

NOVEMBER 2023

COMMUNITY OF HOPE International

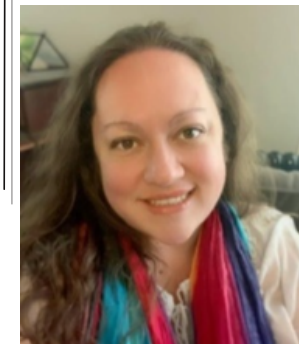


Understanding Changes in our Annual Reporting

SARAH ROBERTS, COHI PRESIDENT

Change is hard! I know, I get it! For the last few years, Community of Hope has been in a significant state of transformation. Beginning with the COVID-19 pandemic, then changes in leadership, both on the Board of Directors as well as Regional Reps, and a robust organizational redevelopment project, we have been in a stage of intentional “disruption”, as our coach refers to it. While our structure continues to change, policy and procedure changes will follow.

Since 2020, we have dropped counting the number of hours spent as a metric in our annual reporting and this year we are expanding our understanding of how/where caregiving is done. We want to include a count (or estimate) of simple pastoral encounters in addition to scheduled pastoral visits because we recognize that we are “serving others through compassionate listening” in many more ways than we previously focused on.



In 2020, because we were unable to do much, if any, pastoral visits, we began to ask for a narrative on the overall health of the center. The information has been so helpful to know how the centers have been doing, and the variety of ways they are serving, we have continued to ask for that as part of the annual report.

The board has decided to permanently change the report to follow the calendar year, extending the current due date for 2023 reports to January 1, 2024. The Leadership Team Guidelines will be updated with this information.

Here is what we need from each center:

1. Number of Active Lay Chaplains.
2. Number of Pastoral Encounters/Visits.
3. How often the center is conducting Circle of Care.
4. When the last training was offered/if there is a plan to offer training.

In addition to these four points, a brief narrative that speaks to the overall well-being of each center including any struggles, and what kinds of caregiving the members are doing.

I hope that this helps you, not only in understanding the changes to the reporting process, but in why we are moving in the direction that we are. Please feel free to contact me with any questions or concerns.

Peace,
Sarah Roberts
Sarah.roberts@cohinternational.org



Heritage Region (Central) Community of Hope

ADVENT QUIET DAY

Ruah Center at the Villa de Matel in Houston

Thursday, December 7

10am-3pm, lunch included

Suggested donation: \$25

Contact Beverly at bad21a@aol.com

for information and to RSVP (by November 27)

Jeanette Easley, Executive Director of Ruah, will guide our group initially and then all are free to explore the many wonderful indoor and outdoor spaces available for reading, prayer, contemplation, renewal, and preparation for the Christmas miracle.



Sisters of Charity
Labyrinth



Sisters of Charity
Roof Garden



Sisters of Charity
Cloister Walk



Sisters of Charity
Grounds

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COHI FACEBOOK PAGE](#)**



Family and Friends Bid Farewell to Patricia Slaughter Beachy

EXCERPT FROM THE EULOGY GIVEN BY STEVE BEACHY AT HIS WIFE PAT BEACHY'S CELEBRATION OF LIFE-OCTOBER 28, 2023

Gone From My Sight

By Henry Van Dyke

*I am standing upon the seashore. A ship, at my side,
spreads her white sails to the moving breeze and starts
for the blue ocean. She is an object of beauty and
strength.*

*I stand and watch her until, at length, she hangs like a
speck
of white cloud just where the sea and sky come to
mingle with each other.*

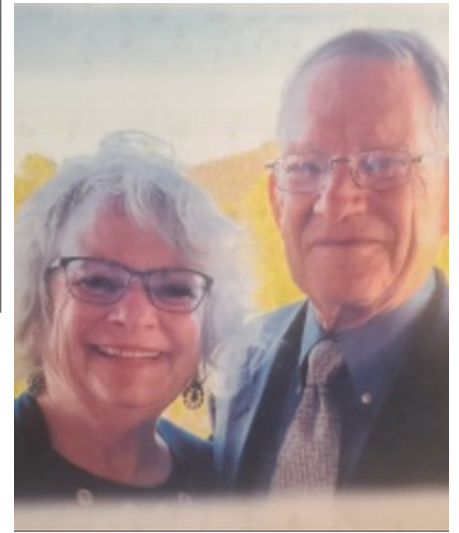
Then, someone at my side says, "There, she is gone."

Gone where?

*Gone from my sight. That is all. She is just as large in
mast,
hull and spar as she was when she left my side.
And, she is just as able to bear her load of living freight
to her destined port.
Her diminished size is in me -- not in her.*

*And, just at the moment when someone says, "There,
she is gone,"
there are other eyes watching her coming, and other
voices
ready to take up the glad shout, "Here she comes!"*

And that is dying...





Rewriting our Inner Dialogue

LINDA HARKNESS - SAN ANTONIO

Each of us in our **Community of Hope International** centers can transform any possible self-doubt, challenges, into self-worth by rewriting our inner-monologue. Men, women and children of God can:

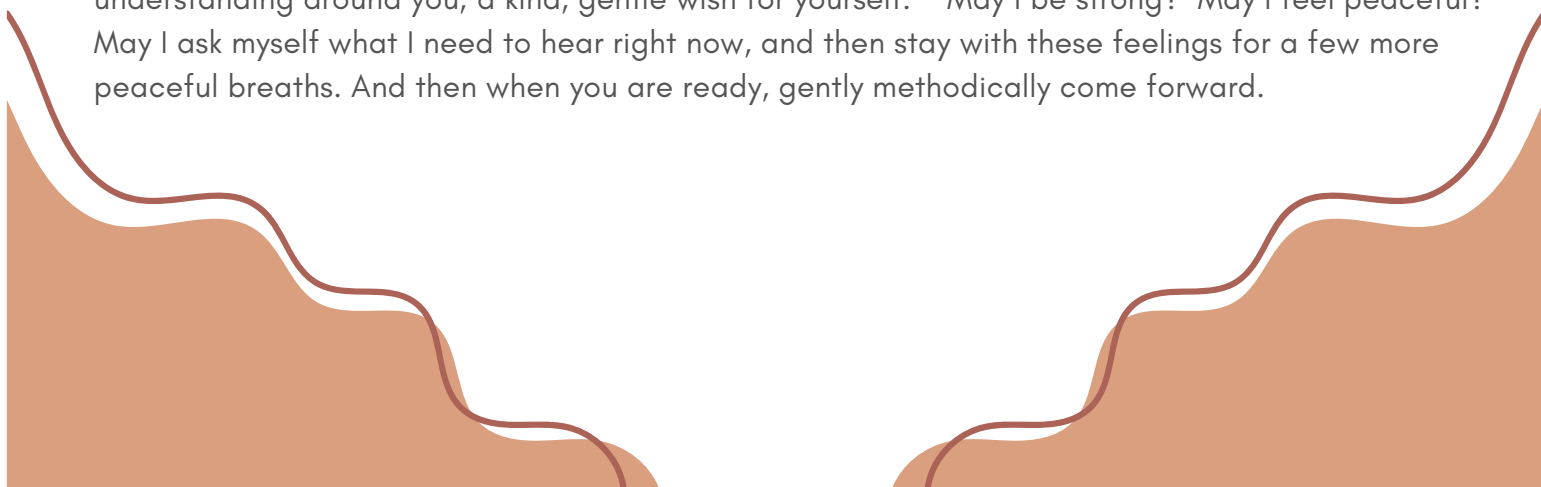
- Stop comparing our relationships with others
- Stop the feeling of being so critical of ourselves, or unworthy or unlovable
- Push away all negative thought processes so we can become our own inner ally
- Treat ourselves with better self-understanding and more kindness
 - Just for a few minutes as reading this short posting, can you start reading it by sitting up nice and tall? Place your hands on your knees, softly close your eyes for just a few seconds, then take a few breaths, and at your own speed..... deep breaths.
 - If there is any tension in your body, literally soften it; relax muscles in your forehead, face, jaw... relax your shoulders, then your chest...relax your arms down to your hands...gently wiggle your fingers. And quietly let any tension out of your legs and feet! Become soft, quiet...still.
 - Now think about a recent issue that challenged you. Was it a difficult issue? Did you maybe make a mistake? Did you lash out at anyone in anger? Did you mean to stick up for yourself and just didn't?
 - All actions or reactions, negative or not, are part of being human. Pain, mistakes, anxiety, not getting what we want, are experiences...but they are temporary.

Forget the mistakes and remember the lesson. Think about Proverbs 28:13:

"A person who refuses to admit mistakes can never be successful! But if that person confesses and forsakes those mistakes, another chance is given."

In other words, we get a fresh start.

- Take the time to think along the lines of self-compassion and treat yourself as you would a good friend, with more kindness and understanding and compassion.
- Whatever you might be thinking, whatever you feel, see if you can place a sense of kindness and understanding around you; a kind, gentle wish for yourself. May I be strong? May I feel peaceful? May I ask myself what I need to hear right now, and then stay with these feelings for a few more peaceful breaths. And then when you are ready, gently methodically come forward.





Training across the Regions

PAM PIEDFORT - ST. GEORGE CHURCH, SAN ANTONIO, COHI BOARD MEMBER

One of the current exciting happenings in COHI, among many, is the number of trainings occurring across the Regions, including the West Texas Region, the Southeast Region, and the Heartland Region.

WEST TEXAS REGION OFFERS DIOCESAN - WIDE TRAINING

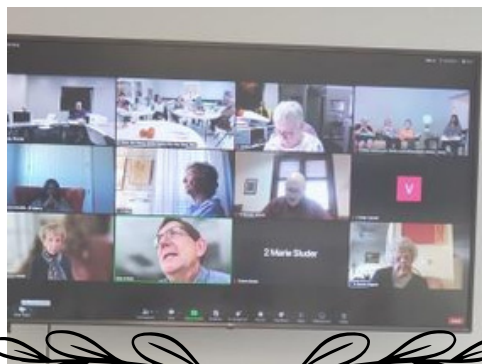


Since last August, twenty-three aspiring lay chaplains representing nine churches from Canyon Lake in central Texas to Brownsville at the southern tip of the state have been participating in COHI training offered on Zoom. Additionally twenty-five observers including center facilitators, rectors, and current lay-chaplains seeking refreshing of their skills are participating.

On November 4, a mini-retreat was held at St. Francis by the Lake at Canyon Lake with about a dozen people in person and everyone else on Zoom.



We were thrilled to have Modules 5 and 6 taught respectively by the Rev Nancy Springer, Associate Rector at St. Francis by the Lake, and the Right Rev Brian Prior, assisting Bishop of the Diocese of Alabama and board coach supporting the building of the new vision of COHI.





Training across the Regions

CONTINUED

ST. MICHAEL AND ST. GEORGE CHURCH OFFERS TRAINING

SANDRA VIUTEL - KIRKLAND, MO

I am thrilled with the current group of nine lay chaplain applicants! They are dedicated, attentive, smart, and just plain lovely people. I feel privileged to spend Thursday evenings with them as we grow together.



I have invited all commissioned COHI lay pastoral caregivers to attend any or all of the sessions for any part or all evening. So far, several have attended and stayed for all but the meal. They have added a great deal to the class. This has served as a "refresher" for all of us oldies.

Our speakers have been amazing! One speaker, Rev. Sally Weaver of the Episcopal Diocese of Missouri, has been invited to the next Quarterly Meeting of the Heartland Region to speak with us and conduct Eucharist. Her approach to Module 2, the Theology of Pastoral Care, made a huge impression on the class. I expect no less at the Quarterly."



SOUTHEAST REGION PLANS TRAINING

KAREN CALHOUN - HOLY INNOCENTS - ATLANTA

Three churches in the southeast region are working together to plan a virtual training which will begin in early January. Representatives from Grace Episcopal in Gainesville, GA, Holy Innocents' Episcopal in Atlanta, and Trinity Episcopal Cathedral in Columbia, SC, are working together to schedule speakers and training sessions on Zoom so that participants from diverse geographic areas can train together. Many of the speakers will be clergy leaders from each of the three parishes.



Grace Episcopal
Gainesville, GA



Holy Innocents' Episcopal Church
Atlanta, GA



Trinity Episcopal Cathedral
Columbia, SC

If your COHI center is small and resources are scarce, consider working with other programs to take advantage of economies of scale and accomplish training for your potential new COHI members.



New Board Member Joe Merlino and Fr. Kamandani review membership issues.



Steve Bartlett, treasurer, lovingly known as Mr. Doom and Gloom!



Sally Ulrey, Canon for Congregational Vitality and Ministry Development, believes community is the answer to many church issues.



Taize Service in All Saints Chapel



Fr. Kamandani describes the work in Malawi



Host John Stewart models his dashiki made by Mrs. Kamandani.



New Board members are introduced and describe their roles.



David Gillon and Karen Huber



Our Fearless Leaders,
Sarah and Brian!



Musician and Rev Jeff Jackson serenades and entertains participants.



Pam Heidt and Marilyn Williams



Karen Murphy and Lynnae Schatz



Fontaine Draper and Craig Wilson



Carol Heddleston and Tricia Wilson gathered with other COHI members



Judith Quarless, Joyce Thompson, Gail Sargeant



Willy Bobo and Amy Stillwell



The Board has a joyous farewell dinner with Fr. Kamandani.



James DeDeaux, Becki Nichols, Tricia Jones, Pam Piedfort, Earlene Caldwell, Melissa Sufka, and others gathered



The newest video password
has been released!
Please check with your
regional rep. for more
information.

We want to hear from you!

TELL US ABOUT BOOKS & BLOGS YOU LIKE, WAYS
OF REACHING CARE-RECEIVERS, AND TRAINING
IDEAS THAT WORK!

Deadline: 12/1/2023

EMAIL PAM PIEDFORT TO SHARE YOUR STORY!
PAM.PIEDFORT@COHINTERNATIONAL.ORG