness Charles, Prince of Wales; Minister of Veteran's Affairs Commendation; and Naval Association of Newfoundland President's Award for 35 Years of Service.

As President of the Naval Association, Jim Shields worked tirelessly in conjunction with the Department of Veterans Affairs on behalf of Newfoundland Veterans. He did all that he could to ensure that the legacy of the Veterans will be preserved for future generations. Jim Shields was also a well known local businessman and for many years, proprietor of Jim Shields' Meat Market in the city.

The service was led by the Rev. Elsie Squires and members of our pastoral care team.

Welcome was given by Division Manager Sharon Nolan and Sister Diane Smyth gave thanks. The service opened with a number of selections by the Singing Legionnaires. The trumpeter was Julie Chaytor of the Royal Newfoundland Regiment Band. The poem *In Flanders Fields* was read by Heather Vardy, from Veterans Affairs Canada. The scripture passages and hymns were all connected with the sea.

It was very moving as Tracey from Recreation Therapy sang *The White Cliffs of Dover* and all in attendance placed a poppy on the cross in remembrance of Mr. Shields. The family was presented with the cross bearing the poppies and also with a photo of Mr. Shields. Olive, Mr. Shield's wife of 67 years accepted on behalf of the family who all gave much appreciation for the service. A time of food and conversation followed.

We will remember them!



Humour is Healthy

A fellow took his girl friend to a football game. When the game was over, she commented it was all very silly. "They threw a coin on the ground, and then spent the rest of the game trying to get it back while shouting 'Get the quarter back'"

A couple bought a new refrigerator, and since the old one was still in working order they put it in their front yard with the sign "Free to good home. You want it, you take it." It was still there three days later, so they tried a different sign: "Fridge for sale--\$50" It was stolen the next day!

Some people are kind, polite, and sweet-spirited until you try to sit in their pews.

A farmer sold a pound of butter to the baker. The baker decided to weigh the butter one day, and found he wasn't getting full weight, so took the farmer to court. The farmer argued he didn't have a proper measure, but he did have a scale. To the judge he said: "Your Honour, long before the baker bought butter from me I was buying a pound of bread from him. Now when the baker brings my bread, I put it on the scale and give him the same weight in butter." Case dismissed.

The Sunday school teacher explained: The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned to a pillar of salt." Hearing the Bible story, James (age 4) asked: "What happened to the flea?"

A man ordered a small pizza. Asked if he would like it cut into four or six pieces, he responded: "Just four pieces, please; I'm not hungry enough for six pieces."

A man who volunteers to entertain patients in nursing homes and hospitals went to one local hospital and took his portable keyboard along. He told some jokes and sang some funny songs in several common areas. When he finished he said, in farewell, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

Read carefully...

The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.

Food for Thought

Remember: If you want to feel rich, count all the things you have that money can't buy.

Remember: There is tremendous happiness in making others happy, despite our own situations.

Frame so-called disasters with these words, "In five years, will this matter?"

PASTORAL CARE ALLIED HEALTH GROUP

2010 FALL CONFERENCE and AGM

Corner Brook, NL
October 4th- 6th

"Healing Presence"



Corner Brook as seen from the Pepsi Centre

The opening worship was held at First United Church, Corner Brook. Following the welcome by Sandra Lush of the organizing committee chairperson, the Rev. Ed Keeping lit the Barry O'Keefe Memorial Candle. Other members of the local committee also assisted in the worship which was filled with wonderful singing by the Choir and Congregation. The homily by the Rev. Myles Vardy was based on our theme of 'Healing Presence'.



He spoke of how God sent Jesus to be the incarnate word made flesh and be God's healing presence to the world. As Pastoral Care workers we are called to keep up the example of Jesus, and to be his flesh to others, to be a 'Healing Presence' to those we encounter. Those present will remember for a long time the Salvation Army Youth group who presented a mime using reflective gloves in the darkened church. Following our worship, we gathered for Registration and Social in the Church Hall.



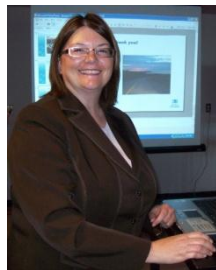
The Pepsi Centre - Corner Brook

Tuesday morning saw us gather at the Pepsi Centre to begin our first full day of sessions and fellowship. Our chairperson, the Rev. Ed Keeping welcomed all participants to the conference and expressed his thanks to the organizing committee for their planning and hard work. Councillor Donna

Francis on behalf of the Mayor and council welcomed us to the City of Corner Brook. She thanked all who provide pastoral Care for the work we do and as a nurse has seen the comfort and support and the 'Healing Presence' from members of the Pastoral Care department. Mr. Rob Kenny, Vice President Human Resources and Organizational Development brought greetings from Western Health. After sharing some personal stories, he reflected on how quickly things can turn around and the hope and comfort Pastoral Care can bring. He concluded by thanking all Pastoral Care workers for the work they do in all parts of our province.

Keynote Address

Dr. Susan Gillam, President and Chief Executive Officer of Western Health spoke on "Healing Presence: Creating Magic by Walking Together". Dr. Gillam began by saying our theme of 'Healing Presence' is an important one as it is a call to action. She continued by giving some demographics for the Western Health Region which covers from Francois to Port Saunders and as far west as Deer Lake and has a population of 87,000 people. Communicating successes creates excitement and energy. In answer to her question 'What are magical moments?' Dr. Gillam said there is no difference between health care or pastoral care when it has the following elements: a commitment to vision and values; giving people a voice; partnership - we cannot create magic alone; making a difference which comes from reflection; and being dynamic. It is important to give voice. Quoting St. Catherine of Sienna "Speak the truth in a million voices, it is silence that kills." Dr. Gillam suggested numerous ways to give voice working with clients, residents, patients, families and communities. She suggested the book "Three cups of Tea" by Greg Mortenson and is based on a Balti proverb: *"The first time you share tea with a Balti, you are a stranger. The second time you take tea, you are an honoured guest. The third time you share a cup of tea, you become family..."*. Dr. Gillam said that during the H1N1 pandemic there were many magical moments which saw neighbour helping neighbour with a large involvement by pastoral care throughout the region. Following a short forum on the question "How do you (pastoral care) support magic, Dr. Gillam concluded her address by thanking Pastoral Care for the good work that is done.



Workshops

Workshop #1 - New Privacy Act



Sherri Tiller-Park, regional manager of information Access and Privacy for Western Health gave a brief history of the Personal Health Information Act (PHIA) which is due to be made law later this year. She said there is a difference between Privacy and Confidentiality. Privacy is the right of an individual to

determine when, how and to what extent personal information is collected, used and disclosed about oneself. Confidentiality is the duty to protect, respect and maintain the privacy of information. PHIA is specific legislation for the Health Care sector of our province and is meant to clarify and codify the appropriate balance between protecting individual privacy and use of information. The PHIA Act establishes a set of rules for the collection and disclosure of personal health information. There will be a challenge to balance the right of privacy and the value of religious supports. Ms. Tiller-Park suggested several strategies for Pastoral Care:

- remind members of congregations to provide notification when entering a Health Care facility;
- know where to direct questions about access and privacy;
- Be prepared to identify yourself;
- Know the information that can and cannot be shared;
- Know the different levels of access for different roles (i.e. Chaplains, parish clergy, volunteers);
- Communicate with congregations about how they can help.

Ms. Tiller-Park reminded us that in each region work is being done, and even when the Act is passed, there will still be a process of evolution as things get worked out.

Workshop #2 - Becoming a Healing Presence in Our Working Relationships Beginning with Ourselves and **Workshop #4** Transforming the Health Care Relationship by being a Healing Presence with the Rev'd Dr. Peter Barnes



Dr. Barnes used the metaphor of gravy to lead us into the concept of "Becoming a Healing Presence" in the lives of others. We all know how to make gravy: we need to stir it, to get the lumps out, to thicken it. To become a healing presence, we need to be stirred, to get

the 'lumps' out of ourselves, to allow ourselves to be thickened, also known as "deepening" us.

Healing presence is the condition of being consciously and compassion-ately in the present moment with the self, another, or others, believing and affirming. One cannot "do" healing presence, but must "be" a healing presence." We may ask: "What would Jesus do? What would Jesus say?" We need also to ask: "What *did* Jesus do? What *did* Jesus say?" To be a healing presence, is to be there, to help the person recognize the situation.

There is a difference between "healing" and "curing." Curing is medical. Healing is most often a gradual awakening of a deeper sense of self in a way that affects profound change. Healing comes from within, and is consistent with a person's readiness to grow and change. The process may be painful, either physically, emotionally, or spiritually. Healing is a movement from a sense of brokenness to a sense of wholeness.

There is an attitude in "healing presence," a manner of approaching healing ministry, of "being:" listening, encouraging, offering another perspective. The one who is broken has a "story." We must encourage the story in order to encourage healing.

To be a healing presence, one must not turn away from suffering. One must look upon the pain, or wound, i.e., the bandaged place, because this is where the light enters one. The pain, wound, or bandaged place may be physical, emotional or spiritual. It is at this point of need that one may become a healing presence. This is where one must begin.

Dr. Barnes shared the story of "The Skeleton Woman" with us, and how gentle caring brought her to a place of healing and wholeness. How hopeless the situation appeared in the beginning! The one who found her, by accepting the "ugliness" of the skeletal being, and wrapping her with warmth and protection, enabled her to begin the journey to wholeness. This is healing presence. (Summary by the Rev. Marlane Leggo)

Workshop #3 - Pastoral Care and Mental Health



Ms. Elizabeth Dyke, Education Co-ordinator with Western Health began her presentation by explaining that in Mental Health the role of Pastoral Care is important as a part of the holistic approach to a

person's well being. Persons with spiritual needs must be dealt with as a part of the multi-disciplinary team. Ms. Dyke defined Mental Health as the capacity of each of us to feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is more than just an absence of mental illness... it is about coping with the challenges of life. In life there is a need to strike a balance in all aspects of our life. There are things in life which affect mental health and cause stress. Mental Illness takes many forms (anxiety, depression, etc...) and is caused by no single cause. Some factors which cause mental illness are genetic, biology, personality, and environment.

Ms. Dyke continued her presentation with a list of myths of mental illness: *all are false!*

- mental illness is a personal weakness;
- violence is often associated with mental illness;
- people with mental illness are poor/less intelligent;
- people living with mental illness cannot recover;
- people with mental illness are a drain on society;
- you should never mention suicide to a depressed person;
- there is very limited treatment for mental illness.

Ms. Dyke then gave a brief overview of empathetic listening and concluded on how to raise the subject of suicide by giving suggestions on how to and how not to ask the suicide question and how to persuade someone to stay alive.

The Annual General Meeting

Our chairperson, the Rev. Ed Keeping presided over the AGM on Tuesday afternoon. Peter Barnes gave a brief history of the formation of the PCAHG. In the early 1980's, the Rev. Kirby Walsh and Dr. Harry Watts, both of Corner Brook, convened a meeting of hospital chaplains and formed 'The Chaplains' Section' as a subcommittee of the Newfoundland Hospitals Association. Over the years this has evolved to our PCAHG.

The AGM continued with the Rev. John Courage reviewing the proposed changes in the constitution which was passed by the membership.

There was an election of officers to fill three vacancies which saw the following elected: the Rev. Rowena Payne of Labrador City as vice-chair; the Rev. Jacintha Penney of St. John's as CASC (formerly CAPPE) representative and Major Barry Gray of St. John's as editor of 'The Connecting'.



The Executive: Back L-R Sandra Lush, Major Barry Gray, The Rev. Ed Keeping, The Rev. Rowena Payne; Front L-R Sister Mary Molloy, The Rev. Jacintha Penney and Sister Monica Hickey (Missing: Sister Betty Morrissey and Sister Diane Smyth)

The Banquet

The banquet was held at the Salvation Army Citadel, Clarence Street. The ladies of the church served a delicious turkey dinner. This year's recipient of the Award of Appreciation was presented by the Rev. Ed Keeping to Sister Connie Power who thanked the PCAHG for the honour and recognition of her many years providing Pastoral Care. The entertainment was provided by brothers David and Brian McHugh who gifted us with a variety of songs, humorous stories, an appearance of Ron Hynes 'twin' Rob, and a song describing the 'tragedy' of a teenager who is unable to text. It was an enjoyable and relaxing evening of fun, food and fellowship.



Wednesday Morning



Our final morning began with devotions led by the Pastoral Care team from Burgeo followed by our last plenary session led by nurse Sherry Rumbolt of Western Health who spoke on the topic 'Healing from Inside Out!'. Using humour, personal examples/experiences and her own faith background Ms. Rumbolt gave a very positive message on the value of self care. She began by saying our mission is to make the life of another person better but first we must balance ourselves and all our parts. We make choices that impact our spirit and our bodies. 'Life is not about waiting for the storm to pass, it's about learning to

dance in the rain.' When we acknowledge that 'this is the day the Lord has made' our spirit shines. Ms. Rumbolt shared a thought from a friend: 'Never let yourself get too tired or too hungry'. As a part of healing from the inside out, we must look after our physical bodies which is our link to our soul. Sleep is important. Ms. Rumbolt went on to speak of setting goals and making it a daily action by using a score board put in a prominent place where others can see it. (i.e. take up walking 3 days a week, lose some weight etc...). When others know your goals, they can assist you. As well, because others then know your goals, your own pride will see you do it. God wants us to give of ourselves, but we also must recognize we can have the energy to do so only if we look after ourselves. God wants us to have the strength to be his arms and legs.

This presentation concluded with a video presentation of 'Tips to a beautiful life.' Some tips were: Walk for 20-30 minutes and smile as you do; be silent 10-15 minutes a day; talk to someone over 70 and under 6 years of age; make peace with your past; today is special; no one is in charge of your happiness but you; Life's isn't always fair, but it is good; Life is too short wasting it on hating people; Give time time.

Workshop #5 Healing Presence Healing Touch

Ms. Jocelyn Rose is a healing touch practitioner who introduced her session by saying the goal of



healing touch is to restore wholeness through harmony and balance. Healing Touch is an energy based treatment to access and treat the human energy system which affects health on four levels: physical, emotional, mental and spiritual.

Healing touch is meant to compliment traditional approaches to health and healing. There are many benefits to Healing Touch and some are: the acceleration of wound healing, relief of pain, reduction in stress and anxiety; enhancement of spiritual development and support for the dying process. Ms. Rose then gave an opportunity for participants to experience a sample of Healing Touch.

Workshop #6 Pastoral Care and Humour



In his presentation "Pastoral Care and Humour" The Rev. Canon Derek Thomas began by looking at several humorous incidents found in the Scriptures, for example, the story of 90 year old Sarah and her reaction

when God told her husband that she would have a child at her age; she laughed. He also suggested that we could see Jesus' sense of humour by looking at the team of followers he picked out.

He also shared some of his personal experiences and suggested that humour is a very important part of our ministry. It can be a useful tool in getting to know those we visit in our hospital ministry and it can be useful in helping them deal with the loss of dignity and privacy which is part of any hospital experience. There is positive power found in humour and a smile accomplishes more than a frown. When used appropriately it can make a difference to how a person may feel physically.

He also provided this website page on where to find sources of humour: www.joyfulnoiseletter.com
 (Summary by Major Christine Gray)

The Closing

Corinne Shea advised that Central Health has offered to host the next PCAHG Fall Conference and AGM. Our conference ended with a short windjammer session, votes of thanks and devotions led by Sandra Lush.



Autumn Colours, Corner Brook from the Greenwood Hotel 4th Floor

THE PCAHG AGM and CONFERENCE
in PICTURES

