



Greetings Capital Readers!



A friend of mine recently confronted me that I don't do enough to let people know about all that is happening with the Pastoral Care Department. She was right. I like to keep a low profile. But there are lots of things that happen through our Department and you should know. We work very hard to make sure that Capital patients and staff receive the highest level of professional spiritual care.

There are 2 significant developments in Pastoral Care. Our Clinical Pastoral Education (CPE) program has two new classes. On September 15, we welcomed Resident Chaplains Mark Smith (RMC) and Carrie Sumrall (Hopewell). On October 8, we will welcome the next class of extended unit interns. That will be an exciting part-time group with new faces to Capital Health, and new religions that are being represented. As an aside, developing the program is a year-round process. Believe it or not, on October 2, we begin recruiting and interviewing for the 2015-2016 cycle.

The second significant development will come this year during National Pastoral Care Week (October 19-25). As before there will be a chance to meet the new Chaplain Residents, and we will have our now annual Blessing of the Hands service, but on Friday that week the Pastoral Care Department will be going forward for accreditation of the CPE program. This is new territory for Capital Health. We have had a Board Certified Chaplain since 2004, but 10 years later and we are pursuing accreditation for our training program with the College of Pastoral Supervision & Psychotherapy (CPSP). We started with a small internship with Princeton Theological, just 1 or 2 interns per year. We had our first training group in 2005. In 2009, we started the CPE program and launched the Residency in 2012. Now, we pursue accreditation as a training center, which will stand for 7 years.

It's worth recognizing that every aspect of care at Capital is oriented toward excellence and accreditation.

RESIDENT REFLECTION

Mark Smith

"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity." ~World Health Organization, 1948

"The part can never be well unless the whole is well." ~Plato

We speak of the person as the combination of body, mind, and spirit. At Capital Health, it is obvious that we care for the body. We also have departments that care for the mind. All of us, regardless of where we work, care for the soul. We do have a Pastoral Care department, and chaplains who are able to spend larger blocks of time with patients touching on "soul work." But we also have each and every employee who interacts with patients or who supports someone who does. Many interactions touch the body, all touch the mind, and all touch the soul.



**RMC Resident
Mark Smith**



**Hopewell Resident
Carrie Sumrall**

We know that when the mind is distressed, bodily healing is more difficult and takes longer. The same is true of the spirit – when the spirit is distressed healing can be delayed. In Pastoral Care, we seek to help the patient or family or staff member discover reasons for their spiritual unrest and let them find their path to peace, which in turn often helps the healing of mind and body. And then we support that peace.

OCTOBER 2014

Learn about more holidays here:

<http://www.interfaithcalendar.org/2014.htm>

- 3
 - Waqf al Arafa - Hajj Day - **Islam**
 - Islamic observance day during Hajj when pilgrims pray for forgiveness and mercy. **Holy day begins at sundown the day before this date.**
- 4
 - Yom Kippur - **Jewish**
 - Jewish Day of Atonement. This holiest day of the Jewish year is observed with strict fasting and ceremonial repentance. **Holy day begins at sundown the day before this date.**
 - Saint Francis Day - Catholic Christian
 - Christian recognition of the Franciscan Monastic Order which he founded.
 - Dasara - **Hindu**
 - Hindu celebration of victory and valor. Lord Rama is remembered as winning a victory over evil.
- 4-7
 - Eid al Adha - **Islam**
 - Islamic Festival of Sacrifice. The day after Arafat, the most important day in Hajj ritual. A three-day festival recalling Abraham's willingness to sacrifice his son in obedience to Allah. **Holy day usually begins at sundown the day before this date.**
- 9-15
 - Sukkot - **Jewish**
 - Jewish Feast of Tabernacles which celebrates the harvest and the protection of the people of Israel as they wandered in the wilderness dwelling in tents. **Holy day begins the day before this date.**
- 16
 - Shemini Atzeret - **Jewish**
 - Jewish completion of the annual cycle of reading of the Torah. **Holy day usually begins at sundown the day before this date.**
- 17
 - Simchat Torah - **Jewish**
 - Jewish day to celebrate the reading of the Law. Synagogue services involve readings, processions and blessing of the children. **Holy day usually begins at sundown the day before this date.**
- 19-25
 - National Pastoral Care Week
 - More news to come!
- 21-25
 - Deepavali - **Hindu**
 - Hindu celebration - a five day festival of lights marking the end of the Hindu year. First day is observed as a holiday by many Hindu people.
- 23
 - Diwali - Deepavali - **Hindu**
 - Hindu Festival of Lights symbolizing the human urge to move toward the light. Gift exchanges, fireworks and festive meals. Jain celebration of Lord Mahavira's day of final liberation.
- 25
 - Hijra - New Year - **Islam**
 - The emigration of Muhammad and his followers to Medina in 615 c.e. **Holy day usually begins at sundown the day before this date.**
- 31
 - All Hallow's Eve - **Christian**
 - Christian celebration of mystery combining prayers and merriment involving children and families. It is a prelude to All Saint's Day.