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# The Beacon

**Vol.26/ No. 1**  
 The HealthCare Chaplaincy is the nation's largest non-denominational multifaith center for pastoral care, education, and research. Its newsletter is published three times a year for friends, supporters, and alumni/ae. Please send address corrections and other correspondence to The HealthCare Chaplaincy.

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**Our administrative offices have moved!**

**The Administrative Center of The HealthCare Chaplaincy is now located at:**

315 E 62nd Street, 4th Floor  
 New York, NY 10021-7767  
 Phone: 212-644-1111  
 Fax: 212-758-9959

The Chaplaincy's Pastoral Care, Education, and Research Center will remain at 307 East 60th Street.

## Expert on Spirituality and Health Lectures at The Chaplaincy

The Chaplaincy was fortunate to have as its grand rounds speaker a leading expert in the field of spirituality/religion and health. Harold Koenig, M.D., associate professor of psychiatry and associate professor of medicine at Duke University Medical Center, presented a lecture on the positive relationship between spirituality and health to The Chaplaincy community.



**Harold Koenig, M.D.**

Dr. Koenig is the director and founder of the Center for the Study of Religion/Spirituality and Health, is editor of the *International Journal of Psychiatry in Medicine*, editor-in-chief of *Research News and Opportunities in Science and Theology*, and has published extensively in the fields of mental health, geriatrics, and religion. He has collaborated with the Rev. Dr. Andrew Weaver, director of pastoral research at The Chaplaincy, on several published papers. "In the more than two dozen articles and book chapters and 4 books we have co-authored," said Dr. Weaver, "Harold Koenig has not only shown me a disciplined and creative mind but a pastoral heart. He is an important ally to professional chaplaincy."

Speaking to a room filled to capacity with chaplains, student chaplains, researchers, and administrative staff, Dr. Koenig presented an overview of the relationship between spirituality and medicine. His lecture included empirical evidence, case studies, and personal testimony. In a videotaped interview with an 83-year-old woman suffering from multiple chronic medical conditions, she told Koenig: "I believe in God, he's my protector...sometimes I pray, and I'm in deep serious prayer, and all of a sudden my pain gets easy. So prayer helps me a lot."

Dr. Koenig also spoke about the way Americans have been coping with the tragedy of September 11th. He cited a *New England Journal of Medicine* study that showed that one week after the attacks,

# The Beacon

SPRING 2002

News from The HealthCare Chaplaincy — A Multifaith Center for Pastoral Care, Education & Research

## Chaplaincy Staff Takes Leadership Role in National Organizations

A testament to their skills and enthusiasm, several members of The HealthCare Chaplaincy's clinical staff have taken on leadership roles in many professional chaplaincy organizations at the national level.

### Chaplaincy Staff Key Participants in APC Conference

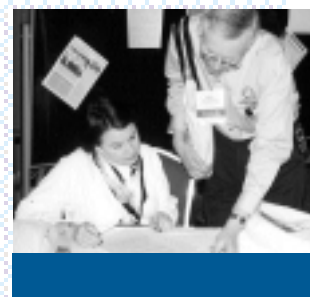
Chaplaincy staff members were important players in the leadership, presentations, and workshops of the annual conference of the Association of Professional Chaplains (APC) in Cincinnati in March. Rabbi Jeffery Silberman, director of pastoral care and education at Beth Israel Medical Center, and the Rev.

Peggy Muncie, staff chaplain at Beth Israel and St. Luke's Roosevelt Hospital Center, were the conference's chair and vice chair, respectively. From the planning stages to the event itself, they developed the conference theme, organized special functions, and provided guidance for its many committees.



Other members of The Chaplaincy's staff also made significant contributions to the conference. Yusuf Hasan, staff chaplain at Lenox Hill Hospital

and Memorial Sloan-Kettering Cancer Center, is the chair of the APC's Diversity Task Force. The committee is charged with recruiting and advocating for the training of new chaplains from a diversity of racial and cultural communities. The Rev.



Carlos Alejandro, director of pastoral care and education at North General Hospital, serves as a member of the task force.

"More than ever before," said the Rev. George Handzo, The Chaplaincy's director of clinical services and institutional relations, "The Chaplaincy was represented in virtually every area of the conference—from planning and workshop presentations to worship and leadership on the board." The Rev. Handzo is the president-elect of the APC, and will become president on November 1st of this year.

Worship was a daily part of the conference schedule. Focusing on their experiences as volunteers at Ground Zero and family and respite centers following September 11th, the Rev. Stephen Harding, the Rev. Martha Jacobs, and the Rev. Jon Overvold offered Tuesday morning devotions.

### Research Presentation Well Received

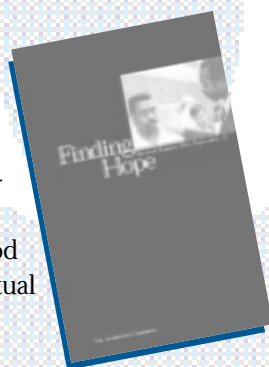
The Chaplaincy's director of pastoral research, the Rev. Dr. Andrew Weaver, and the Rev. Jon Overvold, director of pastoral care at Florence Nightingale Nursing Home, presented the findings of their research collaboration at the conference. The study examined the religious commit-

## Chaplaincy Launches Spiritual Bereavement Program

### Program Reaches Out to Those Directly Affected by September 11 Attacks

The HealthCare Chaplaincy is offering a spiritual bereavement program—*Finding Hope: Spiritual Support After September 11*—to the victims of the World Trade Center disaster. Funded in part by a grant from the Robin Hood foundation, this distinctive program attends to the spiritual needs of those who are grieving.

Seeking to reach out to family members and loved ones, colleagues of lost co-workers, and uniformed service workers, The Chaplaincy has distributed information about *Finding Hope* to the religious leaders of more than 1500 churches, synagogues, and mosques in the metropolitan area. "Our outreach has been very broad based," said Marsha Rimler, CSW, the program's director. "It's not just the city—we've sent brochures to Long



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## HEALING MOMENTS

# Freeing the Angel

Yvonne Valeris  
Staff Chaplain and CPE Supervisor  
Brooklyn Hospital

On January 23rd of this year, I was making rounds in the emergency room of Brooklyn Hospital's downtown campus. From behind a loosely drawn curtain, I saw a patient whose eyes seemed to indicate that he'd welcome a visit.

The patient was a disheveled looking man who seemed surprised that anyone wanted to talk with him. He told me that paramedics had brought him in after he called 911 because he was short of breath. He shared some of his story with me, telling me that he lived alone and that his daughter lived in California with a physician. He admitted that he felt lonely. He paused for a long while then, and I asked him to help me understand what his silence meant.

He said, "Now that you've stopped by to see me, can I share something with you?" He pulled out a devotional book, and turned to the page for January 23rd. Together we read a moving

story about a young woman who had burned half of her face very badly in a cooking accident, but because she was such a good, compassionate person, she was still very beautiful. The other reflection for that day was the story of someone asking Michelangelo why he was chipping away at his sculpture. He replied, "I see an angel in the marble and I'm trying to free it."

The patient said, "That reminds me of you. I am lying here dirty and sick, and you didn't walk by me. You decided to stop. You saw something in me. And because of that I know that I am not forgotten. Now I know that things are being done for me here."

I told him that I was equally fortunate that I had seen him, because if I hadn't stopped by I would have missed out on those beautiful stories. I repeated the first part of Michelangelo's quote, "I see an angel in the marble~"

## Chaplaincy Staff Takes Leadership Role in National Organizations

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ment of healthcare staff and the meaning they find in their role as caregivers. "The presentation was of great interest to everyone," said "and sparked a dialogue about pastoral research. People wanted to know how the two had developed the questions to ask, how they presented the idea to their administrators, etc."

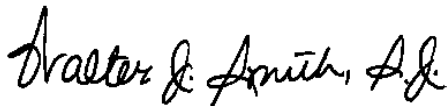
### Chaplaincy Staff Provides Board Leadership

Board membership is an important part of the leadership of any professional organization, and The Chaplaincy is fortunate to have several of those leaders in its community. The Rev. Dr. Joan Murray, director of pastoral care and education at Memorial Sloan-Kettering Cancer Center, is a member of the APC board and chair of its Standards, Education, and Research committee.

In addition to the APC, Chaplaincy staff members sit on the boards of other pastoral care organizations. The Rev. Dr. Walter J. Smith, The Chaplaincy's CEO is a member of the board of The National Association of Catholic Chaplains (NACC), and the Rev. Dr. John Bucchino is a member of the organization's National Certification Committee.

The Chaplaincy is also well-represented in the National Association of Jewish Chaplains (NAJC). Rabbi Stephen Roberts, staff chaplain at New York-Presbyterian Hospital, is the organization's new president. Rabbi Steve Shulman, staff chaplain at Memorial Sloan-Kettering, and Rabbi Bonita Taylor, staff chaplain at St. Luke's-Roosevelt Hospital Center are on NAJC's board. Rabbi Taylor is also the national conference co-chair.

Many of The Chaplaincy's staff members serve on state and regional committees of these and other pastoral care organizations. ■



## Chaplaincy Launches Spiritual Bereavement Program

(continued from page 1)

Island, Westchester, Rockland and other upstate counties, northern New Jersey, Fairfield County, Connecticut and Bucks County, Pennsylvania," she said. The Chaplaincy is also collaborating with several social service agencies, such as Safe Horizon, Catholic Charities, and Windows of Hope.

*Finding Hope* groups are meeting in convenient neighborhood locations throughout the metro region. "The program intends to bring support to people in the communities in which they work and live," said Ms. Rimler.

The first groups began early in April. Many mental health professionals feel that the period of greatest anxiety and despair after a traumatic incident is felt in the period from the sixth month to the one-year anniversary.

Dozens of pastoral care and mental health professionals experienced in bereavement work have been recruited to lead the *Finding Hope* support groups. Because the September 11 attacks affected people of many different ethnic backgrounds,



The patient finished it for me. "And I'm trying to free it," he said. We sat for a moment, each of us moved by our interaction with the other, and then looked at the page in the devotional book that we had been reading from. We hadn't noticed it before, but the title for that day's devotion was "Visiting a Patient In the Hospital."

I saw the same patient on one of the units a few days later. He looked so clean and healthy that I almost didn't recognize him. He said, "Guess what? I'm going home!"

This visit reaffirmed for me that we are all made in God's image, sometimes we just need to be reminded of it. No matter how sick, or dirty, or poorly dressed someone is, there is always an angel inside, waiting to be freed. ■

# CHAPLAINCY OFFERS BUDDHIST CPE PROGRAM

## Pilot education program is first of its kind

The HealthCare Chaplaincy has initiated a pilot project for Buddhists who want to study the art and skills of professional chaplaincy. The program, led by Chaplaincy clinical pastoral education (CPE) supervisor and Zen Buddhist priest Trudi Jinpu Hirsch, began on March 1st and will continue for 14 weeks. Students meet with the Rev. Hirsch at Beth Israel Medical Center, Singer Division for educational time and clinical visits with patients.



Trudi caption here

### Buddhist Tradition Shapes Program Structure and Content

The first Buddhist CPE program offered anywhere, the program provides Buddhist students a chance to study chaplaincy from within the context of their own faith tradition. "A lot of the students know each other from their faith community," said the Rev. Hirsch, "which leads to a greater level of comfort and bonding." The program approaches CPE from the Buddhist tradition, which, the Rev. Hirsch said, "is basically a practice of life and death."

**"Do not close your eyes before suffering—find ways to be with those who are suffering by all means, including personal contacts and visits, images, and sounds. By such means, awaken yourself and others to the reality of suffering in the world."  
— Guatama Buddha**

"In a lot of ways, CPE is perfectly in line for Buddhists," said the Rev. Hirsch. "So much of it is about the nature of suffering," she said, "and how it's different than pain. In Buddhism, we study how attachment leads to suffering. It's about 'How can I continue to live the miracle of my life without my mind stopping me from enjoying what I do have.' Yet the challenge of CPE is to teach students about the actuality of patients' suffering in a hospital, so that they understand it and how to help relieve it."

### Meditation Offers Benefits for Students and Patients

The Rev. Hirsch and her students begin and end each session with 15 minutes of meditation. "It's great because we're all coming from our jobs, the streets, the subway," she said. "Meditation is an incredible way of centering

oneself to be open to receive. It helps the group come together as a whole."

The group will bring meditation, visualization and relaxation techniques to patients as well. The Rev. Hirsch plans to distribute cards explaining these services to new patients, so they can call the pastoral care department if they would like to participate. "These techniques empower patients to help themselves," said the Rev. Hirsch.

### A Common Language

"We talk a lot about the use of energy in pastoral care," said the Rev. Hirsch, "and with this group that's a common language. We place a lot of emphasis on being aware of our own feelings as chaplains, and the feelings of the patients, and how they can both change over the course of a visit and shape the interaction." The Rev. Hirsch finds herself learning things from these students that she can bring to the multifaith CPE groups that she supervises.

While there are certain concepts that come naturally to this group, there are some tools that need more explanation. "I plan to give them some basic teaching in simple things about prayer, for example, which is not traditionally a part of Buddhist practice," said the Rev. Hirsch. "Since these students don't have a seminary background, they haven't had much experience with things like that. So we'll do a lot of work on spontaneous prayer."

Working with a CPE group with students of only one faith allows the Rev. Hirsch to work with the particular strengths and challenges of that group. However, she and others at The Chaplaincy are mindful that pastoral care is, almost by definition, a multifaith practice. "The program was intentionally designed to be a quarter unit," said the Rev. Hirsch, "because these students need to go on to work with other CPE students of all faiths."

### Hospital Receptive to Buddhist CPE Group

The Rev. Hirsch feels fortunate that the administration and staff of the Singer Division have been very receptive to the new group. Dr. Fred Epstein, the Hospital's chief of neurosurgery, has always been interested in alternative treatment modalities. "He even got the Dalai Lama to come to the hospital and sit with the children!" she recalls. Because the Singer Division is relatively small (200 beds), the student chaplains are able to get to know and become an integral part of the Hospital.

### Future Plans

The students in this unit were recruited from the Rev. Hirsch's own community, The Zen Peacemaker Order in Manhattan. Judging from the level of interest and the success of the group thus far, she anticipates recruiting from other Buddhist centers in the future. "I'd like to encourage other Buddhists to think about CPE; I think it's an incredible way for them to practice their lives," she said. "For me personally, it has been very exciting. It's exactly the way I want to teach the Dharma. To me, the hospital is my monastery." ■

# Trustee Provides for The Chaplaincy's Future

When Chaplaincy trustee Charles (Charlie) Crane and his wife Leisa were revising their wills, making a planned gift to The Chaplaincy was an easy decision. "The Chaplaincy has been such a special part of our lives for so many years," said Mr. Crane, "that we wanted to make a specific bequest to it."

The managing director for Victory SBSF Capital Management, Mr. Crane first became acquainted with The Chaplaincy in 1996 through former board chairman Bill Spears. "Bill invited Leisa and me to the *Wholeness of Life* awards dinner, and after that I found myself asking him and Father Smith (The Chaplaincy's CEO) if I could become a board member, instead of the other way around!"

The Cranes feel fortunate to have received vital pastoral support from The Chaplaincy in recent years. "My wife has had some health issues since 1996, and through our affiliation with The Chaplaincy, we've had a great deal of comfort and assistance in helping her through those issues," Mr. Crane said. "For me, it has fulfilled a spiritual dimension in my overall portfolio of interests, above and beyond being a member of a church."

Chairing both the Investment Committee and the Institutional Relations Committee, Mr. Crane plays an integral part in developing The Chaplaincy's policies and organizational structure. "It's another way that I as a

trustee can provide some hands-on service to The Chaplaincy," he said. "Through the committee structure, and the responsibility vested in the board of trustees, each of us can really provide ongoing assistance to the organization."

Mr. Crane feels that his active participation as a trustee has undoubtedly influenced his decision to make a planned gift. "The ability to make a difference here, through my trusteeship and our annual gifts, has been terrific. It reflects an abili-

ty of any size can make a significant difference to an organization. "I would say that making a legacy donation to an organization that has touched your life or your family's life," he said, "even if it's a modest one, is a way to ensure that the organization lives on, and a way to ensure that your family's or loved one's memory lives on. It's a great way to honor someone—even if you're honoring yourself."

Through their charitable bequest, Charles and Leisa Crane have become



**"I would say that making a legacy donation to an organization that has touched your life or your family's life... even if it's a modest one, is a way to ensure that the organization lives on."**

ty to share our good fortune while we're here," he said. "But my wife and I have created a fairly sophisticated estate plan, and we wanted to share our good fortune, hopefully for many years down the road, with organizations that mean a lot to us."

Although the Crane's financial good fortune has enabled them to give substantially to The Chaplaincy and other nonprofits, Mr. Crane stresses that a planned

members of *The Hope and Remembrance Society*, which honors those individuals who have provided for The Chaplaincy's future by making a planned or deferred gift. ■

Individuals who are interested in learning more about the many planned giving options available may contact development officer Fran McKinley at (212) 644-1111, ext 133.

# Pastoral Care Department brings Music and Fashion to Florence Nightingale Residents

Sometimes health and healing can take on interesting dimensions. In a festive way to usher in spring, the Pastoral Care Department at Florence Nightingale Health Center sponsored two exciting and healing activities for their senior residents.

## Chaplaincy Staff Collaborates to Arrange Concert

The Rev. Jon Overvold, director of pastoral care and education at Florence Nightingale, arranged for a concert at the health center by the Goshen College Chamber Choir. The Mennonite college is the alma mater of the Rev. John Bauman, director of pastoral care at the Winifred Masterson Burke Rehabilitation Center, a Chaplaincy partner. When the Rev. Bauman heard that the Goshen choir was touring in the New York area, he suggested that they visit Florence Nightingale and Dewitt Rehabilitation and Nursing Center, another Chaplaincy partner. "We believe musical expression...serves as a window into the individual soul, a bridge between human beings, and a means of corporate religious experience," says the choir's spring program brochure, entitled "Healing and Hope."

The residents of Florence Nightingale enjoyed the concert tremendously. In thanking the choir, the facility's resident representative said, "Music and singing are the spirit of healing, and that's what you have given us today."

## Fashion Show Has Residents "Strut their Stuff"

Dressed in fanciful bonnets and dapper attire, Florence Nightingale's seniors walked down the fashion runway at their spring fashion show. Residents cheered for their fellow fashion plates as they smiled and danced their way down the aisle, escorted by members of the pastoral care department and activities department, including Barbara Bell, Florence Nightingale's *Wholeness of Life* award winner for 2001.

These healing and joy that these events brought to residents are at the heart of The Chaplaincy's mission and are a testament to the collaboration that takes place among its community of pastoral caregivers. ■



## Chaplaincy Joins COMISS Network

The HealthCare Chaplaincy has become a member of the COMISS (Coalition on Ministry in Specialized Settings) Network—a network of professional organizations, institutions, and faith communities that promotes collaboration among its members and advocates on behalf of professional chaplaincy.

The COMISS Network members include certifying and accrediting organizations such as the Association of Professional Chaplains (APC) and The Association for Clinical Pastoral Education (ACPE), faith communities, and professional pastoral care organizations like the Pediatric Chaplains Network and the National Conference on Ministry to the Armed Forces. The Chaplaincy is one of the first organizations to join COMISS in the category of Chaplain and Pastoral Counselor Employing Organizations.

"Our joining COMISS gives us tremendous opportunities for networking and collaboration," said the Rev. George Handzo, The Chaplaincy's director of clinical services and institutional relations.

"I see people at the COMISS annual conference that I would almost never see otherwise," he said.

"It is especially gratifying to have The HealthCare Chaplaincy as a member of the COMISS Network for two big reasons," said Dr. Laurel Burton, 2002 COMISS Chair. "It is perhaps the preeminent interfaith chaplaincy organization in the country, and is a proven leader in establishing and promoting interfaith collegiality and dialogue in spiritual care."

In addition to fostering inter-organizational collaboration, COMISS operates the Joint Commission on Accreditation of Pastoral Services (JCAPS), which establishes and revises standards for professional chaplaincy. COMISS also founded and sponsors Pastoral Care Week, which provides an opportunity for chaplains, educators, and providers to share their story and to celebrate ministries in various specialized settings.