



# The Community of Hope International Connections



Winter 2015



Save the date as you will not want to miss the

## 17th Annual Community of Hope International Conference

June 1-3, 2015 — Camp Allen, Navasota, Texas



# “Becoming Community”



### Bishop Rob Wright, Diocese of Atlanta, Keynote Speaker

On June 2, 2012, Rev. Robert Christopher Wright was elected to become the 10<sup>th</sup> bishop of the Episcopal Diocese of Atlanta which embraces 110 worshipping communities. He has made community in the Diocese of Atlanta a priority. Under his leadership, the Diocese of Atlanta is the first Diocese to conduct a Diocesan-wide Community of Hope training. (The goal of the training was that trainees would go back to their individual churches and begin a Community of Hope Center at their home church.)

Bishop Rob Wright is married to Beth-Sarah Wright, Ph.D., and they have a grown daughter and four school-age children.

### Beth-Sarah Wright, Ph.D.

A lifelong Anglican and a motivational writer and speaker, Dr. Beth-Sarah Wright is originally from Jamaica.

In her speaking engagements and writing, Wright tackles issues of faith and depression, the stigmas of mental illness and the role telling your story plays in healing.

She is the author of three books, including the memoir *Me?*

*Depressed?: A Story of Depression from Denial to Discovery*, and *10 Things I Wish I Knew About Depression Before it Almost Took My Life*. Her most recent work is a spiritual novel, *Weeping May Endure for a Night*. She has an upcoming book of poetry, *Becoming Who I Am*, set to be published this fall.

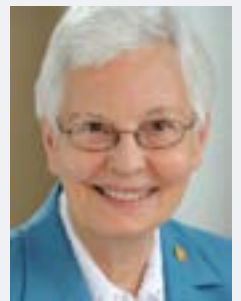


### Sr. Carol Perry, SU

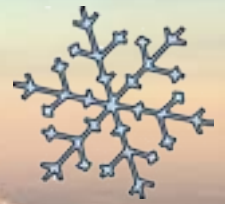
In 1980, Sr. Carol Perry (Sister of St. Ursula) was hired by Dr. Norman Vincent Peale to be the Adult Bible Teacher at Marble Collegiate Church and in 1997 became the Resident Bible Scholar there. She holds that position today.

Sr. Carol is the author of *Waiting for Our Souls to Catch Up: Reason, Ritual and Faith in Our Fallow Time*.

AARP included this book on their list of the best books of 2014 with this comment about Sr. Carol's book: "...this slim little volume by a Roman Catholic nun has affected us most. Written with warmth and wit, *Waiting for our Souls to Catch Up* offers specific, simple ways to help people find God in everyday life."



# Community in the Winter...



## Let's make February "Listening Month"!

### Listening as Healing

When I ask you to listen to me  
and you start giving me advice,  
you have not done what I ask.

When I ask you to listen to me  
and you begin to tell me why I shouldn't feel that way,  
you are telling me to deny my feelings.

When I ask you to listen to me  
and you feel you have to do something to solve my problems,  
you have failed me, strange as it may seem.

Listen - all I ask is that you listen -  
not talk or do - just hear me -  
You're trying to cure me, not hear me.

The giving of advice can never take  
the place of giving of yourself.  
I'm not helpless or hopeless...

When you do something for me that  
I can and need to do for myself,  
you contribute to my fear and weakness.

But when you accept as a simple fact  
that I do feel what I feel,  
no matter how irrational it may seem to you,

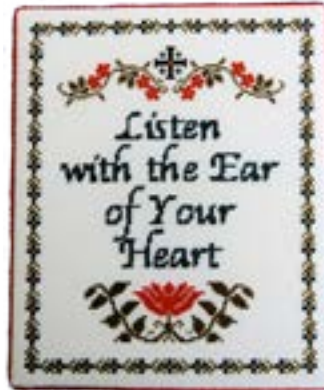
then I quit trying to convince you  
and can get about the business of understanding  
what is behind this irrational feeling.

And when that's clear, the answers are obvious.  
And you know what?  
Your listening made that possible.

Irrational feelings make sense when we  
Understand what's behind them.

So please listen and just hear me...  
and we can both keep in mind that there are important times  
in our lives when we just need to be heard.

Author unknown



Cross-stitch by  
Jim Hayes  
COH Lay Chaplain  
Pohick Episcopal  
Church  
Lorton, Virginia

### Some Testimonials about **Community and Listening** by Virginia COHI Lay Chaplains

"By introducing me to the Rule of Benedict and, thus, the meaning of Benedictine Spirituality, my life has become more meaningful and more sacred. My prayer life is a very important part of every day now. Of course, the pastoral care part of the ministry is very important to me; listening is the most difficult and rewarding part of the visits we make."

*Carol Heddleston, R.N., Pohick Episcopal*

Hearing the care-receiver's "story" was a grace-filled experience, as if the visit itself was a prayer.  
*St. Aidan's Episcopal Church, COH Lay Chaplain*

As a Lay Pastoral Caregiver, I am so honored to listen with my heart during a visit. I feel as if I get as much out of the visit as the care receiver does. I experience a real sense of God being there with us.

*St. Aidan's Episcopal Church, COH Lay Chaplain*

**LISTENING  
IS  
LOVE**





# News from the Regions



## SOUTHEAST REGION

GUS DAVIS

### North Carolina

The first Community of Hope class in the Charlotte Region was commissioned in December 2014. This first COH class was made up of members representing three parishes in the area: St. Peter's Episcopal Church (Charlotte), Holy Comforter Episcopal Church (Charlotte), and St. Paul's Episcopal Church (Monroe).

Beginning in late summer of 2014, the group of seventeen came together for the first time to start the journey of building community and of living Benedictine spirituality as outlined in the Community of Hope training modules. The three months of formation classes ended with a wonderful gathering and pot luck dinner at the home of one of the organizing members. Prior to coming to the dinner, each COH member was asked to write down a word or phrase that best represented what each person in the group meant to them or had taught them during the training program. At the dinner, each individual received an envelope with all of the notes and phrases written about them to take home and reflect upon at their leisure. It was a wonderful activity which helped to underscore the meaningful ways (often without even being aware of it) each individual member of a community impacts each other's lives and how this can be done in such a short amount of time. The dinner gathering was an energizing evening of prayer, community, and time to reflect on the journey thus far and to discuss the possibilities of what pastoral care areas each individual would be working on in the future.

The Charlotte region COH members have gone out into the community to spread the love of Christ, to listen and to be present for those in need in such areas of ministry as: visiting shut-ins in nursing homes and private homes, working one-on-one with individuals in need, serving as Eucharistic visitors, and working with organizations in the Charlotte area such as Hospice, the Alzheimer's Association, and R.A.I.N (Regional AIDS Interfaith Network). The pot luck dinner was such a meaningful experience, the community has incorporated the dinner as part of their on-going monthly Circle of Care meetings.

Congratulations to the newly commissioned COH lay ministers in the Charlotte Region:



Back row (left to right): Simms Doster, Doris Rushing, Carol Lillard, Doug Hutto, Linda Trent, Emily Parker, Ann Moore, Mike Wilson, Michael Spivey

Seated (left to right): Neil Broncaccio, Elizabeth Richardson, Evette Guine-Paige, Sheila Pueschel, Jo Singer, Phyllis Ferguson

Not pictured: Linda Gallehugh, Deb Blackwood



....More  
News  
from the  
Regions

**ATLANTIC REGION**

**MARLEEN McCABE**

Marlene McCabe was elected by the COHI Board of Directors to the post of Atlantic Region Regional Representative. She is replacing Jennifer Sassin in that position since Jennifer Sassin was elected to be the Secretary of the Board.

**Testimonials from  
COH Lay Chaplains at  
Pohick Episcopal Church**

I have been a member of COH for a little over a year. The training was indeed transformative as it was absolutely overpowering in the scope of expectations of individual responsibility of spiritual growth in Christ. This experience has allowed me to become humble in light of the assumed role to represent our Lord during Pastoral Care and has enabled me to be less self-centered in my witness and worship. The Circle of Care has provided a nurturing environment for continued growth and enlightenment. I look forward to this continuing blessing.

*Chuck McDonald*

COH has a special gift of enriching lifelong Christians that we can never know enough or never know all there is about our Lord Jesus but they give us wisdom and joy in learning. COH has opened my eyes in so many ways that I can be of service to others and has given me the courage to do it. COH gives all who enter the love and support and most of all their wisdom to make all of us feel we can serve in our love with joy helping others. This has made a big difference in how I think and how I share my love with my family and others.

*Jackie Wells*

**SOUTH REGION**

**JENNY SMITH**

**LORRIE SLAYMAKER**

St. James Methodist Church, Little Rock, Arkansas  
Retreat



On Saturday, January 10, members of the Community of Hope Lay Chaplains and twelve trainees met for a retreat in Jones Hall. The fellowship and worship were led by Rev. Greg Schick and Jenny Smith, Director of Congregational Care.

Nancy Frevert was introduced as the Chaplain of the Year for 2014. Nancy has been faithful to fulfill her duties by visiting those hospitalized over the past few years.

Walking the Great Hall Prayer Labyrinth, participating in Holy Communion and singing with Rev. Greg made for a beautiful day of worship. The trainees will be commissioned on

March 28.

*by Jenny Smith*



Holy Trinity of Hot Springs Arkansas begins its 5th training session over the last 12 years. Pat Shaha right front, began Community of Hope with their first onsite training in 2003. Their work has been on going. Pat serves on the Community of Hope Board of the Episcopal Diocese of Arkansas. The plan this year is to incorporate the COHI videos as a major part of their spring training.

*by Lorrie Slaymaker*



## WITH LOVE AND JOY WE WELCOME THESE NEW CENTERS:

### St. Michael's Episcopal Church

Carmichael, CA - November 2014

### St. George's Episcopal Church

Arlington, VA - December 2014

### Grace Episcopal Church

Gainesville, GA - December 2014

### St. David's Episcopal Church

Austin, TX - December 2014 (Re-establish)

### Kinsmen Lutheran Church

Houston, TX - December 2014

### St. Benedict's Episcopal Church

Smyrna, GA - January 2015



### St. Peter's Episcopal Church

Conway, AR - Re-establish - February 2015



*22 New Community of Hope Centers were formed in 2014*

## FACEBOOK!

Community of Hope International is diving into social media with a Facebook page, accessible to anyone who is a Community of Hope member – that's all of you!

Wondering what the benefits are to joining our FB page? It is a great venue to share your Center's successes, pictures from your classes, useful links and articles that relate to our COH modules, book recommendations and more. Interested in joining? First, you have to be on Facebook to access the page. Second, if you have a profile, search for Community of Hope International. Lastly, click "Join" and you will receive a notification within 12 hours saying you have been added to our closed group. Remember, only group members can see posted content. We look forward to seeing you on Facebook and please share this with your COH groups.

*by Catherine Miller*



Keep your eye on us!

*In the Spring 2015 Connections:*

- \*Announcing the new and beautifully redesigned COHI Website
- \*Details concerning the June 2015 COHI Conference
- \*Lots more!



*Care for the Caregiver:*

KEEP WARM *and remember* LISTENING IS LOVE.

[www.cohinternational.org](http://www.cohinternational.org)