

The Community of Hope International

Connections

Spring 2016



19TH ANNUAL COHI CONFERENCE: JUNE 6-8, 2016

SEEKING GOD IN THE RHYTHMS OF LIFE

CONFERENCE HIGHLIGHTS

With great joy we welcome back **CAROL PERRY, SU**, Bible Scholar from Marble Collegiate Church in New York City. Her Bible studies are a delight. *Sr. Carol will open and close the Conference with Biblical perspectives on Seeking God in the Rhythms of Life.*

General Session:

**DAILY RHYTHMS OF PRAYER -
TAPPING THE SACRED SILENCE WITHIN**
Lectio Divina and Meditation:
Michael Gallagher and Carla Cooper



We are honored to feature **MICHAEL CASEY, OCSO**, a Trappist monk of Tarrawarra Abbey in Australia. Fr. Casey will give a talk each day of the conference relating to Seeking God in the Rhythms of Life. He is a well-known lecturer and author of many books, including "A Guide to Living in the Truth: Saint Benedict's Teaching on Humility". Fr. Casey's books will be available at the conference.

General Session:

**RHYTHMS OF LISTENING -
DEBRIEFING**

A video and panel discussion on debriefing: We are serving one another through listening and growing in spiritual friendship.

General Session:

**SACRED RHYTHM OF
COMMUNITY -
CIRCLE OF CARE**

A model Circle of Care on Tuesday for all attendees which will include:
Evening Prayer,
Dinner,
Circle of Care activities, panel discussion and Compline.



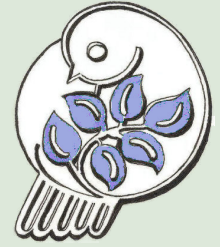
RAFFLE AND SILENT AUCTION:
Back this year by popular demand: A delightful way to give to your Community of Hope, have fun and get neat stuff!

OTHER FEATURES:

Items available for purchase by our favorite jewelry artist Nancy Denmark and woodworking artist Margaret Bailey.



A Little Bit of This and That

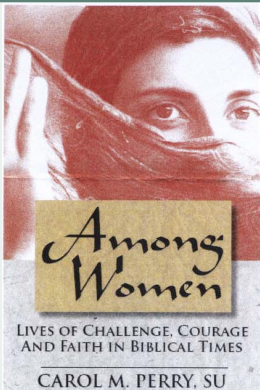


Here is a list that recently appeared on Facebook, written by a memory care worker:

IF I GET DEMENTIA, I'D LIKE MY FAMILY TO HANG THIS WISH LIST ON THE WALL:

RULES FOR A GOOD LIFE

- If I get dementia, I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.
- If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.
- If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read and visit with friends.
- If I get dementia, ask me to tell you a story from my past.
- If I get dementia, and I become agitated, take the time to figure out what is bothering me.
- If I get dementia, treat me the way that you would want to be treated.
- If I get dementia, make sure that there are plenty of snacks for me in the house. Even now, if I don't eat I get angry, and if I have dementia, I may have trouble explaining what I need.
- If I get dementia, don't talk about me as if I'm not in the room.
- If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.
- If I get dementia, and I live in a dementia care community, please visit me often.
- If I get dementia, don't act frustrated if I mix up names, events or places. Take a deep breathe. It's not my fault.
- If I get dementia, make sure I always have my favorite music playing within earshot.
- If I get dementia, and I like to pick up items and carry them around, help me return those items to their original places.



Among Women will be available for purchase and signing at our June Conference

A new book by Sr. Carol

They could be your neighbors, cousins, sisters, mothers. But even though they lived in another world at a different time, they share our human condition.

These are the women whose lives of challenge, courage, and faith appear in the Bible. They include the familiar and the unfamiliar, the powerful and the powerless, the married and the widowed, the saintly and the sinful. Of course, our businesswoman today is quite different from Martha of Bethany or Tamar of Canaan back then. Or is she? Sister Carol Perry invites us to see these women and to imagine them asking us, "What might you have done had you been me?"

We will have to make our own decisions in our own circumstances, and the women of the Bible can serve as models. They lived in a patriarchy because that is all their world knew. But they found a way to shape their lives, some with success and some without, and we cannot ignore them.

Among Women tells the story of a kinship that defies time and place.



News from the Regions

WEST TEXAS REGION

LIN BOUDREAUX

St. Francis by the Lake Episcopal Church, Canyon Lake

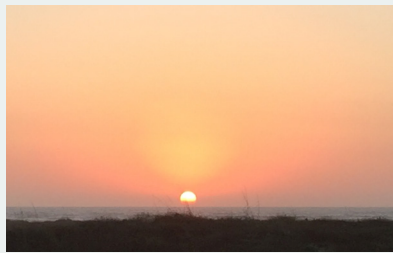


St. Francis by the Lake is the newest COH center in the Diocese of West Texas. Above is the Community of Hope Commissioning on November 22, 2015.* Pictured L-R: Fr. Eric Fenton, Fr. Gordon Scheible, Jo Conchado, Ann Patia, George Witbeck, Gay Witbeck, Patricia Doyal, Valerie Kirk, Libby Templeton, Dale Jones, Beverley Matthewson, Staci Brian, Don Stackhouse, Julie Chalk, Tricia Jones, Lin Boudreaux and Fr. David Chalk. Not pictured: Becky Averyt, Betty Morris and Velda Vukoder who were commissioned on December 13.

Lin Boudreaux

*Note - Due to an oversight, this article was not included in the Winter Newsletter.

West Texas Region Annual Retreat



Sunrise on the Gulf at Mustang Island Conference Center.



The West Texas Region Annual Retreat, organized by Christ Episcopal Church in San Antonio was held in March 2016 at the Mustang Island Episcopal Conference Center at Port Aransas, Texas. The Rev. Bruce McNab of Bozeman, Montana was our speaker. His subject was “*Our Journey With Jesus*”. The program was a beautifully organized and very informative. Fr. McNab is an Episcopal (retired) priest and the author of *Finding the Way: Restarting your Journey with Jesus* (2013), *Let Your Light Shine*(2011), and *Believing is Seeing: Reading John’s Gospel with 21st Century Eyes* (2016).

Pam Heidt



Welcome New Centers!

St. James Episcopal Church, Austin Texas
February 2016
St. Paul Catholic Church, San Antonio, Texas
March 2016



A letter from COHI founder and board president, The Rev. Dr. Helen Appelberg:

To Community of Hope members, newcomers and friends,
We are all about becoming community and discerning God's call and gifts for ministry to others and to each other as lay chaplains. Our training is rooted in Benedictine spirituality, the seventh century Christian movement that saved Western Christianity. Every spring Community of Hope leaders and lay-chaplains across the nation work together to plan an action packed three day conference held in the piney woods at Camp Allen near Houston, Texas. This year we will be, "Seeking God in the Rhythms of Life" and learn from dynamic, famous speakers. This is our 19th year, the best yet. All are invited!

Helen†

REMEMBER THIS!!

Early Bird Registration for the June conference ends on May20!
After that the cost increases.

Register for the conference on the Camp Allen website:
www.campallen.org

Scholarships are often available to help defray the Camp Allen costs. For more information contact Cynthia Drake,
cdrake@cohinternational.org



Listed here are books by Michael Casey that you might want to read. Some of them will be available at the conference and you can have Fr. Michael sign your book:

**Seventy-Four Tools for Good Living: Reflections on the Fourth Chapter of Benedict's Rule*

**A Guide to Living in Truth: St. Benedict's Teaching on Humility.*

**The Road to Eternal Life: Reflections on the Prologue of Benedict's Rule*

**Strangers to the City: Reflections on Beliefs and Values of the Rule of Benedict*

**An Unexciting Life: Reflections on Benedictine Spirituality*

**Fully Human, Fully Divine: An Interactive Christology*

**Sacred Reading: The Ancient Art of Lectio Divina*

Enjoy your updated COHI Website for all details on the June Conference and COHI news:

www.cohinternational.org

Summer 2016 COHI Newsletter deadline is July 20

