

Gestalt Pastoral Care

Fall 2019



Integrating Gestalt growth work, spiritual companionship & healing prayer



What's New?!

*Rev. Lyn Barrett, MEd, MDiv
Chair of Communications*

If there is one theme that runs throughout the Bible, it's that God is in the business of turning old things into new things. In Isaiah, God says, "Behold, I am doing a new thing; now it springs forth, do you not perceive it (43:19)?" In Paul's second letter to the Corinthians, he says, "If anyone is in Christ, there is a new creation: everything old has passed away; everything has become new (5:17)!" Finally, in Revelation, Jesus says, "Behold, I am making all things new (21:5)."



God has many ways of transforming the old, broken, and wounded into the new, vibrant, and whole and Gestalt Pastoral Care is one of those ways. Over and over again, from decade to decade, place to place, with people young and old, we hear stories of God's redeeming love entering into the darkest places, turning on the light, and putting the pieces back together through GPC. Gestalt growth work, spiritual companioning and healing prayer are the agents of renewal.

This Fall edition of the GPC newsletter focuses on the theme "What's New?!" We believe that God's continual renewal of creation is manifest in our organization. We remember that becoming "new" is not magic or even miracle, but the hard work that binds our surrender to God's compelling desire to heal. As Summer has grown into Fall, and Fall will soon grow into Winter, GPCA, Inc. is moving through the seasons too. Read and enjoy our witness of the hard work that is moving GPC into new places we've never been before. We are sure that you, too, have something new to tell!



Something Old, Something New, Something Borrowed, Something Blue ...



*Rev. Wanda D. Craner, MDiv, GPCM and Trainer
President of GPCA, Inc.*

The old wedding saying goes “something like that!” Anyway, in January, I will step into my third year as the President of the GPCA, Inc. Board of Trustees, so perhaps I qualify as an “old” component in the equation, yet so much new continues to happen among us.

As we move into 2020, we are experiencing some major shifts in leadership. After 8 years of faithful service as our GROW TEAM chair, **Alison Lucabaugh** wanted to devote more time to family, and though we greatly miss her expertise and careful, detailed work, we are happy for her and her family! The “new” on GROW is that **Ann Few** and **Alexandra MacCracken** are now co-chairing the GROW TEAM. (Actually, Alexandra is the ORIGINAL GROW chair, so she lovingly qualifies for the new and old!) **Betty Voigt** has chaired the PROGRAM COMMITTEE in this past year, and **Ann Few** will now become now become the new Chair. We are grateful that Betty will remain on the Program Committee as we make the transition.

In 2020, **Adrienne Whaley** will become the Communications Chair, as **Lyn Barrett** steps out of that position newly formed in 2018. Lyn has been responsible for shaping and organizing our communications processes! Lyn will move into the role of Research Publicity Coordinator (working with our Bridges Consortium at Brigham Young University), even as she seeks to enjoy her retirement, traveling, visiting family and friends, and doing some writing. Adrienne’s work history in the technology field spans 30 years and her professional career in IT, including software training, application support, project and change management, well qualifies her to help keep GPC communications up-to-date in the world in which we live!

The good news is that in the GPC community there is an intentional blend of the new and the old. By virtue of the multi-talented and multi-professional members of the Board of Trustees we are able to “borrow” insights from the fields of ministry, law, finance, strategic planning, social action, and music to further our healing mission.

I would be remiss if I would forget the “something blue”; for me that is the Gestalt Pastoral Care logo with a dove moving forward and up! And, in preparation for Halloween (and just for fun), our friend Yoda is sporting his Gestalt Pastoral Care hat!



Autumn blessings to All!



WHAT'S NEW WITH YOU?

An Interview with Sara Klassen GPC Student

*Rev. Kathryn Dickinson, MDiv
GPC Intern*

I have known Sara Klassen for several years now through our GPC training. A week ago, Sara, traveled from Goshen, Indiana to Goshen, Connecticut (a two day drive!) for GPC Advanced Class with trainer Sara Goold. After our wonderful class experience, Sara K. reversed directions for a two-day trip to Chicago where she attended Doula training. When I called Sara to interview her for this piece, she had just pulled up to her Indiana home where her two cats greeted her after a week's absence. I could hear the sounds of one returning home. We laughed as I asked her, "So what's new, Sara, in your life?"

With her normal thoughtful pause, Sara said: "Everything is always new. I have a new kitten in my life. He goes by many names. He is here with me as we speak. Full of energy and curiosity. He shakes things up and demands attention. He is like an urge. He speaks when something is needed."

Both Sara and I breathed and exhaled a short giggle of acknowledgement -- we were both aware of the analogy she was making. I ask Sara, "How is your GPC work and training asking new questions, bringing new things, transforming you?"

"I am like this cat," Sara muses. "What continues to be alive in me is the desire to embody healing work. And it rattles around inside me, with nudges to be fed, stroked, cuddled, and yet it also comes in conflict with the cat that has been here all along. The new cat is so curious and full of energy that he will come running at her (the old cat) and her response is to tackle him and pin him to the ground."

"Soon after my new husband Chris moved in with me, we got this new kitten. And the process of integrating this new kitten and my old cat is a mirror in many ways to our relationship. A mirror to adjusting to living together. A mirror to bringing two people together with different urges, needs, and individual histories. It is also a mirror of integrating any new thing into one's life, whether it be a new thought, modality, or framework. The old and the new have to learn how to fight, play and tend to each other."

“Chris and I were very intentional in the process of integrating the old cat and new cat. We kept them separate for two weeks, letting them switch spaces and smell each other but not meet. And then we did some supervised introductions and interactions that ended in hissing and spitting.” Sara stops, chuckles, and says: “As I am speaking, they are fighting on the floor.” I picture two toddlers on the carpet. Sara adds, “Eventually we let the periods of being together lengthen. For most of that time, the older cat hunted the younger cat -- she chased him. The young cat did not seem traumatized. He gained confidence and would dive bomb her from the couch.

“Chris and I decided to let them fight it out. Within another week, the old cat started licking him (younger cat) like a mama. At first he didn’t know what to do as he was used to being attacked. Eventually, he started licking back. Tenderness. And it’s not over -- they still fight. but it’s playful and they each know their role and now they like to share a chair. Or a pillow. Much like the GPC integration process.”



I picture the two cats side by side on a pillow and ask Sara, “What about this experience informs your concept of integration?”

Sara responds, “They demonstrate it to me. They demonstrate that it takes time, intentionality, and is done in a careful contained process, following the cues of the organism involved, rather than saying it has to have a particular outcome.” Hearing Sara re-enter settle into her home as a recently married person with a new cat and an old cat, I ponder her wisdom that “Everything is always new.” In our GPC work we strive to stay open to new ways of being -- we strive to stay open to new outcomes.

Sara says it well, “What continues to be alive in me is to embody healing work. And it rattles around inside me, with the nudges to be fed, stroked, cuddled...like an urge.” Amen.

*Did you know **Financial Assistance** is available to experience an Opening to Grace retreat? Go to our website at gestaltpastoralcare.org and click on the button at the bottom of the page: **Financial Assistance Application: Retreats***

RESEARCH UPDATE: *New Perspectives*

By Rev. Betty Voigt, GPCM
Gestalt Pastoral Care Minister & Trainer

At first, I was surprised when Gestalt Pastoral Care was invited to participate in the international academic research project through Brigham Young University because we are such a small organization. But as I learned more about it, I realized that the work GPC does fit perfectly. The research is about testing the effectiveness of combining spiritual interventions with traditional psychological work particularly around anxiety, trauma and depression.

My own experience as one GPC Minister who is collecting data from the persons I work with has been a mixed bag. At the beginning, I was very nervous about learning to manage the technology required for assessments. Then David Janvier, our site manager, was such a help in training us and I actually became comfortable with this aspect of the research.



Then I felt some pressure and stress added to my already full ministry. I really wanted to do my part and contribute as much as possible so I offered more *Opening to Grace* Retreats. About half way through this year-long-data-collection period, I began to settle down and quit fretting about it. I prayed instead, let go of the worry, and came to the insight that, indeed, the Holy Mystery we call God was leading us. I could give it my best and trust the outcome to the universal goodness.

When someone comes to me for their own healing and spiritual growth, I have no idea where this will take us. There is no treatment plan to follow. What I do know is that we are not alone and that, if we are open, the Holy Spirit will guide and direct our “work” together toward greater awareness, healing and wholeness.

Likewise, with regard to the present research project, I have come to the place of trusting that the Holy One is a part of this and will use it for the future of Christ’s healing project in ways I cannot see or imagine. Thanks be to God!

A New Opportunity for You!

The GPCA, Inc. Communications Team

Do you have 18 to 24 hours to give to GPCA, Inc. **annually**? Do you have some experience with putting together a newsletter or some other form of communication? Are you ready to give back to God some of the gifts God has given you?



The Communications Team of GPCA, Inc. thanks Alison Lucabaugh for her years of service as newsletter editor. Now that she is moving on, we are looking for someone to take on this important role and shape it into a new image. Please don't be shy about coming forward and offering your gifts!

If you would like more information about what this volunteer position entails, please go to our website at www.gestaltpastoralcare.org and click on the "Volunteer Opportunity" button on the homepage.

Or email lyn.barrett@gestaltpastoralcare.org.



Gestalt Pastoral Care rests on the belief that God's grace is constantly at work in each person. Although we can't predict just how you will be healed, you can expect to be touched in body, mind, spirit, emotions and social/relational context in a process unique to you alone.

GPC is rooted in the Christian ministry of healing, and integrates Gestalt growth work, spiritual companionship and prayer for healing. We are greatly enriched by the wide diversity of theology and worship styles of our participants.

All retreats and training programs of Gestalt Pastoral Care are open and inclusive.



Upcoming Retreats & Trainings

Opening to Grace Retreats

October 17-19, 2019 with Rev. Tilda Norberg in Dingman's Ferry, PA. For more information, please contact tilda.norberg@gestaltpastoralcare.org.

October 22-25, 2019 with Rev. Betty Voigt and Lynn Holden in Wheeling, WV. For more information, please contact betty.voigt@gestaltpastoralcare.org.

October 31-November 2, 2019 with Rev. Betty Voigt and Rev. Clarejean Haury in Sycamore, PA. For more information, please contact betty.voigt@gestaltpastoralcare.org.

October 31-November 3, 2019 with David Janvier and Sue Silhan in Painted Post, NY. Includes a seminar along with the retreat. For more information, please contact healing.wholenessministry@gmail.com.

November 1-2, 2019, with Rev. Tilda Norberg in Brooklyn, NY. For more information, please contact tilda.norberg@gestaltpastoralcare.org.

November 2, 2019 with Alexandra McCracken in Vienna VA. For more information, please contact alexandra.mccracken@gestaltpastoralcare.org.

November 8, 2019 with Rev. Wanda Craner in Boyertown, PA. For more information, please contact wanda.craner@gestaltpastoralcare.org.

December 11, 2019 with Rev. Wanda Craner in Boyertown, PA. For more information, please contact wanda.craner@gestaltpastoralcare.org.

Foundation Training

2019-2021 with Rev. Wanda Craner in Reading, PA. First class begins October 14-19, 2019. For more information, please contact wanda.craner@gestaltpastoralcare.org.

2019-2020 With Rev. Tilda Norberg in Dingman's Ferry, PA. First class begins November 6-9, 2019. For more information, please contact tilda.norberg@gestaltpastoralcare.org.

2020-2021 with Rev. Wanda Craner and Rev. Betty Voigt in Strasburg, VA. First class begins April 23-25, 2020. For more information, please contact wanda.craner@gestaltpastoralcare.org.

Practicums

2020-2021 Module 1 on November 7-9, 2019 led by Rev. Betty Voigt and Rev. Debbie Flint in New Castle, PA. For more information, please contact betty.voigt@gestaltpastoralcare.org.

2020-2021 Module 2 on March 23-25, 2020 led by Rev. Wanda Craner in Reading, PA. For more information, please contact wanda.craner@gestaltpastoralcare.org.

2020-2021 Module 3 on July 6-8, 2020 led by Rev. Sara Goold in Goshen, CT. For more information, please contact sara.goold@gestaltpastoralcare.org.

From Our Founder: *“As we are more and more healed, we will discover something important. After we have experienced terror, anguish, grief, illness, addictions, or rejection, and have allowed God to heal us, we are in a unique position to listen contemplatively to those with similar suffering. When we declare that we are wounded healers, it is not a confession of weakness or a liability. Being a wounded healer is an asset, perhaps even a qualification, for ministry.”* Tilda Norberg, *Consenting to Grace*, p. 304.



Phone Number: Gestalt Pastoral Care Associates, Inc.

Please note our phone number: **347-330-6657**. Anyone wishing to speak with someone directly, please call on Wednesdays between 8:30am and 10:30am to reach Jennifer. Otherwise, leave a message and someone will get back to you.

With Much Gratitude



We want to say “Thank You” to all of you who have donated your time, prayers, talents, and treasure to join us in bringing the healing ministry of Gestalt Pastoral Care to this world. You have empowered us to ensure that GPC will be there for future generations! Look for our personal stories of growth and healing during the Advent season, and discover how you might become an even more vital part of our growing steps to offer God’s wholeness to our fractured and hurting world. Thank you ~ we appreciate all you have done!

The Gestalt Pastoral Care GROW Team

Gestalt Pastoral Care Ministers

Tilda Norberg, Founder

Sara Goold, Director of Training

Yuri Ando

Wanda Craner

Debra Flint

Rhoda Glick

Clarejean Haury

David Janvier

Susan Vande Kappelle

Alexandra MacCracken

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