

Chaplain / Spiritual Leader

Current Topics

COVID-19 Pandemic, Civil Unrest, etc.

Discussion & Support Meeting

Vision:

- Chaplains will be recognized for their significant contribution to the cumulative positive management of and recovery from current events;
- Allowed to provide their service as needed/requested;
- Provide a safe environment to discuss spiritual/religious issues relating to current events;
- Provided the same level of support afforded to other front-line emergency responders.

Mission: Provide safe discussions and supports to and celebrate Chaplains.

Structure:

- Weekly meetings (at least – more frequent if needed)
- Mondays
- 7 PM Eastern Time Zone (flexible as needed)
- 1.5 hours allotted – come & go as you wish
- Zoom-based with security admission
 - Meeting ID: **926-643-329**
 - Meeting Password: **4t8oIJ**
 - This Zoom meeting information should only be shared with people you trust
 - The security of this group is our shared responsibility.
- Active until?
- Participants:
 - Chaplains / Spiritual Leaders
 - Community-based
 - Organizational-based
 - Independent
 - CPE Supervisors
- Independent website for Chaplain Resource Collection
 - Collection of Chaplain resources
 - Maintained & controlled for Chaplains independent of any agency or organization
 - PAR Foundation: <https://parfdn.com/chaplain-resources>

- **Agenda:**
 - Welcome
 - Overview of Meeting Rationale & Structure
 - Participant Check-In
 - (Emergency Issues)
 - Sharing Time
 - (Education Segment)
 - Self-Care Planning

Expectations:

- Voluntary participation
- Civility and professionalism
- Ask for the help you need and deserve
- Share resources, ideas, and perspectives
- Speak for yourself and avoid gossiping
- Ventilate rumors but communicate truths
- Give and receive support
- Actively participate in personal and family self-care
- Celebrate being a Chaplain during COVID-19
- We will get through this pandemic together

Benefits:

- A safe environment
- Vent frustrations/anger/anxiety/sadness/guilt/grief/etc...with others who understand
- No judgments
- Share your needs and get other's support and perspectives
- Share resources
- Discuss personal and/or professional related COVID-19 issues as needed
- Feel the welcome and warmth of the Chaplain family like you did by the end of class
- Acquire new helpful/healthful coping knowledge, skills, perspectives

Rationale:

- Chaplains have a unique set of knowledge and skills that are valuable during emergent events,
- Chaplains have unique personality characteristics that include their ability to:
 - Communicate effectively with people,
 - Lead and motivate people,
 - Understand their followers response abilities and expectations,
 - Understand the communication processes,
 - Network,
 - Get the right information to the right people via the right channel at the right time so they can make the right decisions.
- Chaplains may experience isolation during “blue-sky days”,
- Chaplains may experience being “siloeed” during the COVID-19 response,
- Chaplains may be tasked with “do as you are told” – without the freedom to address the needs of their customers,

- Chaplains may be stifled in the utilization of their education and creativity to address the needs of their customers,
- Chaplains may not have other local trusted colleagues who they feel comfortable confiding in,
- Chaplains, like other emergency responders, typically “filter” what they share with their families in an attempt to protect their loved ones from the contaminants they have already experienced,
- Chaplains who have completed a Clinical Pastor Education (CPE) course have developed a unique camaraderie that provides support by someone who “gets it” because they too are a Chaplain,
- The job of Chaplain can be uniquely stressful by having one foot in emergency management and the other with the public,
- Chaplains are people too, and need a safe place/space to vent and both get and give support to other Chaplains,

A free service of the PAR Foundation

NOTES: