

# Gestalt Pastoral Care

Spring 2019



*Integrating Gestalt growth work, spiritual companionship & healing prayer*



## **A Window into Healing: Practicing Awareness**

*By Rev. Yuri Ando, GPC Minister*



One of many things Gestalt Pastoral Care taught me is “awareness of what’s happening to me/in me - here and now.” *Awareness leads us to healing.* I was attending a church retreat about a month ago. The leader of the retreat made an opening statement, saying that she hoped this retreat would be meaningful to each person present. Then she said that the following things might happen during the retreat: deepening our faith, encountering Christ in a new way, receiving healing and forgiveness, finding new friends in Christ ....

The word “forgiveness” hit me, or became the focus of my awareness, since I had been struggling to forgive myself for some time. Being aware that I felt some nudge that God was inviting me to have some time alone, I decided to spend a part of the afternoon session by myself in the chapel where the retreat was held.

As I sat in the chapel, I became aware that God was inviting me to list all the good things I did for the person from whom I was begging forgiveness. When I wrote down all that I could remember - all that I had done for the person out of my best intentions - I saw a very long list in my hand. Then I was aware of the nudge to make a list of what “I wish I could have done.” When I finished this second list and saw what I had written down, something became clear: I simply had not been able to do what was on that wish list because I wasn’t mature enough at the time to do so. Or, I might say that I did not have enough inner resources to do what I now wish I could have done. **This inner awareness freed me** from a sense of guilt and allowed me to forgive myself for what I could not do. I was being healed.

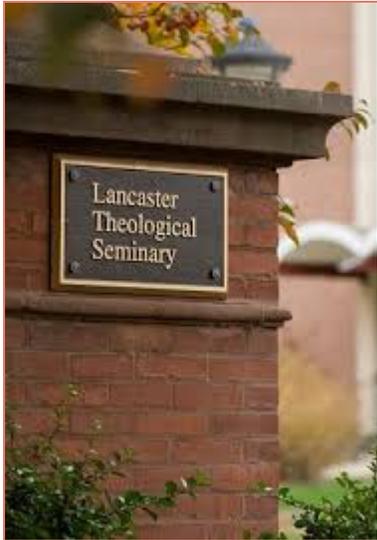
I am grateful to Gestalt Pastoral Care for having nurtured me to become who I am today. I am thankful for all the healing that has taken place in me. My gratitude goes to those who taught me: Tilda Norberg, Sara Goold and Rhoda Glick. These women have accompanied me in my spiritual and healing journey.

*I pray for your healing*, whether it is physical, spiritual, emotional, mental or relational. May God’s grace offer you the healing you need here and now.

Your sister in the GPC family,  
Yuri Ando

**“A close relative of dreaming is imagining, and God sometimes chooses both waking imagination and dreams to communicate with us.” - *The Chocolate Covered Umbrella: Discovering Your Dream Code* (Fresh Air Books, 2008) by GPC Founder, Rev. Tilda Norberg**





## GPC GOES TO SEMINARY!

By Lyn Barrett, MEd, MDiv  
*Chair of Communications*

Our GPCA, Inc. president, the Rev. Wanda Craner, has been asked to preach at Lancaster Theological Seminary's Alumni/ae Day on Saturday, May 3, at a special healing service held from 3 – 4:30 pm in the Santee Chapel on the seminary campus.

The theme of the seminary's 2019 Alumni/ae Day is "How Firm a Foundation: Essentials for Flourishing in Ministry" and will be facilitated by Kim Bloom who is working with the Lilly Foundation in developing resources for strengthening ministry and nourishing clergy well-being. Rev. Craner was asked to preach on healing because it is the core of Jesus' ministry, as well as a significant way in which clergy and congregations can be supported.

This event is a fitting invitation for Rev. Craner who has a long and deep relationship with the seminary. She received her M.Div. from LTS in 1986 after which she was called to serve as Associate Pastor-Minister of Wholeness at Shenkel UCC in Pottstown, PA. While in seminary she took a course with the Rev. Tilda Norberg and the Rev. Dr. Robert Webber, called 'The Art of Christian Healing'. This, of course, was the precursor to training in what would later be known as Gestalt Pastoral Care! Rev. Craner was the recipient of the seminary's 2013 Moss Award for Excellence in Specialized Ministry from the Lancaster Alumni/ae Association for her ministry of spiritual formation and Gestalt Pastoral Care.



We are proud that Rev. Craner will be sharing the good news of healing through the lens of Gestalt Pastoral Care at Lancaster Theological Seminary's 2019 Alumni/ae Day. The healing service is open to the public so if you live in Lancaster County or nearby, please worship with Wanda on May 3!



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.



**Phone Number: Gestalt Pastoral Care Associates, Inc.**

Please note our administrative 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.



## RESEARCH UPDATE: A Practitioner's Reflections

by Alexandra McCracken, GPCM, ICF-ACC  
Gestalt Pastoral Care Minister/Trainer

I am fascinated by how GPC works! Our current research study has provided me with multiple opportunities to interact with many people in Gestalt Pastoral Care sessions. The blending of data, technology, and research only enhances the infinite variety of ways that people present themselves. We are all such creative beings, and each of us is writing and interpreting our stories through our own unique filters. This infinite variety is part of what draws me to the Gestalt unlocking process in Gestalt Pastoral Care.

As I was contemplating this reality recently, a little poem came to me, and I share it here:

### *Between the two of us*

*Between the two of us there is a multitude;  
a two-sided mirror of infinite possibilities.  
Me, in my unique and universal state,  
and you, in your foreign and yet familiar one.  
I am curious and hopeful for what might emerge in you  
to greet what has emerged in me.  
A rare and wonderful discovery of our combinate concurrent creation  
...and still open to further surprises we have  
for each other, and other, and other...*

This kaleidoscopic experience of being with the other through GPC in the Presence of the Holy is made even richer with the knowledge that we are adding to a body of research. Our current study will help ensure that the healing found in GPC will continue to be available to future generations. God's work is both poetry and science!

Our research is entitled *Grace Examined: Evaluating Gestalt Pastoral Care Spiritually Integrated Strategies*. It is funded through a grant awarded by Brigham Young University and sustained by the Templeton Foundation. **You can be a part of it!** For more information or to participate in the study, please go to [www.gestaltpastoralcare.org/research-grant](http://www.gestaltpastoralcare.org/research-grant) to find a GPC practitioner near you. Some practitioners also provide video sessions.

**Dear Friend of GPC!**

Although we're in the season of Lent, we have a *SWEET* challenge!

***If our donors (that's you!) give financial gifts that total or exceed \$5,000, then a generous donor will give an additional \$5,000 to the ministry of Gestalt Pastoral Care!***



Will you help us meet this challenge? EVERY gift counts - and gets us closer to meeting this challenge.

**Click the donate button on the home page of our website, or send your check to:**  
**GPCA, Inc.**  
**P.O. Box 140636**  
**Staten Island, NY 10314**

We have until Sunday, April 21 to raise \$5,000.  
**Please give a gift to GPC today - Thank You!**



## Board of Trustees Update

A meeting of the GPCA, Inc. Executive Committee was held on March 15, 2019 via the "miracle" of ZOOM! The members of the Executive Committee are: Jim Wolfe (VA), Treasurer; Ron Rickard (MI), Secretary, Alexandra MacCracken (VA) and Jane Middleton (CT), Co-Vice Presidents; Ann Few(PA) and Sandy Dickson (CT), Co-Chairs of the Development Committee; Betty Voigt (PA), Chair of the Program Committee; and Wanda Craner (PA), President. Deb Jameson (NY), our Administrator, also attended the meeting. Some of the highlights of the meeting include:

- 1) The Brigham Young University/Templeton Grant Funds are beginning to come in, and will be used for the website, Research Video, Research Team support, as well as Trainer Assessment support.
- 2) We are in the midst of our Easter Ask fundraiser.
- 3) Financial Assistance Funds are being released in support of students in our Training Programs.
- 4) The Development Committee reported that there is a plan in the works for a "Friend Event" to be hosted by Alexandra in New York in December. There is also a Summer Event (June 29) in the works, for the purposes of sharing about GPC, and for raising funds. This event will be held at Zwingli United Church of Christ, Souderton, near Philadelphia. (Keep your eyes open for more information on these events to come!)
- 5) Wanda and Ann met with the Director of Communications and Development at Lancaster Theological Seminary, Lancaster, PA to discuss possibilities of collaboration in sharing GPC with seminary students as well as folks in the general Lancaster area.
- 6) The Program Committee is working on an updated Independent Contractor's Agreement (to be presented to the Full Board at its April 1 meeting), as well as coordinating training locations, and revising practicums in terms of modules.
- 7) The Executive Board approved 2019 funding for an online database program called Donor Snap. We have sorely needed an update and revision of our database, and this program will enable our Independent Contractor staff to make changes with greater ease and accuracy.

As you can see, GPCA, Inc. is hard at work for the purpose of continuing to share the healing ministry of Gestalt Pastoral Care with those in need, and making our training programs more available to those who are called to this ministry. We are most grateful for your prayers of support for God's guidance as we grow!

Blessings,

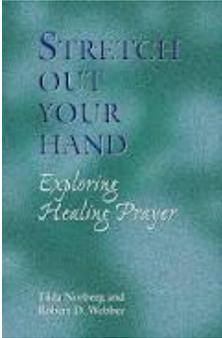
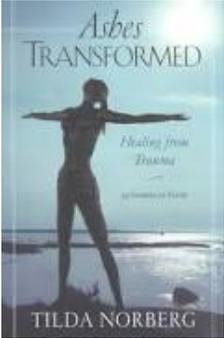
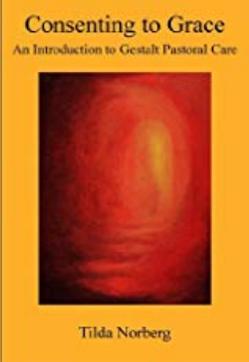
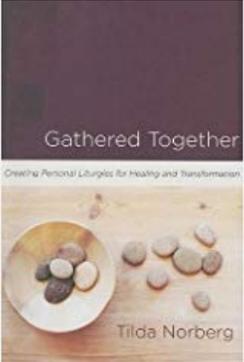
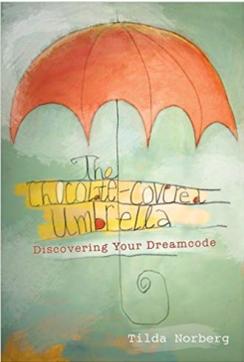
Wanda Craner

GPCA, Inc. Board of Trustees President, GPC Minister/Trainer



*“Gestalt Pastoral Care teaches you how to become aware of God’s particular and personal invitation to heal and grow.”*

**Books by Founder, Rev. Tilda Norberg:**





**2019 GPC EDUCATION EVENT**  
**Integrating Spirituality in**  
**Clinical Practice**  
**August 30 – September 1, 2019**

*Renewal & Learning for  
Clinicians & Pastors  
at Beautiful Chautauqua  
Institute on Lake Chautauqua!*

Gestalt Pastoral Care  
Associates, Inc. is offering a  
dynamic educational

opportunity for counselors, therapists and pastors over the Labor Day weekend at beautiful Chautauqua Institute in Western Pennsylvania. Growing out of GPC's long history of integrating spirituality into healing work and our current participation in research on this topic, this event is meant both for professionals new to the field and for those experienced but wanting to learn more. Participants will receive 11 approved CE hours.

The workshop topics offered are:

- Spiritually Minded Care: Connecting Spiritual and Emotional Wellness in Mental Health Care** led by Michelle Zechner, PhD, LSW, CPRP
- Integrating Faith, Neuroscience and the Healing Ministry of Jesus in a Traumatized World** led by David Janvier, MA, LPC, CST, GPCM
- Healing the Body and Mind of Personal and Generational Trauma** led by Rev. Debra Flint, LCSW, GPCM
- Embodiment in Transformational Processes** led by Rev. Sara Goold, MDiv, LP NYState, GPCM

For more information and to access a registration form, **please visit our website** at [gestaltpastoralcare.org](http://gestaltpastoralcare.org). Please circulate this to colleagues and friends who may be interested in developing their understanding of spirituality and clinical practice.

GPCA, Inc. thanks the many people who have had a hand in organizing and promoting this important educational event!

## Upcoming Trainings & Retreats

**April 6, 2019 (9:30 AM - 12 Noon) - Eastern PA Community of Practice** will meet at Shenkel United Church of Christ, 1580 Shenkel Road, Pottstown, PA 19465.

**April 22-25, 2019 - Opening to Grace**, St. Joseph Retreat, Wheeling, WV with Lynn Holden LPC and Rev. Betty Voigt. Contact [betty.voigt@gestaltpastoralcare.com](mailto:betty.voigt@gestaltpastoralcare.com)

**May 4, 2019 - 9:00 am to 4:00 pm - Opening to Grace**, Holy Comforter Church in Vienna VA. Contact [alexandra.maccracken@gestaltpastoralcare.com](mailto:alexandra.maccracken@gestaltpastoralcare.com)

**May 10-11, 2019 (Friday 9 AM - Saturday 11 AM) - Opening to Grace Overnight Retreat**, Mariawald Renewal Center, Reading, PA. Contact Rev. Wanda D. Craner - [wanda.craner@gestaltpastoralcare.org](mailto:wanda.craner@gestaltpastoralcare.org)

**May 16-18, 2019 - Opening to Grace**, Healing Care Place, Sycamore, PA with Rev. Betty Voigt and Rev. Clarejean Haury. Contact [betty.voigt@gestaltpastoralcare.com](mailto:betty.voigt@gestaltpastoralcare.com)

**June 14, 2019 (Friday, 9AM - 4PM) - Opening to Grace**, Boyertown, PA  
Contact Rev. Wanda D. Craner - [wanda.craner@gestaltpastoralcare.org](mailto:wanda.craner@gestaltpastoralcare.org)

**August 30 - Sept. 1, 2019 -Chautauqua Training Event**, Held at the Presbyterian House of The Chautauqua Institution, Chautauqua, NY. For more information go to [gestaltpastoralcare.org](http://gestaltpastoralcare.org) and click on the 2019 Continuing Education Graphic on the home page.

**August 30 - Sept. 1, 2019 - Opening to Grace**, Held at Presbyterian House, Chautauqua, NY. Contact Lynn -[lynnholdenllc@gmail.com](mailto:lynnholdenllc@gmail.com) or 412.303.3548, or contact Betty - 724.998.6567 (See more details on the following page of this newsletter)



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



# Opening to Grace . . .

A Retreat for Growth in the Christian Spiritual Life  
led by the Reverend Betty Voigt, Spiritual Director  
Presbyterian House, Chautauqua Institution,  
Chautauqua, New York 14722

August 30 - September 1, 2019  
~ Labor Day Weekend

This retreat may be for you if:

- ❖ you feel stuck and unable to move forward in some area
- ❖ you are seeking help discerning the Spirit's movements in your life
- ❖ you are longing for healing in body, soul, mind, or relationships
- ❖ you want to experience Christian community and healing prayer



There will be space for 5-6 participants who will each be given time to be the focus of the spiritual, healing work in a safe small group setting. However, you may choose to just be present as a witness and intercessor. Often people find this role healing in itself. Interspersed with these sessions there will be time for prayer, silence, journaling, resting, walking and reflection.

COST: \$430 (Early bird discount if registered by June 30 is \$395) includes double occupancy room with private bath. All towels and linens are provided. Six meals starting with Friday dinner at 6 PM and ending with Sunday lunch are also included with the retreat price. Closing time around 3 PM on Sunday. This retreat is in conjunction with the GPC seminar for therapists and pastors.



REGISTRATION, QUESTIONS and ADDITIONAL INFORMATION:

Lynn Holden 412.303.3548 [lynnholdenllc@gmail.com](mailto:lynnholdenllc@gmail.com)

Betty Voigt 724.998.6567

[betty.voigt@gestaltpastoralcare.org](mailto:betty.voigt@gestaltpastoralcare.org)

GPC website: [www.gestaltpastoralcare.org](http://www.gestaltpastoralcare.org)

Gestalt Pastoral Care Associates, Inc.  
P.O. Box 140636 Staten Island, NY 10314

# 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  
Pat Hostetter Martin  
Darlene Meyers  
Sumika Sase  
Linda Lehman Thomas  
Betty Voigt



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