

\* Pr. **Rich Kramer**, West Fargo: David Augsburger, Caring Enough to Confront; Ernest Becker, The Denial of Death; anything by Fredrick Buechner; Edwin Friedman, Generation to Generation: Family Process in Church and Synagogue; Daniel Goleman, Emotional Intelligence; W. Paul Jones, Theological Worlds: Understanding the Alternative Rhythms of Christian Belief; Andrew Lester, Hope in Pastoral Care and Counseling; Gerald May, Addiction and Grace: Love and Spirituality in the Healing of Addictions; Rachel Naomi Remen, Kitchen Table Wisdom and My Grandfather's Blessings; Daniel Simundson, Faith Under Fire: How the Bible Speaks to Us in Times of Suffering; Howard W. Stone, Depression and Hope: New Insights for Pastoral Counseling. Insight: Keep a Sabbath day each week; keep a Sabbath time each day.

\* Pr. **Elwood Rieke**, Fargo I recommend Pastor Art Johnson who was in charge of pastoral care at Merit Care for many years. Best authors: William Willimon and Granger Westberg (*Good Grief*).

\* Pr. **Patrick McCormack**, Thompson: I go back to *How to Keep the Pastor You Love* by Jane Rubietta and *The Cry of Tamar* by Pamela Cooper-White.

\* Pr. **Jerry Protector**, Fargo: I recommend Mark Allen Powell's work; *The Generosity Ladder* by Nelson Searcy; and Kirk Nowery's *The Giving Church* and *The Giving Christian*. Best care should also include Dave Ramsey's material on Financial Peace University.

\* Pr. **Mike Woods**, LaCrescent, MN: The language of God is story, symbol and ritual. (I think Carl Jung said this) and silence. Pastoral care is helping people become fluent in the language of God.

*For doing good ritual and symbols I recommend:*

1. Gertrude Mueller Nelson To Dance With God
2. The Nilson Family For Everything a Season: 75 Blessings for Daily Life
3. Robert Fulghum From Beginning to End

*For good stories*

1. Rachel Remen Kitchen Table Wisdom and My Grandfather's Blessing
2. Mary Pipher Letters to a Young Therapist

*For Caregivers*

1. Wayne Muller's 3 hour DVD, Called to Action: Strengthening Ministries of Healing is pure gold. (read him in this month's The Lutheran magazine)
2. Robert Wicks Riding the Red Dragon: Ten Lessons for Inner Strength in Challenging Times
3. The Art of Pastoring by William C. Martin

## Spiritual Directors

- ❖ Sr. Andrea Arendt [presprayerctr@cableone.net](mailto:presprayerctr@cableone.net)
- ❖ Sr. Francine Janouse [fjanousek@cableone.net](mailto:fjanousek@cableone.net)
- ❖ Sr. Elaine Garr [garrye@presentationsisters.org](mailto:garrye@presentationsisters.org)
- ❖ Peter Edwards [pedwards@catholiccharitiesnd.org](mailto:pedwards@catholiccharitiesnd.org)
- ❖ Ellen Zaeske [ezaeske@mcleodusa.net](mailto:ezaeske@mcleodusa.net)
- ❖ Pr. Tiffany Sundeen [tsundeen@olivet.org](mailto:tsundeen@olivet.org)
- ❖ Daniel Wolpert [micahprays@midco.net](mailto:micahprays@midco.net)
- ❖ Sr. Dorothy Bunce [dorothy.bunce@fargodiocese.org](mailto:dorothy.bunce@fargodiocese.org)
- ❖ Pr. Terry Hagensen [stsinner4u@gmail.com](mailto:stsinner4u@gmail.com)
- ❖ More information about spiritual directors lat [https://spreadsheets.google.com/a/ecunet.org/spreadsheet/ccc?key=0AmFlyJ4cmKV8dEpodOFhakhNUkgtWGO2elkOQTNoeUE&hl=en\\_US#gid=0](https://spreadsheets.google.com/a/ecunet.org/spreadsheet/ccc?key=0AmFlyJ4cmKV8dEpodOFhakhNUkgtWGO2elkOQTNoeUE&hl=en_US#gid=0)

*Who am I? They mock me, these lonely questions of mine.*

*Whoever I am, thou knowest, O God, I am thine!*

Dietrich Bonhoeffer


# Replenishment, Reflection, Pastoral Care

*"Just to be is a blessing; just to live is holy."*

Abraham Joshua Heschel

The following recommendations are singled out for the ways they provide care to pastors and leaders across the church. Resources both for self-care and care of parishioners are included. Some reflect self awareness; others speak to care of others; some address the disillusionment of daily life and ministry. Many draw us back from the edge of self-preoccupation and the running of institutions into the presence of a God who, in the midst of disappointments, illusions and disillusion, will not let us go. It's a work in progress!

Julie K. Ageson, Director of the Resource Center  
Coordinator, ELCA Resource Centers

 Pastoral Care - Consider the following:

- ❖ Resources re: practical aspects of pastoral care are available at [www.eandsynod.org/resource-center](http://www.eandsynod.org/resource-center)
- ❖ Check out the following new titles:
  - ◆ Nan Guilmartin, *Healing Conversations (revised)*
  - ◆ Margaret Benefiel, *Soul of Supervision*
  - ◆ Denise Hopkins, *Grounded in the Living Word*
  - ◆ Rolf Nolasco, *Contemplative Counselor*
  - ◆ Neil Pembroke, *Pastoral Care in Worship, Liturgy, and Psychology*
  - ◆ Joe Pennel, *Gift of Presence*
  - ◆ John Sippola, *Welcome Them Home, Help Them Heal*
  - ◆ Larry Webb, *Crisis Counseling in the Congregation*
- ❖ Form a clergy or colleague group where questions and issues of pastoral care shape conversation and prayer
- ❖ Consider meeting regularly with a spiritual director
- ❖ Make time for a retreat (see below)
- ❖ Ask someone you trust as a model and "fellow traveler" to be your mentor
- ❖ Read, write, take time for nature and the restorative power of creation
- ❖ Spend time on those things which give you life
- ❖ Sabbatical possibilities—see [www.eandsynod.org/resource-center/topic/sabbatical/](http://www.eandsynod.org/resource-center/topic/sabbatical/)

*Who am I? They often tell me I would step from my cell's confinement calmly, cheerfully, firmly, like a squire from his country-house. Who am I? They often tell me I would talk to my warders freely and friendly and clearly, as though it were mine to command. . . . Who am I? They also tell me I bore the days of misfortune equably, smilingly, proudly, like one accustomed to win.*

## Retreat Opportunities


- ❖ Presentation Prayer Center [www.presentationistersfargo.com](http://www.presentationistersfargo.com)
- ❖ Sisters of Mary of the Presentation and House of Hospitality [www.sistersofmaryofthepresentation.com](http://www.sistersofmaryofthepresentation.com)
- ❖ HeartSprings: Center for Health, Hope, Healing [www.messiahfargo.com](http://www.messiahfargo.com)
- ❖ Spirit in the Desert Retreat Center <http://www.spiritinthedesert.org> (see below)
- ❖ Holden Village <http://www.holdenvillage.org>
- ❖ Franciscan Spirituality Center <http://www.franciscanspiritualitycenter.org>

## Spend Time with the Following Authors

The Resource Center loans most of the books and media resources by these authors:

- ❖ **Eugene Peterson** Peterson's work can help pastors recover "vocational holiness." His newest book is *The Pastor*. Check out his eloquent writing in *The Contemplative Pastor*; *Working the Angles*; *Under the Unpredictable Plant*, and *Take and Read*. You'll find intimations of God at every turn. [www.eugenepetersononline.com](http://www.eugenepetersononline.com)
- ❖ **Barbara Brown Taylor** This writer, preacher, teacher is primarily a worshiper. Her books reflect a way of being and seeing most of us long for: "... BBT works with God's word, God's people, God's gifts, God's hope for the world . . . you who are entering ministry . . . you who are ministers who have forgotten your call . . . you who are not ministers but who are standing on the porch, unsure of whether you are seeking or being sought" . . . you must spend some time with BBT! [www.barbarabrowntaylor.com](http://www.barbarabrowntaylor.com)
- ❖ **Joan Chittister** Begin with *Wisdom Distilled from the Daily*, Chittister's recounting of the Rule of St. Benedict where she clearly describes the richness of daily life when guided by common sense reverence for God, self, and others. Order/borrow her monthly "Monastic Way" for daily reflections about living life fully. [www.joanchittister.org](http://www.joanchittister.org)
- ❖ **Abraham Joshua Heschel** Classics like *I Asked for Wonder* and *Quest for God*
- ❖ **Dietrich Bonhoeffer** Must reads include *Life Together*, *Who Am I?* and *The Wisdom and Witness of Dietrich Bonhoeffer*
- ❖ **Granger Westberg** His classic best-seller from Augsburg Fortress is *Good Grief*. AFP also recommends *Domestic Violence: What Every Pastor Needs to Know*, *Pastoral Care of Alcohol Abusers*, and *Defeating Depression: Real Help for You and Those You Love*. We have also added *Pastoral Care Emergencies* to the RC collection
- ❖ **Henri Nouwen** Don't miss *The Living Reminder*, *Wounded Healer* and *Can You Drink the Cup?*
- ❖ **William Martin** *The Art of Pastoring: Contemplative Reflections*
- ❖ **Rob Bell** In addition to the Nooma films, don't miss Bell's provocative books [www.robbell.com](http://www.robbell.com)

*Am I then really all that which others tell of? Or am I only what I myself know of myself?  
Restless and longing and sick, like a bird in a cage, struggling for breath, as though hands were compressing my throat,  
yearning for colors, for flowers, for the voices of birds, thirsting for words of kindness, for neighborliness,  
tossing in expectation of great events, powerlessly trembling for friends at an infinite distance,  
weary and empty at praying, at thinking, at making, faint and ready to say farewell to it all?*

 **Poke Around these Sites** – You'll find interesting resources for pastoral care as well as offerings like events, tutorials, workshops, retreat opportunities, weekly blogs, and more.

- ❖ <http://www.faithandwisdom.org> retreat centers, events offered by seminaries, colleges, lifelong learning centers
- ❖ <http://www.sdiworld.org> spiritual directors and how to identify those most helpful
- ❖ <http://www.sacrespace.ie> an online prayer guide
- ❖ [www.alban.org](http://www.alban.org) Alban Institute
- ❖ [www.paracletepress.com/resources](http://www.paracletepress.com/resources)

*Who am I? This or the other? Am I one person today and tomorrow another? Am I both at once?  
A hypocrite before others, and before myself a contemptibly woebegone weakling?  
Or is something within me still like a beaten army, fleeing in disorder from victory already achieved?*

## More resources from colleagues

- \* **AIM Curt Larson**, Milnor: I attended a retreat sponsored by Luther Seminary and the Board of Pensions a couple years ago. Sandy Rothshiller was the main presenter. It was held at the Spirit in the Desert Retreat Center, north of Phoenix, AZ. I don't remember the name of event, but it focused on self-care. The event helped me determine how to better care for myself, so I can better care for others. The week-long event schedule allowed plenty of free time and the February dates were ideal as it came between the two busiest seasons of Christmas and Easter.
- \* **Pr. Kathy Brown**, Grand Forks: Read Wesley Granberg Michaelson's new book, *Unexpected Destinations* (Eerdman)
- \* **Pr. Dan Carlson**, Larimore: One resource that I have found helpful early in my ministry was a little book entitled, "Minister's Prayer Book" edited by John W. Doberstein, Fortress Press copyright 1986. Another thing that I try to do for self care is to make my day off (if there's an emergency, I try to take another day). Sabbath is important for self care. Some of the best advice for pastoral care came from Professor Bill Smith at Luther Seminary... telling us to know when you are in over your head—REFER. Refer to someone who is a specialist and trained counselor.
- \* **Pr. Jim Winjim**, Grand Forks: A couple of books that I have found useful are *Becoming a Pastor: Forming Self and Soul for Ministry* by Jaco J. Hamman. Cleveland: Pilgrim Press. 2007 and **Transitions: Making Sense of Life's Changes** by William Bridges. Da Capo Press. 2004.
- \* **Pr. Rich Budd**, Leeds: I like Eugene Peterson---everything he writes is good. I just recently finished his autobiography, *The Pastor: A Memoir*. On target also: *A Long Obedience in the Same Direction*, *The Contemplative Pastor*, and the one that really hits home, *Working the Angles*.
- \* **Pr. Adam Copeland**, Fargo: A good intro for pastoral ministry—*The Pastor* by Eugene Peterson. A good site for congregational studies, support, and classes—<http://thethoughtfulchristian.com>
- \* **Pr. Lucinda Lien**, Ypsilanti: *Kirk Byron Jones' Rest in the Storm and Addicted to Hurry; for depression and its treatment without medication, The Feeling Good Handbook* by David Burns.
- \* **Pr. Bonnie Weaver**, Cando: Since our rural population is aging I have found that the annual Geriatric Healthcare, Alzheimer's, & Hospice Conference in Bismarck is a great help. Each year they have different topics, but I have attended sessions on Pastoral Care for the Care Giver, Communicating with Alzheimer's Patients, Using Laughter to Ease Crisis Situations, Grief and Alzheimer's, etc. Also, taking the Prepare/Enrich class on pre-marital counseling was enormously helpful.
- \* **Pr. Jessica Merchant**, Tri-County: *Two books that immediately come to mind are William Willimon's Pastor, and Marva Dawn's Sense of Call. Those two books were quite helpful with self-care my first years of ministry.*
- \* **Pr. Marty Simmons**, Fargo: **Read Chaim Potok!**