Vibrant Past

2018 will mark the Platinum Anniversary — 70 years — of Bishop Anderson House. Founded in 1948 by a gift from Katherine Sulzberger, Bishop Anderson’s daughter and member of St. Chrysostom’s Episcopal Church, our ministry bears his name because of the social and spiritual aspirations he championed. Bishop Anderson's vision of the church was as the transformer of society and an agent of change and healing. By the grace of God, we continue to live this vision 70 years later.

A defining moment of our history is the ministry of The Rev. Dr. Christian Hovde, (our Executive Director from 1963-1988). Rev. Hovde also held the Bishop Anderson Chair of Religion, Health, and Human Values at Rush University Medical Center which grew out of his perceptiveness and curiosity about the intersection of faith and medicine as an ordained Episcopal priest with a PhD in Anatomy.

Hovde once said:

“\textit{The relationship between medicine and religion is obvious, but controversial, and I suggest that it is high time that both disciplines begin constructive research in an area which has heretofore looked dark and forbidding.}”

Rev. Hovde pioneered that research by initiating Clinical Pastoral Education (CPE) at Bishop Anderson House and Cook County Hospital in the 1960’s. Rev. Hovde had the foresight to hire a CPE supervisor before Rush was accredited in 1970 as an ACPE, Inc. center. Therefore, Bishop Anderson House’s commitment to the exploration of spirituality and medicine, specifically through clinical pastoral education, is in our very DNA!

Through our interdependent relationship with the Department of Religion, Health, and Human Values, this year we launched a community-based unit of Clinical Pastoral Education. Students are serving across the city of Chicago in their local congregations, hospices, hospitals, and a continuing care retirement facility. These CPE students are from the United Methodist Church, the United Church of Christ, the Zen Buddhist tradition, and the Episcopal Church.

Another important facet of our history is our ministry at Stroger Cook County Hospital. The Episcopal Diocese of Chicago has supported chaplains at Stroger Cook County Hospital since the 1880’s. Bishop Anderson House continues this work today through the ministry of Chaplain Jim Croegaert at Project Connect, the inpatient HIV+ unit at Stroger, and Chaplain Paul Goodenough, who serves in the trauma and intensive care units at Stroger Cook County Hospital.

Dynamic Present

We have offered the spiritual care visitor training program since 1992. This program grew out of the vision of The Rev. Trenton Pitcher and The Rev. George Monroe, who were committed to the training of lay persons in the art of spiritual care to those in need in their faith community. This program is celebrating its 25th anniversary this year, and we have over 600 alumni throughout the Chicago metropolitan area. This year we sponsored four groups: Deerfield, IL at Zion Lutheran Church; the Austin neighborhood at Greater St. John Bible Church (through financial support from the ALIVE! Project at Rush University Medical Center); Redeemer Lutheran Church in Hinsdale, IL; and St. Paul’s Episcopal Church in Munster, IN, with financial underwriting from the Calumet Episcopal Ministry Partnership.

Since many congregations cannot afford full-time clergy, this program helps meet pastoral needs through lay people who gain the basic skills to assist with ministry to congregants who are homebound or hospitalized. Our hope in 2018/2019 is to offer a hybrid version of this program, combining real-time instruction in a retreat setting online distance learning.

(Continued on Page 2)
We have received wonderful feedback from the ALIVE! Team at Rush about our updated curriculum, reflecting 21st century spiritual care, and ensuring that our Spiritual Care Visitor Training will touch the lives of even more people.

The Rev. Jay Risk (Executive Director 2003-2015) brought financial stability to Bishop Anderson House through the “Campaign for the Future” in 2007, which added over $1 million to the endowment. Jay became a student in the CPE program at Rush, achieved board certification as a professional chaplain, and did research alongside Dr. George Fitchett in the Department of Religion, Health, and Human Values. Jay’s accomplishments brought nationwide recognition to Bishop Anderson House, especially with the publication of his article “Screening for Spiritual Struggle” in 2009 in The Journal of Pastoral Care and Counseling.

Exciting Future

So what is in the future for Bishop Anderson House in the next 5-10 years?

- We will continue to build on our strong history of training lay persons in the art of spiritual care through our Spiritual Care Visitor Training program. Now that we have data from alumni and feedback from different disciplines, we will build a hybrid version of our program so we can have an impact beyond the Chicago metropolitan area. With advances in technology, this is a real possibility not available in the past.

- We will increase our support of patients and families in the Illinois Medical District, especially at Stroger Cook County Hospital. We currently have 1.25 full-time employee positions at Stroger. Imagine how much we could increase our impact by having a CPE intern group providing ministry at Stroger by 2019.

- We will collaborate with Rush around its strategic plan. Together we will have a greater impact on the West side of Chicago, especially in support of communities dealing with the impact of gun violence.

When our West side group graduated last summer, I was struck by the comments of a woman who shared how helpful it was to share her grief about the death of her nephew and to realize that she wasn’t alone, but in community with others who had experienced the same type of loss. She took the concepts we taught to help her family members express the emotions they were feeling, but hadn’t had the space to express. Another member of the group shared her theory that many people turn to violence as a way to publicly express rage because they do not have a safe, acceptable space to talk about their grief. Her dream is to work within her family to talk about grief and sadness and then to expand this to her congregation.

Many times we plant small seeds in the work we do and have no idea what happens next. I have heard stories and time again about the impact our ministry has had over these past 70 years. I look forward to celebrating our past and future work with you all on May 6, 2018 at the Chicago Cultural Center for the “Art of Healing.”

Celebrating The Past, Present, and Future

SCV graduates, chaplains and priests joined us for our Pastoral Care Week seminar on the theology of grief and loss.

We want to wish Chaplain Paul Goodenough and his wife Rachel congratulations on the birth of their son! We send our love and best wishes to your growing family!

One of our visitors during Pastoral Care Week was a Rush doctor who carried his Teddy Bear with him for the rest of the day.
What do Tai Chi, cookies, and advance directives all have in common? They all say “self-care” in a Bishop Anderson House way. Our core commitment to promoting spirituality and wellness in our community drives us to offer unique ways to assist caregivers to keep themselves well.

Seventy years ago, a new ministry in the Episcopal Church was developed: offering Sunday suppers and special speakers for medical students to discuss their spirituality and the ethical concerns that practicing medicine entails. Today, we host spirituality, wellness, and prevention events in the Illinois Medical District and beyond. Because our partners at Project CONNECT at The CORE Center have stressful jobs with little time for reflection or self-care in the work place, we are continuing our self-care series with “My Tai Chi” day, featuring The Rev. Kevin Goodman teaching Tai Chi, mandala coloring, and tropical snacks as well as hosting times for grief and loss reflection.

For the first time ever, we sponsored an entire week of offerings for National Pastoral Care Week. We handed out teddy bears, cookies, chap-sticks and water bottles at all three hospitals in our neighborhood, and capped off the week with “Chappy Hour,” an open house for our medical partners, chaplains and volunteer care visitors.

While it may seem counterintuitive, our “The End is Where We Begin” presentations are actually all about wellness and prevention...taking the steps to plan for end of life issues shows you care not only for yourself, but for those closest to you. The topics taught in these workshops hearken back to the same issues we were founded upon — how to reconcile spirituality and medicine, science and ethics in a loving compassionate manner.

Recently, a nurse approached me on one of the units I cover at Stroger Hospital and said, “Chaplain, can you visit the patient in (her room)?” I looked at my Project CONNECT list of fifteen or so, and I began by saying, “She is not one of my patients, but sure, I’ll stop in and see her.” The nurse told me the woman spoke no English but a daughter who was there might.

It turned out they were both Spanish speaking-only, but when I made the Sign of the Cross they immediately responded with eagerness and pointed me to a portrayal on the window sill of Our Lady of Guadalupe. I offered in gestures to pray, and they again responded eagerly. I prayed an Our Father and a Hail Mary and then prayed for the woman in my own words, blessed them and left. The nurse thanked me for my visit and said the patient also had been asking for Communion. I spoke to the priest on duty, who visited in the early afternoon.

Later I thought of the various barriers that had been transcended: types of patients, language, culture, and that I had been blessed to bring comfort to this woman.

-Chaplain Jim Croegaert, BCC
Alumni Spotlights

We are so proud of all of the work that our alumni are doing. This year’s alumni spotlights are all graduates of our Fall 2016 class at St. Paul and the Redeemer Episcopal Church in Hyde Park. This year, we hosted twice as many trainings as in the past.

Some of our students join the course unsure of where their ministry will take them; some have concrete thoughts of what they would like to do. No matter their plans, our alumni have created and provide support for many vibrant ministries, touching the lives of so many.

Our alumni are one of our most valuable resources. Not only do alumni allow us to expand our impact throughout many different communities (and now across state lines) but they inspire our continuing education events, seminars and self-care events.

To all of our alumni, we say thank you-
Bishop Anderson House would not be what we are without you!

Paul Mallatt, Flight Attendant, Southwest Airlines

Why did you take the Spiritual Care Visitor Training?
Two years ago I saw a presentation given by a graduate of the Bishop Anderson House training at All Saints’ Church Ravenswood, my home parish, and I have been interested in attending since then. Having completed the four-year Education for Ministry (EfM) training the year before, I wanted further my training as part of my spiritual journey.

What did you get out of the SCV Training?
Three skills come to mind:

- Conversation skills – a huge part of being a good listener is not redirecting a conversation, but staying with someone in the topic that is on their mind.
- No proselytizing – Respecting others’ beliefs is a large part of being a good spiritual caregiver.
- Minimize self – To be an effective spiritual caregiver it’s important to remember that individuals experiencing trauma need our presence, not our preaching. We will be more of a comfort to someone who is facing deep loss by simply being with them.

What are you doing now?
After graduation, I started a Sunday Evening Prayer Service at the Breakers at Edgewater Beach, a retirement community where some of our parishioners live — though the service is open to all. There are usually between 8 to 15 people who attend the service regularly. We read from the Book of Common Prayer as well as weekly selections from the Lectionary. Afterward most people stay for a 15-minute discussion about what we read.
Alumni Spotlights

Mel Parks, Human Resources Advisor, PricewaterhouseCooper (PwC)

**Why did you take the Spiritual Care Visitor Training?**
I felt a calling to take this class once I learned of it at my home parish of St. Paul and the Redeemer in Hyde Park. It just felt right for me.

**What did you get out of the SCV Training?**
I learned so much about the difference between the ministry we provide as spiritual caretakers versus ministry provided by a professional Chaplain, which continues to be extremely helpful in discerning how to leverage this knowledge for future work.

**What have you since discerned, and what are you doing now with what you learned?**
This course helped me solidify my desire to start giving back, using the skills and knowledge I've learned. Additionally, it has added fuel to my desire of learning more in the space of pastoral care and chaplaincy. What that ministry journey will look like, be it towards Chaplain or Deacon, remains to be seen. Either way, it is exciting to think about the future. And, this course has helped me understand and leverage more active listening, which as an HR Advisor has proven to be valuable repeatedly.

The Rev. Garth Howe, Deacon, Grace Episcopal in the Loop

**Why did you take the Spiritual Care Visitor Training?**
While this was a requirement for my diaconal formation in the Diocese of Chicago, I had heard wonderful things about this program over the years. Diaconal ministries are varied in focus; pastoral conversations are key to the ongoing nurture of relationships. Understanding how to engage in these spiritually centered pastoral conversations in a variety of settings is integral to their success and effectiveness.

**What did you get out of the SCV Training?**
Not only did I learn the mechanics of how to engage in spiritually centered care, I learned the over-arching concepts of how to approach these interactions across and with a spiritually diverse culture. Also, the sense of community developed during the program provided sincere and inspiring relationships with other participants. I value these on-going and nurturing relationships with my fellow alumni.

**What have you since discerned, and what are you doing now with what you learned?**
I was blessed to be engaged in my diaconal formation field work at the same time I participated in this training. It allowed me to integrate my course learning immediately into life situations. I have since incorporated the tools and concepts taught in this class into my life as an ordained Deacon serving at Grace Episcopal Church in Chicago's South Loop and my service in the world. I believe my pastoral interactions have been enhanced by the training through Bishop Anderson House, thank them for the opportunity, and highly recommend this course of study.
Joshua Daniel, Continuing Liberal Education, University of Chicago

Why did you take the Spiritual Care Visitor Training?
My wife read about the program in our church bulletin at St. Paul and the Redeemer. She reminded me that I had shown an interest in chaplaincy in the past and thought the program would be a good thing for me to do. It also stemmed from a desire to increase my participation in my church life, and to do so in a new way. I was truly curious as to whether or not I was built for pastoral care.

What did you get out of the SCV Training?
The most significant thing was a desire to participate in CPE, which I did this past summer at Northwestern Memorial Hospital. In one of our classes, Tommy was discussing something that was completely captivating to me. Then he said, “We’ll stop there...If you were my CPE students, we’d go a lot deeper.” In my head I was screaming, “I want to go deeper now!” The program helped me recognize that I am built for pastoral care. The first two sessions when we practiced active listening, visiting church members, and the verbatim exercises, all helped me recognize the pastoral resources I had within me.

What have you since discerned?
Soon, I’ll be applying for CPE residencies, with the intention of pursuing chaplaincy as a career. I sorely miss doing the work of chaplaincy on a full time basis; my spirit is restless. I will also start discerning for the (Episcopal) priesthood. Being ordained isn’t currently required for becoming a chaplain, but during CPE I began thinking of my own ministry in a Eucharistic way, and discernment seems like an appropriate step to explore this.

Betty Beard, Senior Safety, Health, and Environmental Manager at Nalco (Ecolab) in Chicago

Why did you take the Spiritual Care Visitor Training?
While I am not officially a member of a church, I do attend Saints Peter and Paul Catholic Church in Naperville, and I was looking for more. Three days prior to my Godmother’s death in August 1997, I visited her in the hospital. While driving there, I heard a voice say “Sing the Dying to the Other Side.” I was startled and puzzled! However, I believed that this was the Voice of Divine Providence calling me to do this.

I have sung with church and community choirs for most of my life. I love to sing, but I do not have a “performance” voice. So, I set about trying to figure out what the call meant and how I should answer it. In August 2015, I found the Threshold Choir, an international network of a cappella singers that “sing for and with those at the thresholds of life.” I had found my answer to the call, and I wanted to further my skill-set.

What did you get out of the SCV Training?
I find that I have more spiritual questions now. I also learned that I need to mindfully practice being grateful for the blessings and challenges in my life.

What have you since discerned, and what are you doing now with what you learned?
I am pretty certain that there is more that I am being called to do. However, discerning what the next steps will be has been somewhat of a challenge and so it continues. Whatever the future path, it will, without question, always include music and singing.
Bishop Anderson House Spring 2018

Spiritual Care Visitor Program

The Spiritual Care Visitor Program equips students with basic skills necessary for compassionate care, and provides self-reflection and spiritual growth as a vital component of the coursework.

10 Weeks

2.5 Hour Classes Each Week + 2 Hours Each Week in Supervised Ministry at Field Placement Site.

Class Topics Include:

- Theology of Pastoral Care
- Active & Reflective Listening
- Communicating with the Cognitively Impaired
- Ethics, Boundaries & Self Care
- Loss, Death & the Dying Process
- Caring for the Aged
- Addiction

Saturdays, February 24th to May 5th, 2018

9:30 am - 12 pm
St. James Cathedral
65 E. Huron
Chicago, IL 60611

1:30 pm - 4 pm
St. Simon's Episcopal Church
717 W Kirchoff Road
Arlington Heights, IL 60005

Applications are due by February 1st.
Questions? Call (312)563-4824 or e-mail Thomas_Rogers@rush.edu
We extend our deepest thanks and warmest well-wishes to all of our outgoing trustees who will be departing the Bishop Anderson House Board in January, 2018 (l-r):

Dick Chandler has served on the board for 8 years, 6 of which were spent as Treasurer.

Erin Emery-Tiburcio PhD, has served as President of the BAH board, and has a total tenure of 8 years

Ann Ryba has served as a board member and board president for 20 cumulative years of service.

We are so thankful for your leadership and commitment to building the legacy of Bishop Anderson House. Your stewardship has helped to grow the visibility and vitality of our organization. We are so grateful for your many years of working with us.

Thank you for all you have done for us!

We are so glad to have six new Trustees at Bishop Anderson House this year. (clockwise from top left)

The Rev. Mary Altenbaumer, ACPE
Mary L. Altenbaumer, M.Div., is a certified Supervisor in the Association of Clinical Pastoral Education and an ordained minister with the United Church of Christ. Mary is an active member of Pilgrim Congregational UCC in Oak Park.

The Rev. Beth Collier, BCC
Beth Collier is the Chaplain Manager at AMITA Health Alexian Brothers Medical Center in Elk Grove Village, Illinois, where she leads the ministry site’s Spiritual Care Services. Beth is a board certified chaplain and holds degrees in psychology, divinity, religious studies, and theology.

Trevor McClain-Duer, CPA
Trevor is a Senior Manager with Cendrowski Corporate Advisors. He has over 10 years of experience in business valuation, private equity, venture capital, real estate, investment management, and financial advisory services.

The Rev. John Schumacher, BCC
John is the retired staff chaplain at Rainbow Hospice and Palliative Care. John mentored CPE residents as well as pastoral counseling interns from the Institute for Pastoral Studies at Loyola University.

Crystal Plummer
Crystal is the acting Director of Networking for the Episcopal Diocese of Chicago. Crystal worked more than 20 years in the financial services industry. She has been an Episcopalian for 20 years serving in leadership roles throughout the country.

Linda McMillan
Linda is retired from Baxter International, and brings years of tech and business expertise to our board. She is also a member of the Bishop Anderson family: her husband, Stephen, is the great-grandson of our namesake Bishop Charles Anderson.
Why do you give to Bishop Anderson House? Is it our vibrant past and storied legacy? Or is it the dynamic and impactful programs of our present? Or, are you most excited to see what the future holds for chaplaincy in the 21st century and beyond?

I am so proud of what we have accomplished this year, and I cannot wait to see where we take our mission and programs in the years to come.

Becky

Total Giving from November, 2016 to November, 2017: $312,488

- Individual Giving 37%: $115,621
- Churches 10%: $31,249
- Tuition and Seminars 5%: $15,624
- Corporate Partners 2%: $6,250
- Grant Making Organizations and Foundations 46%: $143,744
- Churches 10%: $31,249
- Corporate Partners 2%: $6,250
- Grant Making Organizations and Foundations 46%: $143,744

On Our 70th Anniversary, Please Show Your Love to Bishop Anderson House!

Legacy Gifts
Leave Bishop Anderson House in your will; contact Bishop Anderson House for more information.

Recurring Gifts
Have a portion of your yearly pledge to BAH automatically deducted monthly — give us a call and we’ll take care of it for you.

Gifts of Stock
If you would like to leave a gift of stock, contact your financial adviser, but please be sure to call the BAH office to let us know that it’s on the way!

Employer Match Programs
Most organizations will match a charitable donation made by employees and/or retirees — most match dollar for dollar, but some will even double or triple your gift! Contact your employer and BAH for more information.

Host an Event
Looking to introduce your friends to the work of BAH? Host a dinner or cocktail party and BAH will provide a speaker to discuss a topic of your choosing relating to what we do.

Gifts in Kind
Donate items like supplies, auction items, or your time and talent.
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($20,000+)
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Episcopal Charities and Community Services

Caring Circle
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<td>The Rev. Nancy Meyer</td>
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<td>Mr. and Mrs. Conway C. Newton</td>
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<td>Mr. and Mrs. Bob Nolan</td>
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<td>Mr. and Mrs. Daniel Pascale</td>
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<td>Mr. and Mrs. Jeff Pawlak</td>
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### In-Kind Donors

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<td>Sharon Bullion</td>
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<td>Kerri Callahan</td>
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<td>Jim Heinz</td>
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<td>Anna Jones</td>
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<td>Katie Hines-Shah and Jay Shah</td>
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<td>Erin Emery-Tiburcio and Phil Tiburcio</td>
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<td>Nike Whitcomb</td>
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**Thank you for your steadfast support of our mission and programming.**

**We are reaching more patients, families, neighbors, and caregivers because of you.**
Save the date for our annual fundraiser and join us to celebrate our PLATINUM Anniversary on May 6, 2018 at the Chicago Cultural Center!

Want to learn more about our programs? Open here for your 2017 Bishop Anderson House newsletter!

The Art of Healing 2017 was one of our most successful events to date! We were grateful to have many wonderful speakers and guests, including Dr. Jay Shannon, CEO of Cook County Health and Hospitals System; our honorees: Rev. Carol Reese, LCSW and Dr. Kimberly Joseph, FACS; and The Rev. Daniel Brandt, Chaplain of the Chicago Police Department.