

GESTALT PASTORAL CARE

RESURRECTION

APRIL 2024 NEWSLETTER

PRESIDENT'S PONDERING

Happy Easter, spring and Alleluias of resurrection!

Each spring we are witness to the renewing nature of God's creation. A crocus appears, birds begin preparations for new life, and we too are longing to restore our mind, body, and spirit.

Gestalt Pastoral Care is experiencing renewal as well. It is our hope and mission to be present as companions on the journey of wholeness. Those trained in GPC provide sessions, retreats and guiding for seekers. As Gestalt Pastoral Care Ministers we are and continue to be seekers, the renewal continues as we and others are called to the courses we provide in our training program. And so the cycle of healing and wholeness grows to restore individuals, their families and communities.

Blessings of Spring, Sue Silhan



THE JEWEL IN THE CROWN

Ginny Heimer

I consider my work and ongoing healing process in GPC a "resurrection." In 2Corinthians 5:17 (The Message Translation) we hear these words: "The old life is gone; a new life emerges." In Christ and because of his healing love and unending grace, I am a new creation!

Gestalt Pastoral Care has helped me to let go of the burden of shame I have carried for almost forty years. I gave birth to my oldest daughter at age seventeen. I was raised in a strict Catholic home and a pregnant teenager did not help our image as a "good Catholic family." I was rejected and shamed by my family and the church; a child having a child without receiving any nurture or support. I was traumatized and continued to "pay a great penance" ... (words that came out in a GPC session). (cont.)

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THE JEWEL IN THE CROWN CON'T

This "penance" was in the form of "good works": loving and serving others, always placing the wants and needs of those around me first; never learning to care for myself or even realize what I needed. I felt I had to earn the love and approval of others. I was a chronic people-pleaser, and it became exhausting...I became exhausted.

I embarked on a journey of self-work and spent many years in a Twelve-Step Program, In therapy, working with a spiritual director, journaling, prayer, and Enneagram work...all of these were (and continue to be) steps in my pilgrimage to healing and wholeness, but **then in 2019 I found the Jewel in the Crown!** Gestalt Pastoral Care helped me to dig deeper into myself than I had ever gone before. It opened me up to the stirrings of the Holy Spirit within me. It put me in touch with my body and what it was trying to tell me. It helped me to uncover those parts of myself that needed to be addressed and spoken to and about.

My Enneagram number is the Nine and one of the traits is that I lose myself in others. I get caught up in the wants and needs of others and place myself aside. In GPC sessions and in following the guidance of the Holy Spirit, I found myself again, I found that new creation I am in Christ and I take time to nurture her. Do I still lose her sometimes? Yes, I do, because I am a flawed human being. But I have learned to be an open vessel. I now have guidance, a GPC community, and a future in this healing practice. I have ongoing self-work to do but I do it gratefully and joyfully, knowing it continues to shape and polish that new creation I have become in Christ.

In one of my recent GPC sessions, I was invited to do some faith imagination. I closed my eyes and found myself in the tomb standing beside Jesus. The stone was rolled away, the dazzling rays of light poured in upon us and he said to me: "You have been freed, shine my light on others, go out and pass along the precious gift you have received."

It is said in Twelve Step Programs: "You can't keep it unless you give it away." I am hoping to complete my Advanced Training this year and to start my internship next year with the goal of becoming a GPC minister. The incredible healing I am experiencing...all of these mini resurrections along the way; I want to pass along this precious gift, this Jewel in the Crown, to others. I can't keep it unless I give it away.

JOIN US FOR AN UPCOMING RETREAT OR TRAINING

All retreats, events, and training programs of Gestalt Pastoral Care are open and inclusive. Please visit www.gestaltpastoralcare.org for more information and registration.

Opening to Grace

April 11- 13, 2024 Cost: \$350
--- Led by Rev. Betty Voigt and Rev. Darlene Meyers

April 12-13, 2024 Cost: \$150
--- Led by Kathryn Dickinson

May 11, 2024 Cost: \$100
--- Led by Rev. Darlene Meyers

September 22-29, 2024 Cost: \$TBA
--- Led by Sue Silhan

Foundation Review

April 10 -13, 2024 or
June 26-29, 2024 Cost: \$550
--- Led by Sue Silhan

Advanced Training Modules

--- Led by Rev. Betty Voigt and Rev Debra Flint
May 23-25, 2024 --- Module #1 Cost: \$550
August 22-24, 2024 --- Module #2 Cost: \$550
November 14-16, 2024 --- Module #3 Cost: \$550

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HYBRID FOUNDATION COURSE 2024

What has GPC done for you?

I was encouraged to join a Gestalt Pastoral Care Foundations Class, and after a two-year wait, I finally did so. The year-long training became my life-line to sanity during the most difficult year of my life and began my training toward becoming a GPC Minister.



Donna Mast, GPC Minister, Goshen IN.



Anyone wishing to speak with someone directly, please call 929-944-6539 on Wednesdays between 8:30 AM and 10:30 AM to reach Jennifer.

Otherwise, leave a message, and someone will get back to you.



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