



## **2010 CAPPE Conference in Banff, Alberta**



Lise Corbeil, Chair, Ontario North East region (right on photo) with Linda Miller, secretary.

From April 28<sup>th</sup> to 30<sup>th</sup> of this year, the Alberta Chapter of CAPPE/ACPEP hosted the national conference in Banff, Alberta. What a wonderful site! The small town of 5,000 permanent residents is surrounded by snow-capped peaks so that, in whatever direction one looks, the majesty and beauty of the mountains are awe-inspiring.

The theme was: "Mountain Myths and Valley Songs:  
Story and Song in Our Lives, Our Work".

Over 300 people came to hear keynote speakers Drs. Frank Arthur and Myshka Lysack speak about story-telling and environmental chaplaincy.

The organizing committee had put together a well-rounded program with workshops on a variety of topics. I attended a workshop "Improving Our Companionship by Stories", a full-day pre-conference offered by Frank Arthur. In addition, I took part in "Narratives of Hope in Spiritual Care" by Barbara McCarroll and "Promises and Perils of Spiritual Assessments" by Philip Crowell. I was also kept busy by attending a newcomer's breakfast and a Regional Chair's lunch. The highlight for me was my participation in the many rituals and worship services which were held throughout the conference; many of these celebrations were steeped in aboriginal spirituality.

ONE members were active participants throughout the conference. In addition to serving on various national committees, ONE members provided four workshops. Peter Barnes talked about college development at a pre-conference professional development workshop. He also gave a workshop within the conference itself entitled “Competency-Based Identity”. Vivian Stang, ONE’s Treasurer spoke about “Inner Landscapes: Exploring, Expressing and Ministry Applications”. Linda Miller, ONE’s Secretary, and I, Lise Corbeil, ONE Chair, presented on “Talking with God: Using Sacred Objects to Connect with the Divine”. In addition, Doug Longstaffe, Professional Practice Chair, lead two lunchtime discussion groups on job loss and advocacy on a national level. Finally, Kathryn Howe, past Coordinating Committee Chair participated in the opening and closing ceremonies as the representative of the ONE region.

CAPPE’s Annual General Meeting followed the conference on May 1<sup>st</sup>. During the meeting delegates discussed a name change for our organization. After some debate, we are now known as the Canadian Association for Spiritual Care/Association canadienne de soins spirituels (CASC/ACSS). Plans are to determine a subtitle for the Association’s name at the 2011 AGM, which will be held in Toronto.

---

**Other member’s feedback:** ‘As a result, the Annual General Meeting in Banff, Alberta April May 2010 members took action on these issues by revising the mission statement and voting affirmatively on a change to the name of our organization. Canadian Association for Spiritual Care/ Association canadienne de soins spirituels  
Members expressed their appreciation for the philosophical shift from a ‘ministry’ that was described as ‘pastoral’, to a ‘clinical discipline’ with its emphasis on ‘spiritual care’. As members of the Canadian Association for Spiritual Care/Association canadienne de soins spirituels we continue to value the legacy of faith communities with their attention to providing care and counsel to those in need, irrespective of creed. Many of us are still influenced by the formation we received within those communities and continue valuable connections with our denominational roots. A new era calls us forward; however; to discern how best to meet the spiritual and religious needs of the culturally and ideologically diverse population of Canada of the 21st century. We are proud to name our important place in the counselling milieu and within clinical healthcare teams as persons with expertise in attending to the existential and spiritual concerns that arise in times of crisis. Standing on the shoulders of our faith communities we look

forward discerning ever new ways to respond to the spiritual needs of the future’.

## **A Camino Reflection**

Ann MacDonald

We are a pilgrim people. The length and breadth of our lives is a pilgrimage, an image often alluded to in the journeys and wanderings of Scripture. My particular pilgrimage got off to an ominous start, first delayed by a volcano that closed Europe’s airports, and then very nearly ended with the realization that these are the Pyrenees! This is mountain climbing!! I was woefully untrained. Distance covered the first day: 5 km; distance to cover in the remaining 39 days: 865 km.

It was not a promising start. Other, saner voices reminded me: “It’s better to start slow.” That was small consolation for one preoccupied with the finish line. The following day I stood frozen in terror at the top of a steep, muddied slope. Someone behind me yelled: “Don’t look ahead; concentrate on the next step”...and so began the journey of a million steps, the Camino de Santiago de Compostela.

It is said on the Camino that “The Way is the Destination.” The trail wends its way across Northern Spain, over four mountain ranges, across the Meseta, through cities, hamlets and farmyards - open spaces punctuated by human settlement. It was full of challenges: walking in every kind of weather, from snow to blazing sun; walking on blisters; sleeping in large dormitories; the perpetual lack of warm water; the weight of the rucksack; the cholera strike. It was also full of blessings: the fellowship of other pilgrims; times of solitude interspersed with times of community; first aid for my feet; Spanish hospitality; the wonderful La Rioja wine; the earth, the sky, the wind, and ultimately, the sea – the blue Atlantic Ocean. So many gifts!

There were valuable lessons on the Way. One lesson was the importance of signs. The way marking, the yellow arrow, is quintessential to the Camino journey. Pilgrims learn quickly to discern it. It can show up anywhere: on a rock, a tree trunk, a curb, a wall. When the way is poorly marked, pilgrims must choose between continuing to press forward (because sometimes it is just a little farther ahead), or retracing steps to find it and get re-oriented. The arrow is crucial. Bereft of it, pilgrims despair that their fiat may be in

vain. To see it again evokes gratitude and joy. It is the assurance of not just being on the right path, but of being pointed in the right direction.

Another lesson resulted from walking on blisters. It came from the experience of being last, of being incapable of keeping up. I remember thinking, "I must be the last pilgrim in Spain." It was a lonely, terrifying place, where the smallest gesture of kindness meant the world. It reminded me of the people I encounter in my work, so many unable to keep up, or even to participate. In my distraction and haste I often passed them by, without so much as a word. The smallest act of reaching out – a nod or a smile - can lift a flagging spirit. It takes so little to inspire hope in another person.

A third lesson was the ability to achieve almost anything with enough passion and purpose. The destination was unmistakably Santiago. The only other certainty was the desire to reach it in the traditional pilgrim way: on foot, with my rucksack on my back. The one thing more colossal than the obstacles on the Way was my determination to reach the finish. The odyssey unfolded around a daily discipline of rising early, putting on boots, and walking for six or seven hours. Thirty-four days later I arrived at Santiago, and three days after that reached Finisterre, thankful for a "Beun Camino," and grateful for the fortitude and grace to have finished "The Great Journey."

## **Announcements**

**a) CAPPE ONE education conference and AGM:** Galilee Centre, Arnprior, ON. Friday Oct.1 and Saturday Oct. 2nd 2010  
Speaker Dean Madek will talk about learning a new language; how to describe, measure, and report the nature of our patient care encounters as part of our business plan.

**b) CAPPE/ACPEP'conference in 2011**

Canadian Association for Spiritual Care/ Association canadienne de Soins Spirituels

**Call for paper due Friday October 8, 2010 for 90 minutes workshops, and or full day, pre-conference workshops related to the conference theme:** 'The Art and Science of Spiritual Care in Critical Times'. The main Speakers: Dr Benjamin Corn, and Dr. Ermima Guarneri. The CAPPE/ACPEP Conference will be at the Delta Chelsea Hotel downtown Toronto, Ontario, from April 13-17, 2011.

c) **Seniors Health Research Transfer Network, (SHRTN)** Spiritual Care Community of Practice Conference which is being held on Sunday, September 26, in the Salvation Army's Jackson's Point Conference Centre, in conjunction for the first time with the OMC Conference. The participation of these two organizations is a wonderful opportunity to network and to meet other Spiritual Care Providers!

d) **Ontario Multifaith Council (OMC)** Educational Conference & AGM **Sept. 27-28, 2010 at the Salvation Army Jackson's Point Conference Centre, Jackson's Point, ON.** The place is very lovely, at a walking distance to Lake Simcoe.

e) Since we are all in a Pandemic mode in some way or other I thought this article would be interesting for many. The article comes off a website CIDRAP Centre for Infectious Disease Research and Policy from the University of Minnesota. The booklet titled, "Light Our Way" mentioned in the article is a very good resource as well and can be accessed through this web address.

[http://www.pandemicpractices.org/files/221/221\\_guidebook.pdf](http://www.pandemicpractices.org/files/221/221_guidebook.pdf)

Permission from CIDRAP has been granted and I will forward that to you as well.

Carol Simon, Director of Spiritual Care *St. Joseph's General Hospital Elliot Lake, 70 Spine Road, Elliot Lake, ON. P5A 1X2*  
705-848-7182 ext. 2410 [csimon@sjgh.ca](mailto:csimon@sjgh.ca)

**BOOK REVIEW:** Let Your Life Speak, Listening For the Voice of Vocation, by **Parker J. Palmer**. I read this book with great interest. I found his human approach and the way he describes his feelings were helpful and well expressed. While having suffered from depression himself he told what helped and what did not helped him. I find the book informative and easy to read. It gives the reader insights on how to help someone and understand how a person may feel when suffering from depression and grow through the experience. It gives hope and informs us on how to become a better person who may continue to have fear, but not letting the fear taking too much power in us. Parker J. Palmer shows how the community can help someone to recover, what helped and what did not helped him. The book is small and easy to carry with you. I felt a great desire to continue to read it up to the end. I had to stop but I was looking forward to take it back. Who ever

you are, a patient, a care giver or what ever your profession is, you would appreciate to read this book. I am glad I did. And I am looking forward to read his other books like 'The Courage to Teach' etc. **Gisele Cyr**

**Information:**

On August 9, 2010, I started a volunteer work, on my day off from work at Bruyere Continuing Care. Since then, I saw many people and a lot of activities going on at Bronson Centre in Ottawa. I am already amazed of what I see there. And this is still vacation time. You need to know that in the building, thirty-seven Associations or Groups have offices or activities there. There is a Theatre (864 seat capacity), and other rooms that people can rent such as Mac Hall (200 seat capacity with stage), different Community Rooms (some of 30, 40 or 60 seat capacity). For information you may visit their Web site: [www.bronsoncentre.ca](http://www.bronsoncentre.ca), for renting space Email: [rental-services@bellnet.ca](mailto:rental-services@bellnet.ca)

For Volume 2, no 1 Fall 2010 If you have an article to send before or after the CAPPE Ontario North East (ONE) Conference in Arnprior, it will be appreciated.

Thanks to Karen Grant who offered her help for the Newsletter. Hope to meet you soon.



**Gisèle Cyr, SCO  
Newsletter Coordinator**