

ARCAPPE Newsletter

ARCAPPE Association Day 2008

Respecting Each Other as We Journey Together

Bob Cardinal, Lydia Yellowbird, Wayne Burnstick, Tracy Bearard, Deb Everett and Neil Elford

Inside this issue:

<i>Respecting Each Other as We Journey Together</i>	1
<i>Celebrating a Historical "Coming of Age"</i>	2
<i>ARCAPPE Association Day 2008 Pictures</i>	3
<i>CAPPE Convention 2010, Banff, AB</i>	4
<i>Blessing of the Hands</i>	5
<i>God Blessed Me Today</i>	5
<i>Fall From Grace</i>	6
<i>Learning Professional Spiritual Caregiving</i>	7
<i>The Journal of Pastoral Care Publications Inc.</i>	8
<i>Who Wants to Go Golfing in Florida?</i>	9
<i>Through a Filtered Lens: Certification Committee Co-Chair Reflections</i>	10
<i>Care For Spiritual Caregivers</i>	11
<i>In the Dancing Eyes</i>	12
<i>An Update</i>	12
<i>Professional Practice Report</i>	13
<i>It's Time to Pass the Torch</i>	14
<i>2009 ARCAPPE Executive</i>	14



Coming together into the ARCAPPE circle to share meant a lot to all of us from the Royal Alexandra Hospital. We have been journeying together on this pathway of serving the Creator, serving the people and least of all ourselves for quite a few years. Some have been journeying with the Traditional Elders as they guided this vision from the beginning. Others of us have more recently joined in this journey. We are grateful to the Creator for the privilege of learning about trusting relationships between the Western Medical approach to health and Traditional Aboriginal healing ways, and making this real each day. We want to honour the mystery of sacredness and the Creator in the

midst of the scientific health care system.

The Aboriginal Cultural Helper Education residency recently recognized by CAPPE con-



tinues to grow. Hopefully our sharing helped those people present in the ARCAPPE circle understand a little more about the journey. We continue to wonder how to honour our oral traditions and beliefs, our sacred truths held and shared by Elders through the years, and also be part of ARCAPPE. We felt warmly received and respected by ARCAPPE and want to thank everyone for making us feel a part of the circle. We look forward to the journey together that lies ahead.

ARCAPPE Association Day 2008

Celebrating a Historical "Coming of Age" *Rilla Sommerville*

Those of us who attended the 2008 ARCAPPE Association Day in Red Deer on November 7th became participants in an historic gathering, in which the Aboriginal Cultural Helper Education program of the Royal Alex in Edmonton was showcased.



around the room, while in the centre were arranged drums, blankets, sweetgrass and other sacred Aboriginal artifacts. Sacredness, inclusiveness, and symbol: these were hallmarks of the day.

There was the fragrance of sweetgrass permeating the room, there was the heartbeat of Mother Earth felt in the drumming, there were haunting songs whose intent spoke to us beyond words,

there was the magnificent spectacle of a warrior dancing in full regalia. Each of our senses was engaged and our sensitivity heightened.

Showcased? That doesn't seem an appropriate way to describe an experience in which there was no "show", only heart. We were not audience, nor were the Aboriginal Cultural Helpers putting on a show. Instead, they graciously invited us to participate with them in a day that was deeply infused with the humility and the authenticity of their spirituality.

The Aboriginal Cultural Helper Education program has been evolving over the last fourteen years at the Royal Alex in Edmonton, largely shaped by Robert Cardinal and Neil Elford, along with input from Traditional Aboriginal Elders. It is now celebrating something of a "coming of age" in that it has been recognized by CAPPE as a parallel training stream along with CPE and PCE, and becomes a model that can be used across Canada for training and delivery of spiritual care to the Aboriginal population. So we at the ARCAPPE Association Day were truly witnessing – and blessing -- history.



From the moment we walked into the conference room, we knew this gathering would be different. We were seated in a great circle all

Graciousness and humility. These were words I heard several times during the presentations by Neil Elford, Debbie



Everett, and others who had been involved with Bob Cardinal in the development of the Aboriginal Cultural Helper Education program. We were blessed by the sense of that graciousness and humility throughout the day, not only in Bob, but in each of the other Aboriginal Cultural Helpers who had come to share their values and some of their journey with us.

We were honoured to hear their stories, shared from their hearts, as to how the program has brought them more deeply in touch with their cultural and spiritual identity, and how they are more effective healers as a result. Tracey Bearard, the first graduate of the program, and Lydia Yellowbird, a

current trainee, gave us glimpses of how the training has challenged and stretched them, and reminded us of our own experience of SPE!

We were deeply honoured by the care with which we were educated about the symbolism of sacred objects, and the deep significance of actions we were witnessing. We were highly privileged to be recipients of very special cultural touches: the smudge cere-



mony at the beginning; Lydia Yellowbird inviting us to enjoy chokecherries and bannock she had prepared; Frank Shannon mantled in his uniquely symbolic Haida-Guiai blanket as he sang for us a song he had written; Kyle Campioui humbly serving; Wayne Burnstick performing an award-winning dance in a most magnificently beaded regalia; each of us receiving the gift of a handcrafted and blessed Aboriginal memento.

And so it seemed most fitting that at the end of the day, we were led by Case Vink in a blessing ceremony, welcoming the Aboriginal Cultural Helpers program into full partnership with us in the ministry of spiritual care, and speaking our blessings to each of the

Aboriginal Cultural Helpers. It was a moment in history, and we were privileged to be there.



ARCAPPE Association Day 2008 Red Deer, Alberta



CAPPE Convention 2010, Banff, Alberta *Oceanna Hall*

Even though the February 2009 Joint Convention hasn't gotten out of the starting gate, our ARCAPPE core planning committee has been busy working out the beginning details for our April 2010 Convention in Banff. We are also pleased to announce that our Saskatchewan neighbors are jumping on board to make 2010 a fabulous Convention experience.

The title of our conference is:

Mountain Myths and Valley Songs: Story and Song in Our Lives, Our Work

Our vision statement is:

CAPPE/ACPEP Conference 2010 Vision Statement:



1) To develop the theme: exploring the role of narrative, song and creative arts in our personal journeys and in the work of spiritual care and counseling.

2) To provide opportunities for the presentation of relevant, timely, and challenging ideas/material for professional development.

3) To create a welcoming space for members of the CAPPE/ACPEP community and guests to connect with one another.

4) To be environmentally responsible in our planning and respectful of the land on which the conference is held.

We have already confirmed our first speaker. Dr. Arthur Frank is a well known Canadian author. He has written **At the Will of the Body: Reflections on Illness; The Wounded Storyteller: Body, Illness, and Ethics; The Renewal of Generosity: Illness, Medicine, and How to Live**. Check out his website at: <http://soci.ucalgary.ca/profiles/arthur-w-frank>

We will soon be issuing a call for workshop presenters so stir up your creative juices and ponder what you might like to offer for professional development to our colleagues across Canada and beyond!

And so, the work has begun. We know this major event cannot happen without your help. Although many of us are already stretched with professional and personal responsibilities, in reviewing this list we can each see that Alberta is rich

in talent and resources.

If each of us is willing to commit a small contribution of our time to this project, we will be able to host a successful conference that will not burn any of us out.

Even though this conference will not be held until April 2010, we need to find out how many people are willing to give some of their time over the next 16 months.

These are the major categories that we need to build.

1. Spiritual Ritual Planning
2. Local Area Extra Activities Planning
3. Pre-Conference Continuing Education Seminars
4. Poster presentation Committee
5. Interest Group Committee
6. After Hours Site Hospitality Planning Committee
7. Workshop Planning Committee
8. Closing Banquet Committee
9. Opening Ceremony Committee
10. Registration Committee
11. Finance Committee
12. Fund Raising
13. Hotel Coordination

I am asking you to review this list and volunteer to be on one of the committees. Each of these committees will break



down responsibilities into small manageable pieces.

Remember the old adage "Many hands make light work". Please be willing to give a hand to

make this a conference to remember!

I would like you to email me back the committee name you are willing to help with.

There is still lots of planning and work to do so contact me, Oceanna Hall at oceannah@cancerboard.ab.ca or oceanna@liveyourlaugh.ca to volunteer.

Blessing of the Hands

Chris Simnett, Calgary Health Region Communications
 Reprinted with permission

The spiritual care department at the Peter Lougheed Centre in Calgary, AB wants to give a hand to the hard health care workers at the hospital.

Hands are used as a metaphor in the Blessing of the Hands, which is scheduled for 2 p.m. on Nov. 25 and 27 in the Sacred Space/Chapel.

“We are saying to others that they are important to us and through the work provided by their hands we value them and their service,” says Bill Ruckdashel, spiritual care site co-ordinator for the PLC.

The 20 minute program will allow the PLC’s spiritual care chaplains to bless the hands of staff members who choose to attend.

“We’re going to hold out our hands and there will be a blessing that says ‘these are the hands that do work every day and contribute to the health needs, maintenance, cleanliness, nutrition and administration of our community,’” says Ruckdashel. “Health care workers have chosen to bless others with their hands through the work that they do.

“We’ll have them place their hands out and we’re going to read a series of blessings,” Ruckdashel adds. “Our staff will circulate and put a little bit of oil down the middle of their hands. We’ll talk a little bit about how oil was used as a medicine in ancient times.”

Staff chaplain Nancy Cowtun spent time

in November taking pictures of various staff members’ hands. Those pictures will be made into a slide show that will play at the end of the 20 to 25- minute event.

The Blessing of the Hands isn’t about religion or a specific faith.

“I think all faiths would do that; bless people for what they do,” says Ruckdashel. “However this is a spiritual service not a religious service, where we acknowledge the spirit with which our staff carry out their various vocations. In this spirit, we unite around the core values of all faiths, where compassionate care of those in need drives what we do with our hands.”

The idea came from site administrator Wendy Dirksen who saw something similar in a Patient and Family Centred Care article, and asked Ruckdashel if it could be done at the PLC.

He jumped at the idea.

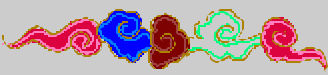
“We’re doing this because I think

hands can be a way staff connects with their particular job,” he says. “They use their hands all day long for things. We can use that metaphor, that visual, to say ‘you do good things here and thank-you for what you do. Bless you for what you do. You’re great. You’re doing this for the care of our whole community. Whether you’re keeping the floors clean or cooking the food or actually physically touching another human being, all of that contributes to the compassionate community we call Peter Lougheed Centre.” Ruckdashel is hoping the Blessing



Chaplains, from left Al Kimick, Pierrette Morin, Nancy Cowtun and Bill Ruckdashel are ready to give staff at the Peter Lougheed Centre a hand of thanks during the Nov. 25 Blessing of the Hands ceremony

God Blessed Me Today
 (To Lloyd)

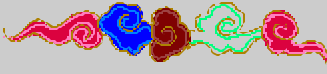


*God blessed me today,
 In a hospital room
 As I bent over a bed
 To hear and make sense
 Of the weak, whispered words
 Of a chronically ill
 Alcoholic person.*

*“You’re sure good to me here”
 Were the words that he whispered
 As he raised his hand
 To place on my head.*

*Not once but twice
 Did he utter these words,
 While he gently, deliberately
 Patted my head.*

*And somehow I knew
 That I had received
 The blessing of God today.*



Pat Seale Frost, December 15, 1987

of the Hands becomes an annual event at the hospital.

Fall From Grace *Tim Frymire*

Warning to husbands: You do not have to read this story: (your wife will dig it out of the recycling box where you have hidden it and read it out loud to you and the kids.)

During the Spring melt down, or the fall leaf season, some of you testosterone laden readers may be attempted to assist mother nature in removing the ice and snow, or leaves and debris especially from high places. I thought I would share my own sad and embarrassing story as an object lesson of warning. It's a story full of male ego, pride, ambition and not enough neurons firing above the eyebrows. May my fall from Grace help you not to.

It began with my late night old timers hockey game. It was close to midnight, but I can't always fall asleep, as I have too much hockey assisted adrenaline, and so many concerns about our city and province. Was that my wheel that came off when I hit that last mini-van sized pothole? I walk into our yard and look up to see that the melting snow on my new roof has slid down and is now hanging a foot over the edge directly above the door way. "Hmmm", I say to myself, "Perhaps I should get up there and push that snow down before someone gets hurt". (Cue the dramatic music)

We have just added a new tin roof to our second story addition, and so I think, what better time to familiarize myself with this new terrain than all alone, at midnight, below zero, in the dark. Perhaps you can get a hint of where all this bright thinking is leading. After scrambling up a ladder, and standing in the deep snow, I started pushing snow off of my low slope roof. I cleared the 3 or 4 feet of snow closest to the edge and was about to go down, when I thought, "Why don't I do a little more, and save myself coming up here again." (More scary music)

Standing about 8 feet back from the

edge I pushed one more shovel full of snow and suddenly slipped on my back as all the snow around me began slowly sliding towards the edge. "Oh crap" I thought as I realized that this was not at all heading in a good direction. (Actually as a good hospital chaplain, I probably should have said "Oh poop", but I was under some degree of stress at that particular moment) Like some fat bloated seal on a piece of ice bobbing slowly towards a hungry polar bear, I lay on my back and watched the edge of the roof coming towards me. I was hoping my heels might dig into the rain gutter as I went over it, but that prayer went unanswered. As my waist went over the edge I frantically twisted to try and hang on to the gutter with my mitts. Unfortunately it was clogged with

"I imagined my wife finding my frozen bloodied body the next morning. I imagined her crying at my funeral."

ice and snow from the shoveling, and I managed only a fleeting purchase, before the full weight of my manly 125-pound physique, aided and abetted by gravity, pulled me into space. A faint cry of "Mommy" may have escaped my lips as I was launched quietly into the midnight air.

Funny thing when you are falling and you don't really like the prospects of the landing, your mind observes things in great clarity. I watched the windows of the 2nd story new bedroom addition come and go. I observed the windows of the main floor go by too. As my body plummeted earthward, my mind turned to some of the great moments of life in Winnipeg. I relived the embarrassment of family gatherings in BC where my swollen mosquito bitten body is an ob-

ject of public derision. When relatives take pictures of my Manitoba family they say "West Nile smile please". I recall the taunting phone calls during our inevitable spring snowstorm, "Oh our crocuses are up and the tulips are blooming. How's the frost bite coming?"

Actually I didn't think of any of this on my way down, but it makes for a nice story.

After 19 feet of free fall a few lucky things happened. There was a large wooden stick stuck in the snow just below where I slid off. I missed impaling myself on it by a few inches. The snow that I had already pushed down actually cushioned the landing to some extent. I only broke one rib. I had my Winnipeg toque on so when my head hit another piece of wood, which was lying in the snow, it didn't split my head open, but only cut it for 8 stitches above the ear. At age 50, there is precious little follicle activity up top, (not counting the ear and nose hairs that seem to grow unimpeded), but I was fortunate that the gash was right in the middle of a patch of viable hair, so that the scar would some day be covered.

Of course I wasn't immediately aware of my good fortune after impact. I hadn't yet reached terminal velocity, (poor choice of words) but was moving fast enough to knock the breath out of me. Luckily I had already spontaneously released some other bodily fluids on my way down so it was only air that was squashed out of me when I made my sudden stop at the bottom. I spent the first 30 seconds on my hands and knees wondering if and when I would be taking another breath.

After a long pause, despite feeling like Wiley Coyote after he thunders into the canyon floor, I managed to gasp some air into my lungs. Now I was able to pay attention to my aching head, which was also gushing large quantities of

(Continued on page 9)

Learning Professional Spiritual Caregiving *Bernadette Levesque*

In the summer of 2007, I began my SPE self-awareness learning journey, by taking my first Basic CPE Unit. Taking this First Basic CPE Unit was not a requirement for my Master in Divinity Program; I chose to embark in this learning program because of the people I had formerly met who had been part of this program, which had left a lasting expression of well-ness upon me. What I saw in them, I wanted for myself.

I can honestly say that I fell in love with both the work and the process of CPE. As a self-learner, the SPE self-directed style of learning was a perfect fit with me. Most especially, I enjoyed being with and caring for the patients and their families. For the first time, I felt alive in ministry! I felt I had found my place! In chaplaincy, I knew that I wasn't called to become a martyr, of exhausting myself in ministry, but to give out of my abundance. This, then, implied that I would be as dedicated to my self-care as my care for others.

Upon finishing my First Basic CPE Unit, I entered another internship, this time within a congregational setting. However, my heart was not there. I longed to be back learning to be a chaplain.... there was heart, there was my passion.

And so, I've returned to where I've found my greatest personal growth and joy, to learn that I'm now called to go beyond the "honeymoon stage" and get to the real hard work of "constructing" for myself a healthy professional spiritual caregiving identity, built upon my sense of who I am.

En plusieurs reprises, dans le context de mes visites pastorales, j'ai offert mes services d'écoute et de soutien en français, dans ma langue maternelle. En ces moments, je me suis sentie "au plus naturelle," dans le sens que mes mots étaient plus justes et, pareillement, plus nuancées. Ces expériences m'ont bien confirmé l'importance d'offrir les soins de santé dans la langue des gens dont que nous servons, pour leurs biens, et en fidélité de ce qui nous sommes, en relation avec eux. C'est mon espérance, lors de mon retour chez-moi, dans la belle région de Rivière-la-Paix, que je pourrai bien offrir en français mes services de soins et de soutien au gens de ma place, à tous ceux et celles dont que je considère mes plus proches, les gens dont que je porte avec tendresse au tréfonds de mon coeur. Présentement, par l'entremise de mon travail de chapelain ici à Edmonton, j'espère à faire grandir en moi ma confiance dans mes habiletés et ma sagesse dont que je possède, et que je désire faire fleurir au sein de mon ministre de soin et de soutien.

Following are a few poems, which I wrote during this Second Basic Unit, reflective of my spiritual care learnings:

You Finding Me

I took hold a frightened child's hand,
and there you were.
I listened to an elder lady complaining about her ailment,
and there you were.
I looked at a flowery meadow beyond the mountain peak,
and there you were.
I searched within myself for the meaning of my life,
and there you were.
In my reaching out to others,
in my hearing others' stories,
in my connecting with Nature,
and in my knowing myself,
I have found you to be a Loving and Gentle Presence.

Staying Real and Trusting Myself

In what makes me feel safe,
and what remains uncertain,
I will rely on the truth of my experiences.

In my saying to others who I am,
and what I'm called to do,
I will trust that I will be heard and understood.

In claiming my healing journey,
and finding freedom in the possession of my body,
I will risk the conflict and welcome the transformation.

Entrusting

Amidst the quiet darkness of my kitchen,
the evening ritual is renewed.
A single candle is lit.
On the glowing beams, my prayers are carried upwardly.
Into your arms, I confide the children I've visited today.
Into your heart, I release the worries of parents I've met on this day.
Into your hands, I place the care-givers I've worked with during the day.
Into your womb, I crawl into to find peace during this coming night.
Into your presence, let my life energy be renewed for tomorrow.

(Continued on page 8)

ARCAPPE Executive, 2008 AGM Report

The Journal of Pastoral Care Publications Inc.

John Carr, President

I am frequently unable to attend ARCAPPE's Annual Conference because the date conflicts with the Annual Board Meeting of The Journal of Pastoral Care Publications Inc. in Decatur, Georgia. That was the case, this year.

We met on Wednesday afternoon and evening (Nov. 5) for a time of Visioning concerning the future of JPCP Inc. and then on the next two days in regular business session. Among many other things, that process produced a clearer sense of the JPCP Inc. Mission – which is as follows: **JPCP Inc. advances theory and professional practice through scholarly and reflective publications.**

We also sharpened up the Mission Statement for ***The Journal of Pastoral Care & Counseling ... advancing theory and professional practice through scholarly and reflective literature on pastoral and spiritual care, counseling, psychotherapy, education, and research.***

Associate Managing Editor, Rabbi Dr. Terry Bard, has been developing electronification of the manuscript review process and we expect to move from the current e-mail approach to a web based integrative software program which will serve ***JPC&C*** and ***The Journal of Pastoral Theology*** in mid-2009. This program is hosted by Simon Fraser University in Vancouver, BC. In addition to greater efficiency, the elimination of postage and handling costs will result in substantial savings.

Managing Editor Dr. Orlo Strunk has been editing two volumes which will soon be ready for publication using the print-on-demand approach – a Festschrift in honour of the late Joan Hemenway, former President of ACPE, and a biography of Anton Boisen which will probably become the definitive account of his life and contribution to our movement.

After nearly 4 decades of service with the **Journal of Pastoral Care (& Counseling)**, the present Managing Editor, Dr. Orlo Strunk, is retiring from the position of Managing Editor (in which he has served for 30 years). The Associate Managing Editor, Rabbi Dr. Terry Bard is taking over as Managing Editor as of January 2009. The Board is deeply thankful for the giant contribution that Orlo Strunk has made to advancing our knowledge and giving visionary leadership to JPCP Inc. and to the movement. He has been accorded the title "Managing Editor Emeritus."

Rapidly increasing costs and declining revenues resulted in several actions, including the following.

1. A decision to publish two double issues in 2009 rather than 4 single issues
2. Commitment to mostly electronic publication of ***The Journal of Pastoral Care & Counseling*** starting in 2010
3. A \$3/member increase in the assessment to supporting associations in 2010
4. A drastic cut in Editorial Office remuneration – and the Board greatly appreciates the response of the Editorial staff to this challenge.

I was appointed to a second 4-year at-large term on the Board and elected as President for a fourth two-year term. Currently, the CAPPE/ACPEP representative on the Board is Dr. Charles Fensham, a PCE Supervisor and Associate Professor of Systematic Theology at Knox College, Toronto. Charles reports to CAPPE/ACPEP'S Professional Practice Commission.

If you have not yet visited the JPCP website, which is maintained by CAPPE/ACPEP member Jack Tattrie (who is also the CAPPE/ACPEP webmaster) please do so (www.jpccp.org).

Learning Professional Spiritual Caregiving cont...

(Continued from page 7)

If God Had No Boundaries...

With every rumbling wave of lava flowing unto exotic vegetation,
If God had no boundaries...
The surface of the Earth would never be regenerated.
With every cry of the deer that falls prey within the fangs of the wolf,
If God had no boundaries...
The food chain would be broken and we would all perish.
With every prayer requesting a miracle,

If God had no boundaries...

Life would lose its precious seasons of birthing, growing, aging, and letting go.

With every toxic judgment pronounced on the wounded adult,

If God had no boundaries...

Healing of the inner child would be impossible.

In your caring for us and your love for the world,

O God, you have set your boundaries...

And in so doing, you affirm the boundaries I set in caring for others.

Fall From Grace cont...

(Continued from page 6)

blood on the snow. This was the first time (but not the last) that it struck me that midnight was not the ideal time to be pushing snow off the roof. Who would come to my aid? The wife and kids were snoring happily in their beds. I was on my hands and knees, bleeding and gasping on the walkway, wondering if I could even move. I imagined my wife finding my frozen bloodied body the next morning. I imagined her crying at my funeral. I imagined some guy hitting on her at the reception afterwards. I imagined them kissing. I imagined them making love in my own bed before the earth was settled on my grave. "Not while I'm alive" I thought, and crawled to the door, fumbled it open and bellowed, "Honey, come quick, I fell off the roof". I even bled purposely on her new doormat. "Fool around with some gigolo before I'm even cold" I muttered.

My wife came shrieking down the stairs, "What's wrong, What's happened?" Now my wife is a nurse and would be a good person to have around when one is injured except for two things. 1) She is a palliative care nurse, and is very good with the dying, but I did not really want that sort of care at the moment, so she really was not much good to me. 2) She was in a state of shock and was yelling louder than I was. I can't really blame her, as at that moment I resembled a bloodied version of Gollum from Lord of the Rings. There I

was on all fours, rocking back and forth moaning and holding my head. I had one boot on, (lost a boot in the snow when I landed) and the blood was running freely down my whole face covering my eyes and mouth. I would have screamed too.

"Should I call 911?" she cried. Watch-

"Should I call 911?" she cried. Watching the pool of blood grow larger as I crouched on the floor, I said yes."

ing the pool of blood grow larger as I crouched on the floor, I said yes. She brought me towels to staunch the flow of blood and I started to realize I could stand and breath, and might even live to afford a Grey Cup ticket- they might be cheaper in the wheel chair section.

My wife is hyperventilating on the phone to the 911 folks, as I start to clean up my face. Don't want to scare them too bad at the Emergency room.

I am now feeling quite perky, having cheated death, so I stagger out to the street to see if the ambulance is coming. I hear sirens coming closer, and sure enough, there's the fire truck. It drives past our street, lights flashing, to search for our house some where else. I live in Norwood flats; in the side walk bay

area, where there are no actual front streets, but just sidewalks between the houses. This has confused and confounded pizza delivery people and cab drivers for years. I see the ambulance roar past our street after the fire truck. I go back in side to wait, suggesting that my wife drive me, as it would be quicker. She goes upstairs to change out of her nightgown. She is gone for 5 minutes. She is in shock and can hardly dress herself. My special needs son, who is 28, appears from his basement bedroom, and orders me to sit down in a chair. I do as he says. He goes out and flags down the wandering fire truck and ambulance. He tells my wife to calm down. She does as she's told too.

The first thing the emergency folks ask is of course, "So what were you doing on the roof at midnight?" I tell them about excess hockey energy and my hometown pride. I explain how the hackles go up when yet another person in a balmy locale asks about the weather in "Winterpeg, Mani **snow** ba". The paramedic sympathizes. I tell them about the teeth grinding that comes when my Ontario brother chortles over our biblical plagues of floods, insects and narcissistic garter snakes. The firefighter agrees that would keep any red-blooded prairie boy awake and stewing.

The paramedics deliver me to the nearest hospital. I spend the next 3 hours getting poked, prodded, stitched, x-rayed and cat scanned. The latter was

(Continued on page 11)

Who Wants to Go Golfing in Florida?

Is there anyone out there who is going to **Florida** - who will be there on Saturday, January 31st and would be interested in exploring the idea of **spending the day golfing?** (if it could be arranged) If so, please contact me, **Marj Pettinger** and I will look into it. For any of you attending the preconference meetings, perhaps like me you have a free day on the Saturday. I would love to golf and am just wondering if any others out there share my passion. Phone me at **780-735-7562** or email me at **marjpettinger@cha.ab.ca**

Through a Filtered Lens: Certification Committee Co-Chair Reflections *Margaret Clarke & Pat Seale*

After a lovely garden experience to the west in Victoria, in April, Pat Seale and Margaret Clark set flight once again in Ontario – for the Education Standards Commission meeting. There will be a number of **ESC leadership changes** occurring in February, 2009. To keep current, go to the CAPPE/ACPEP web site and click “Contacts” and then under Commissions click “Education Standards Commission”. Included in these changes will be a changeover of Certification Committee Chairperson(s), as Pat and Margaret complete their two year commitment.

Several people have asked about the scope of the Aboriginal Cultural Helper Program at Royal Alexandra Hospital. In April, 2008 this program received CAPPE/ACPEP approval as a program offering within the Royal Alexandra Hospital site. Its special nature has been carefully developed and widely celebrated, with recognized leadership by Bob Cardinal (as Aboriginal Educator) and Neil Elford as well as Debbie Everett (as CPE Educators). While there is broad national support, affirmation and encouragement of this program, its **accreditation/program home** is within the Royal Alexandra Hospital.

A **course in Professional Ethics** is required for Specialist certification. Plans are underway to post courses in Professional Ethics that are approved by the Academic Assessment Committee on the CAPPE/ACPEPE web site so that this information can be easily accessible to members. This work should be completed by the May, 2009 posting of Standards updates.

A new Academic Assessment Chair was appointed in October. Her name is Colleen Lashmar. She is “on the job” – so if you have any questions about Academic Assessment or Academic Equivalency, please contact Colleen.

You might ask: **When is Academic Assessment needed?** The simple answer is “only on rare occasions”. Those applying for Advanced standing (CPE, PCE), Specialist Certification (Pastoral Counselling, Pastoral Care), and Supervisory standing (Provisional Supervisor, Associate Supervisor, Teaching Supervisor) must provide details about academic courses in the application form. These are part of the “Formal Requirements” for each type of the review process. Applications received by either a Regional Admitting Committee Chair (for Advanced or Provisional Supervisor) or Certification Committee Chair (for Specialist, Associate Supervisor, Teaching Su-

pervisor) are reviewed for detailed coursework. If there are questions or concerns, the applicant is contacted and may be referred to the Academic Assessment Committee so that the courses or degree in question can be formally assessed. There is a form on the web site that is used for seeking academic equivalency; dates for submission and assessment of these forms are also provided.

You might also ask: **How can I minimize the need for having to apply for Academic Assessment?** Again, there is a simple answer: “Be proactive”. We all need to work together (i.e. supervisors, CPE/PCE student applicants, candidates for advanced/certification, post-advanced consultants, peer colleagues). There is no need to consult at a higher level within our Association when the answer can be found through local supervisory or peer consultation. Here are some times and places where local consultation needs to occur: (1) Supervisors

In April, 2008 the Aboriginal Cultural Helper Program at the Royal Alexandra Hospital received CAPPE/ACPEP approval as a program offering within the Royal Alexandra Hospital site.

screening students into CPE/PCE programs (either single units or residency) where it is expected that the candidate will apply for either Advanced or Provisional Supervisory education are asked to communicate detailed information about the academic requirements for these standings. (2) Post-Advanced Consultants who are working with those who have completed their formal CPE/PCE units and are writing papers, etc. for Specialist are asked to communicate detailed information about the academic requirements involved. (3) Professional Colleagues who collaborate with Provisional and/or Associate Supervisors as they prepare for further steps on the supervisory certification process are asked to communicate detailed information about the academic requirements for these standings. If “Formal Requirements” are not in place, these people need to know that they cannot proceed with their applications until such requirements are met.

Now we move on to another topic, filtered through the lens of the Certification Committee – i.e. Standards for the “**Step Two**” phase of Specialist and Associate Supervisory certification processes. These Standards are being revised in order to reduce the number of required papers and have a relatively simple, clear, and user friendly scoring/feedback instrument. In the revision process, there will be three scored Professional Papers (i.e. an integrative theory paper, a thoroughly documented case study, and an autobiographical statement) combined with Supporting Documentation that is not scored but contributes to a reviewer’s overall ability to appreciate and

(Continued on page 14)

Care for Spiritual Caregivers

Team building workshops and retreats, custom fit for where you're at and where you want to go

Refresh yourself and deepen your team through a spiritual reflection day, reflect on your ministry with CAPPE Standards of Practice, strategic planning, fostering community and workplace spirituality, leadership development, mindfulness meditation, living your mission/vision and values, multifaith hospitality, wellness and self care.

Facilitator: **Steve Hill**, former mission director for Alberta Catholic Health, director of spiritual care, Hotel Dieu, Kingston, 15 years as ecumenical spiritual director for chaplains and clergy, director of spirituality centres, three time presenter at CAPPE conventions in Halifax, Winnipeg, Victoria. Steve is currently writing a stage play and doing freelance facilitation of professional development and spiritual growth workshops for health care and ecumenical groups across Canada.

INQUIRES: Steve Hill

EMAIL: playtrain@gmail.com

PHONE: (780) 487.2199

ADDRESS: 15404 Rio Terrace Drive NW, Edm T5R 5M7

Fall From Grace cont...

(Continued from page 9)

a precaution for anyone who falls as far as I did, to make sure their brain is okay. My wife, who has recovered from her initial shock, and has moved into the next stage of anger and blame of the idiotic husband, remarks that there must have been something wrong with my brain **before** I fell to explain why I would be doing a midnight dance on a frozen tin roof. I notice several of the staff agreeing with her. Though she is scheduled to work the next day, she refuses to leave me, and finally drives me home around 4 am. I decide that I have grounds to call in sick. Hospitals have a rule that if you look worse than the patients you should stay home.

Crawling painfully and carefully into bed, I reflect on the events of the evening. My wife says my guardian angels are working overtime, and are going to file a grievance or ask for danger pay. I know that it could have been a lot worse, and I am humbled and grateful. As I lay on a stretcher in the emergency

department, I could hear the sad tale of the fellow whispering behind the curtain next to me. Thirty-five treatments of radiation have taken away most of his voice. He had battled his cancer for several years and now it was back, more aggressive than ever before. He knows he is running on borrowed time. A young teenage girl was wheeled past,

"I decide that I have grounds to call in sick. Hospitals have a rule that if you look worse than the patients you should stay home."

her face covered in bandages and blood. Later, as the doc stitched me up, he remarked how the young girl would need dozens more sutures than I, as her face was shattered and sliced like he had never seen before.

Lying in bed waiting for the Tylenol 3 to kick in, I knew that I had indeed been the lucky one tonight. I had fallen 19 feet with relatively minor injuries. I would live to boast about my city once again. I used to say I moved from BC to Winnipeg primarily for the weather and the insect life. Now I could hold my head high when talking to the folks in BC: "Okay, I'll match your Ross Rebagliati and Todd Bertuzzi with a Sarah Hughes and raise you a Cindy Klassen." Top that you sissy lotus land lovers! Living in Manitoba builds character. Life doesn't get any better than that.

P.S. Stay off your roofs and tell your love ones how you feel about them, as you never know what tomorrow holds. If you see a fool on a ladder or anywhere above the ground with a shovel, claw him down with a roof rake. He'll thank you later.

Tim Frymire is the Spiritual Care Coordinator at Riverview Health Centre in Winnipeg, MB

In the Dancing Eyes

Pat Seale Frost , June 1990

Where is Christ?

I entered the room,
 an insecure, chaplain-in-training,
 Gazed awkwardly at the young woman
 who looked so weak and fragile.
 The concern of my supervisor echoing faintly,
 "Where is Christ?" in this encounter.

Where is Christ?

I greeted her by name,
 Her eyes answered,
 Wondering who I was and what I was
 about,
 And she didn't utter a word.

I smiled -
 she smiled faintly,
 And I told her who I was and what I was about.

Where is Christ?

I stayed - and talked - and smiled,
 And her eyes lit up.
 Her frail hands, tucked under the covers,
 jerked, seemingly uncontrollably.
 Her smile broadened -
 And her eyes began to dance.

Where is Christ?

I talked and smiled,
 And her contorted face lit up.
 She strained to use her voice,
 But no words came forth.
 I smiled -
 she beamed,
 And her eyes danced -
 and danced -
 and danced.

Where is Christ?

I was captivated by the smile,
 by the eyes,
 by the dance.

The dancing eyes - sparkling eyes,
 Uncoordinated eyes,
 Darting unmanageably this way and that.
 Bright and vibrant eyes,
 Enjoying the dance.

Who is she?

A woman - like me,
 Stripped of the physical abilities and health,
 For which I am so grateful.

Who is she?

A woman - like me,
 Unable to communicate the intelligence and
 education,
 For which I am so proud.

Who is she?

A young woman - still in her teens,
 Eloquent without words,
 Freely sharing a smile -
 of greeting
 of acceptance
 of pleasure.
 Responding with eyes which reveal -
 her sparkle
 her joy
 her dance.

Where is Christ?

Who is she?
 Who am I?
 Engaged in the dancing eyes.

(to B.)

Update from JoAnn Hauck...

I have recently retired from a "sunset vocation" of pastoral counselling. I was employed at Wainwright Family and Community Services as counsellor for five years. Previously I participated in S. P.E. under supervisors, Hal Paulsen, John Janzen, and John Carr. I also studied with the Master of Pastoral Counselling and Psychology program at St. Stephen's College. Retirement has included a move from my community of 45 years, Wainwright, AB to Calgary AB. Jo-Ann Hauck (joann.hauck@telus.net)

ARCAPPE Executive, Condensed 2008 AGM Report *Professional Practice Chair* Case Vink

Here are some provincial and national highlights in the field of Professional Practice. Please let me know of anything happening in your professional environment that is not reported here so that I can include it in my report to the national Professional Practice Commission in February. (my e-mail: case.vink@albertahealthservices.ca)

1. Professional Practice

Regional discussions are beginning to address creating uniform practice standards for the province. The impetus is the creation of one provincial health board. We will begin by looking at defining the practice of Spiritual Care. Since this broadly affects all institutions and contracted partners, the scope of this is beyond CAPPE and will likely assist the parallel college development.

A provincial recognition of the Aboriginal Education Program within ARCAPPE in November highlighted the value of professional aboriginal education and practice.

2. CAPPE Membership Promotion

- Students are encouraged to attend the ARCAPPE annual meeting and education day and often receive financial support to attend.
- Calgary Health Region requires CAPPE membership/certification for its staff
- ARCAPPE Education days foster learning together and developing a regional identity.
- The CAPPE 2010 convention will be hosted in Alberta drawing interest in our organization.

3. Advocacy for Spiritual Care and Counseling

- Royal Alex in Edmonton is reviewing its staffing levels and examining staff to patient ratios

- Calgary Health Region has been successful in having new Clinical Programs support hiring chaplains.
- Red Deer Region funds chaplaincy positions through its foundation.
- A Calgary region initiative is underway to take a Ministry of Health pilot project of Aboriginal Spiritual Care and integrate it into the health system.
- Successful lobbying over a four year period has led to a place for Spiritual Care at the Professional Practice Council of the CHR. A regional Spiritual Care Professional Practice Committee has also been set up.

4. Continuing Education and Research

- Calgary Health Region requires CAPPE membership/certification for its staff
- A research affiliation on a regional level in southern Alberta is exploring research partnerships and resources.

5. Collaborations with Other Professions

- The college movement is reconsidering partnerships with other associations but no action as yet.

6. Peer Reviews – comments on process and procedures

- Excellent support from the membership in helping each other complete peer reviews.
- Ethics module sessions are being set up based on the need and location of the persons needing peer review.
- There are 7 peer reviews due. All are underway or completed.

7. Issues and items highlighted in the October national PPC meeting

- Pastoral Counsellors registry in process

- Peer Review Coordinator for both Specialist and Teaching Supervisors is now one person, Elaine MacInnes. This will be a trial for 1 year.
- PPC Materials being reviewed for sensitivity to multifaith language
- Regarding retired members the following motion will be presented at the 2009 AGM: "That CAPPE/ACPEP eliminate the "Retired" membership category and replace it with "Member Emeritus" meaning that the member no longer functions with his/her certification at all. The Member Emeritus may fulfill CAPPE/ACPEP organizational functions of serving on committees, such as Peer Review Committees for a period of up to five years. The Member Emeritus shall pay the prescribed annual fee.
- The obligation issue regarding John Pascoe was brought to a good resolution
- There will be discussions with the collaborative regarding faith affiliation endorsement aiming at a common standard
- Ongoing discussion regarding scopes of practice
- Working on a statement regarding the interpretation of intimate relationships with former clients/patients
- Concern over growth in certified members. At the conference in 2008 there were 12 new certifications and 9 who relinquished certification.
- At Summit '09 the American Red Cross is offering Spiritual Response Training. Each member of the Collaborative can nominate up to 6 people. Sends names to me for forwarding to national. This will take place as a Pre-Conference Event and will take place on January 29th and 30th.
- There is ongoing work on a curriculum for basic CPE.

Alberta Region of CAPPE/ACPEP

ALBERTA REGION OF
CAPPE/ACPEP

If you are interested in taking on the job of producing
the ARCAPPE Newsletter please contact:

Marcel Leffelaar
Phone: 403-955-2906
Email: marcel.leffelaar@albertahealthservices.ca



The ARCAPPE Newsletter
It's on the Web!

www.cappe.org/resources/alberta/newsletters_alberta.html

A Big Thanks to Sister Liz Lynch
who has done the work of proof read-
ing each newsletter issue before it
went out.!

Your 2009 ARCAPPE Executive

Chair

Jocelyn Beaudette-Hodsman jbhcbh@shaw.ca

Vice-Chair

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Secretary

Curtis Passmore curtis.passmore@albertahealthservices.ca

Treasurer

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Regional Admitting Chair

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Case Vink case.vink@albertahealthservices.ca

Ethics Chair

Marcel Leffelaar marcel.leffelaar@albertahealthservices.ca

Nominations Chair

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Student Reps (CPE)

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Student Rep (PCE)

Heather Roukema-Gritter rhgritter@shaw.ca

Student Rep (Aboriginal Cultural Helper)

Lydia Yellowbird lydia.yellowbird@capitalhealth.ca

It's Time to Pass the Torch

Marcel Leffelaar, ARCAPPE Newsletter Editor

Dear ARCAPPE members ,

Since having joined the ARCAPPE Executive in the role of Regional Ethics Chair, I have decided it is time to resign from my role as ARCAPPE Newsletter Editor/Publisher. During my six years in this capacity, I have appreciated getting to know many of you through your emails and submissions and have valued your contributions. This kind of work has been a good learning experience for me and has also provided a bit of an outlet for some personal creativity.

If you are interested in taking on this role, or know of someone in our membership who may be, feel free to contact Jocelyn Beaudette Hodsman, ARCAPPE Chair at jbhcbh@shaw.ca or myself at marcel.leffelaar@albertahealthservices.ca and I would be happy to help you get you started.

Through a Filtered Lens cont...

(Continued from page 10)

assess the candidate (e.g. résumé, letters of reference, advanced self/supervisor's evaluations, etc.). When the revised standards are approved by the ESC, there will be a **transition period** during which time (1) applicants and reviewers can be informed about the changes, (2) both process options (i.e. current and revised processes) can be available to applicants, and (3) the new process can be evaluated with regard to its effectiveness. While it is hoped that this transition period can be ready to start with the posting of standards in May 2009 – it may take until May 2010. More information will be forthcoming after the next ESC meeting in February, 2009.

There are other topics for discussion, but these few are at the top of our list for now. Please feel free to contact Marj Pettinger (ARCAPPE Regional Admitting Committee Chairperson) or Pat Seale/Margaret Clark (Certification Co-Chairpersons) if you have any questions or concerns about Admitting or Certification processes.