

Community of Hope International



Connections

www.cohinternational.org

Summer 2014

A Word from Helen ~

Twenty years ago the first Community of Hope class succeeded because of the faithful commitment of twelve men and women who continue to serve. Today ripples from our 20th anniversary celebration continue to flow from hundreds of you whose faithful commitment and generosity are helping forge a bold vision for Community of Hope International's future. As founder and pastoral servant my heart overflows with humble gratitude and joy for each of you and your gifts. Continue to be faithful to Holy Scripture, "Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers". Romans 12:12-13.

The Reverend Dr. Helen W. Appelberg
Founder and President of Community of Hope International

WITH LOVE AND JOY WE
WELCOME THESE NEW CENTERS!



St. Julian Episcopal Church

Round Rock, Texas - June 2014



St. John the Baptist Episcopal Church and
St. Luke's Episcopal Church
("cluster" - jointly a new center called:
Lake Harriet COH)

Minneapolis, Minnesota - June 2014

The Harvest United Methodist Church

Missouri City, Texas - June 2014

St. Peter's Episcopal Church

McKinney, Texas - July 2014

St. Anne's Episcopal Church

Atlanta, Georgia - July 2014

St. Bernard de Clairvaux Episcopal Church

N. Miami Beach, Florida - July 2014

...And many heartfelt thanks to
Cynthia Oliphant,
New Start Up Center Coordinator

Inside this edition:

The 2014 Annual Conference:

Community, Listening
and Learning

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Georgia, South, Southeast,
West Texas and Heartland.

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Jennifer Sassin,
Atlantic Regional Representative.

Tidbits and Miscellany:

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Did you know?

Request from a COH Published Author



The Joy of Community

COHI ANNUAL CONFERENCE

JUNE 3-5, 2014

CAMP ALLEN ~ NAVASOTA, TEXAS



Conference attendees arrived at Camp Allen on Tuesday June 3. They came from Alabama, Arizona, Arkansas, Georgia, Kansas, Georgia, Louisiana, Missouri, New Mexico, Texas (North, East, Central and South), and Virginia.

Photographs courtesy of the Rev. Peter Getz, Michael Gallagher and Anne Jones

Three Wonderful
“Run While You Have the Light”
Workshops
by
Three Special Virginia Leaders

*Serving Community with
Wise Compassion*

Marleen McCabe, PhD
Co-Chair, Mental Health Committee
Episcopal Diocese of Virginia

*Understanding Self through the
Sacred Practice of Benedictine
Humility*

Kathy Garrison, Diaconal Minister, ELCA
Pastoral Care Specialist

*Listening to Seniors with
the Ear of Your Heart*

Nancy Bireley
Long-Term Care Ombudsman,
Commonwealth of Virginia



THE SILENT AUCTION - FUN FOR ALL



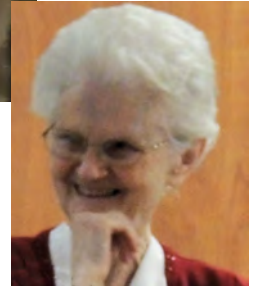
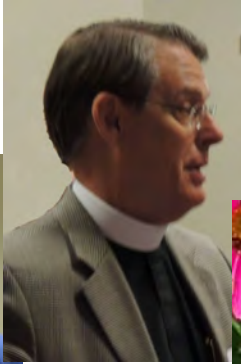
Linda Astala was the chairman of the Silent Auction. The Auction was a great success thanks to Linda's hard work, the generous donations of items by many, and enthusiasm on behalf of conference attendees in bidding for and buying the wonderful items.

We were blessed once again this year to have our dear friends, Margaret Bailey and Nancy Denmark



at the Conference. Both artisans donate a percentage of their sales to the Community of Hope International.

Community, listening and learning



Wednesday's speakers gifted us with memories, insights, and future's promises for Community of Hope International.

From (left to right): Carla Cooper speaking on the Beginnings of Community of Hope; The Rev. Robert Moore referring to the Church and the Community Alive today; Maria Wellisch addressing our vision into the future; and Sister Adeline O'Donoghue speaking about "Living a Journey Faith". Transcripts of Carla Cooper's and the Rev. Robert Moore's talk and an afterward from Sister Adeline can be viewed at www.cohinternational.org



Br. Michael Gallagher set up 4 monitors in the Wimberley Lobby which played the various COHI video modules throughout the conference.



Listening and Learning



COHI Business Manager Cynthia Drake handled the sales of COHI 20th Anniversary Mugs and COHI notecards.



Wednesday night Taizé service.



COHI FOUNDER AND BOARD PRESIDENT HELEN APPELBERG PRESENTED THE HELEN APPELBERG VISIONARY LEADERSHIP AWARD TO LINDA ASTALA ON THE LAST DAY OF THE CONFERENCE.

Linda received her COH training in the 6th COH class at St. Luke's Episcopal Hospital in 1997. She then began a COH center at St. Dunstan's in Houston where she was a parishioner. Many COH lay pastoral caregivers were then trained at St. Dunstan's and some became the seeds that sprouted many COH Centers at churches in Houston. For a while in the late 1990's, Linda worked for Helen at St. Luke's. During and after that time she enjoyed teaching modules and leading workshops around the Diocese of Texas. From 2009 until 2012, Linda was the Chairman of the COH Advisory Council of the Diocese of Texas and joined the COHI Board of Directors in 2011 where she has served as Vice President of the Board. The Silent Auction was planned and expertly handled by Linda. Linda believes that "Community of Hope is what I've been looking for all my life". She was surprised, very grateful and humbled to receive the award.



We have been blessed, our hands have been blessed and then...until we meet again.





News from the Regions



ATLANTIC REGION

JENNIFER SASSIN



Congratulations to the newly commissioned COH lay chaplains in Northern Virginia from Pohick Episcopal Church, Lorton, Virginia; St. Aidan's Episcopal Church, Alexandria, Virginia; and St. Margaret's Episcopal Church, Woodbridge, Virginia! St. Aidan's new lay pastoral caregivers are pictured above following their commissioning on June 22.



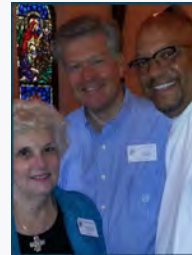
Pohick COH Circle of Care

Several COH lay chaplains from Pohick Episcopal Church, Lorton, Virginia, are expanding their parish ministry by serving in community hospital systems and, in turn, sharing their new training opportunities with the other Pohick COH members. Pictured above is the June 25th Circle of Care meeting in which Jeri Fields, Assistant Chaplain, Mt. Vernon Hospital, worked with Pohick COH lay chaplains on recognizing spiritual distress and ministering to those experiencing spiritual distress. *Jennifer Sassin*



GEORGIA REGION

HARMONY KISER



Rosey Dunn following his COHI Commissioning on July 6 at St. John's Episcopal Church, College Park, Georgia.
(With Harmony Kiser and John Ray)



Rosey practicing his new skills.



HEARTLAND REGION

PAM HEIDT



One more very good reason to attend the annual conference! Meet your Regional Representative and other people from your region! L toR - Becky Entenmann, Sheila Stanton, Sara Losse, Pam Heidt and Christie Boyle. All except Pam are from Grace Episcopal Church, Kirkwood, Missouri.

Church of St. Michael and St. George, St. Louis, Missouri

will begin a **Community of Hope** class on
September 8, 2014. Contact:

Denise Carpenter dcarpenter@ix.netcom.com
Mary Forsythe mlf45sq@sbcglobal.net or
Nancy Ferriss naferriss@gmail.com

More
News...



From
the
Regions

HERITAGE REGION

BEVERLY DAVIS



The Christ Church, Nacogdoches Community of Hope Center (established in 1999) has a silent Benedictine meal every July to celebrate St. Benedict's Feast Day.

Wanda Cuniff, Deacon

SOUTH REGION

JENNY SMITH
LORRIE SLAYMAKER

The Community of Hope in Arkansas has a retreat each fall, generously underwritten by the Episcopal Diocese of Arkansas.

This year the dates are September 12 and 13 and the retreat title is "Going with the Grain, *Discovering your prayer personality*". *Lorrie Slaymaker*

For more information:

www.communityofhope.wordpress.com/arkansas-retreat-2014/

SOUTHEAST REGION

GUS DAVIS

First Community of Hope class at St. Joseph's Catholic Church, Lakeland, Florida is commissioned on May 3, 2014



Pictured from right to left: Deborah Schaffer, Wade Marsh, Jusino Irisbaldy, Kathleen Hogan, Theresa Leal, Odilia Avellaneda, Bridget Fetters, Kate Macdonald, James Manning, Greg Willard and Jan Arceneaux.

Missing from the photo but completing all modules is Barbara Lineberger.

Our Pastor, Ramon Bolatete, officiated at the Mass where they received their certificates. We all gathered for a great dinner afterwards and everyone is eager to begin serving the Lord.

Special thanks to Brother Michael Gallagher and Cynthia Oliphant for their assistance in making our first program a successful one.

Jude Arceneaux, Deacon

WEST TEXAS REGION LIN BOUDREAUX

First Community of Hope class at Holy Spirit Episcopal Church, San Antonio, Texas is commissioned in May 2014



Front Row (Left to Right): Deborah Ewald, Cheryl North, Joy Frost, Janet Kramer, Tonya Kramer, Jeanne Loggie, John C. Whitehurst

Second Row (L to R): Rev Kelly Conkling, Christina Bush, Leslie Padgett, Michelle Gregurich, Victoria Leija, Alice Babine

Back Row (L to R): John Little, Scott Byrd, Sam Dockery, John Mackechney

Not shown: Ed McDuffie

Did you know?

- Community of Hope classes are specifically planned to stretch over a 3 month period in order to build community among the participants.
- Some centers explain the training as a "42 hour Spiritual Enrichment and Pastoral Care Training Program".
- We'd love to have news from your center. Send articles and pictures to your Regional Representative.

Meet Board Member Jennifer Sassin



Note: To prepare this article, I asked Jennifer a few questions which she answered in an email. Since Jennifer has a gift for writing (and is a professional technical writer) much of this article is written with direct quotes from Jennifer. No need to mess with a lovely testimonial!

“I took my first training class in the late 90’s at Holy Spirit Episcopal Church, Houston, TX, along with my husband. We were looking for a ministry we could do together. Helen (Appelberg) was one of our guest faculty. It was the first time I met her and she totally wowed me with her sparkling blue eyes and the love of Christ that shone through. My husband and I served as pastoral care lay chaplains at Holy Spirit until we moved to Northern Virginia in 2003.”

Jennifer and her husband Frank moved to the DC area for a job opportunity for Frank. Since Jennifer can do her technical writing anywhere as long as she has a computer, telephone and internet access, the move did not interrupt her work. They **“visited several Episcopal churches in the Alexandria, VA area and settled on Pohick Episcopal Church in Lorton, VA. It’s a historic church with boxed pews, which took some getting used to! They do make it very easy to meet people! Pohick was completed in 1769. George Washington, George Mason, and George Fairfax were on the vestry who built the church. Each year, we have visitors from the Mt. Vernon Ladies Association and revolutionary period re-enactors. It’s not odd to have people come for church on a Sunday wearing a powdered wig!”** With their assistant rector, Jane Piver (a Benedictine oblate) as mentor, they offered the first COH training and began their COH ministry at Pohick in 2005.

In 2012, Jennifer was asked to join the COHI Board of Directors as Atlantic Regional Representative. The Atlantic region includes: Virginia, West Virginia, Maryland, District of Columbia, Delaware, Pennsylvania, New York, New Jersey, Connecticut, Rhode Island, Massachusetts, Vermont, New Hampshire, and Maine. In answer to the question about being representative to such a large number of states, Jennifer says, **“Being responsible for such a huge region is challenging, but exciting at the same time. It’s challenging in terms of communication with current COH centers or inquiries that are so far from me. I would love to be able to meet everyone in person vs. through email and phone conversations. But, it’s exciting to receive news from our centers in Connecticut or inquiries from as far away as Maine and know the Holy Spirit is at work in all of us. The three COH centers in Northern Virginia are closer so I enjoy regular contact with them. I am blessed to know and work with these very special people and humbled to be walking this part of the journey with them.”**

Jennifer’s mother, Pat Reed, frequently attends COHI Conferences and is a member of Palmer Episcopal Church in Houston, Texas. Jennifer is the kind of person who will never run out of things to do. She says **“The Bishop in the Diocese of Virginia has recently begun a Lay Eucharistic Visitor ministry, which I’m a part of. Many of the pastoral care lay chaplains in my Pohick COH have taken the Lay Eucharistic Visitor training. We find that being a Lay Eucharistic Visitor complements our ministry if communion is desired by the care receiver. In addition to my husband, Frank, who supports me so much in my COH ministry, I have two sons, Nick and Gabe, their beautiful wives, Megan and Maggie, and two precious grandsons, Landon (3 years) and Liam (1 year). All true blessings!”**

Seated at the Lord’s Feet by James Hayes

*Listen carefully, my child, to my instructions,
and attend to them with the ear of your heart.*

RULE OF BENEDICT
PROLOGUE 1

Listen –
and be present in the world,
not dwelling in the past,
nor anxious about the future,
for the Kingdom of God is within us now.
Listen –
and be attuned to a holy rhythm,
not preoccupied with busyness,
nor distracted by concern,
for regular work, study, and prayer nurture
our souls.
Listen –
and let loving kindness guide our actions,
not the search for comfort,
nor the fear of failure,
for God is found in our relationships.
Listen –
and begin each day with joy,
not dreading our work,
nor squandering productive hours,
for God is present in everything we do.

February 13, 2013

*James is a COH Lay Chaplain at
Pohick Episcopal Church*



Last,



*but
certainly not
least...*

Mark your calendar and plan ahead!

2015 COHI ANNUAL CONFERENCE ~ JUNE 1-3 ~ CAMP ALLEN

Share Your Story: Transform the World

When we follow God's will and practice Benedictine spirituality, grace provides opportunities beyond our dreams. Members of the Community of Hope and other Benedictines have shared profound experiences. Their stories make me think of Guideposts, a publication that attracts readers but lacks the depth to spark serious spiritual development.

With this in mind, I've decided to write a collection of stories of how following God's will and Benedictine practice transforms people; a book providing inspiration, resources and information to lead readers to their own Benedictine practice. Please contact me to share your experiences. You may use your real name or a pen name.

I have an avenue for sales through conferences and book signings and plan to include how I published six books in ten years with four different publishers after giving my writing to God.

Let me hear from you if you are interested.

Anne B. Jones

annebjones@msn.com

(912)268-4158 cell (770)365-6032

#306 1704 Frederica Rd.

St. Simons Island, GA 31522

Note: Anne is a Community of Hope member and an accomplished writer. She attended the COHI Conference in June and requested help from the community in sharing their special experiences for this collection of inspirational stories.

Did you know that our dear and faithful vendors, Margaret Bailey and Nancy Denmark, both donate a portion of their income from sales (at the annual COHI Conference) to the Community of Hope International?



...and speaking of Donations...

Please consider including the Community of Hope International as a recipient of your annual charitable giving. Your support enables COHI to: continually update teaching and education resources; present the annual conference; provide scholarships to conferences; provide support to each center through regional representatives; provide a website with useful and updated information.

In addition to personal annual giving, many churches with Community of Hope Centers are recognizing St. Benedict's Day with an offering plate collection dedicated to and in honor of Community of Hope and the Lay Pastoral Caregivers' work in their church community.

Until such a time as you can make your donation online at www.cohinternational.org, you may mail in your tax deductible donation to

COHI Treasurer: Mike Patton

16 Curlew

Rockport, TX 78382

ENJOY YOUR WEBSITE!!!

www.cohinternational.org