

This bimonthly newsletter, produced by Pastoral Care Services/Office of Diversity and Inclusion, will highlight some of the spiritual and religious beliefs held by patients and their families, providers and others in the MUSC community. It will offer strategies for staff self-care as well as information to better address the spiritual needs of the diverse patients and families that we serve.

Interfaith Calendar Highlights

- April 1 **Easter Sunday** (Christian). Beginning of the fifty-day celebration of Jesus Christ's resurrection from the dead..
- April 3 **Mahavir Jayanti** (Jain). Festival honoring Lord Mahavira on the founder's birthday. Shrines are visited and teachings reviewed.
- April 12 **Yom Hashoah** (Jewish). Holocaust Remembrance Day, in memory of the six million Jews killed by the Nazis.
- April 13 **Lailat al-Miraj** (Islam). Remembrance of the Prophet's night journey from Mecca to Jerusalem and his ascension into heaven.
- April 29 **Visakha Puja** (Buddhist). Marking of the birth, enlightenment, and death (attaining Nirvana) of the Buddha.
- May 1 **Lailat al-Bara'ah** (Islam). Night of prayer for forgiveness in preparation for Ramadan.
- May 10 **Ascension of Jesus** (Christian). Recognition of Christ's departure from earth to heaven after his resurrection.
- May 16-June 15 **Ramadan** (Islam). Month devoted to commemoration of the Prophet's reception of the divine revelation recorded in the Qur'an. Holiest period of the Islamic year, with strict fasting from sunrise to sundown.
- May 20-21 **Shavuot** (Jewish). Celebration of Moses's descent from Mt. Sinai with the Ten Commandments.
- May 20 **Pentecost** (Christian). Observation of the day the Holy Spirit came to the disciples as tongues of fire and rushing wind. Traditional day for baptisms and confirmation of new Christians.

Source: <http://www.interfaith-calendar.org>

Addressing the Wounds of Soul Injury by Chaplain Frank Harris

The soul can be described as the essence of our being, our personhood, or our identity. Our soul is who we are at our core and it serves as the basis for how we relate to our environment, others, and/or the eternal Other.

The term "soul injury" is used by Deborah Grassman to describe what she witnessed as a nurse practitioner and director of the hospice program at the Department of Veterans' Affairs in St. Petersburg, FL. In that capacity, and over the span of a 30-year career, she observed intense emotional suffering as she tended to the needs of more than 10,000 dying patients. Based on that experience, she defines soul injury as "a penetrating emotional wound due to insidious grief or unmourned loss that separates us from our personhood." Exposure to loss or trauma can have the residual effect of distorting identity and causing a person to feel defective, inadequate, or unworthy.

Addressing soul injury means facing our pain and fear. Grassman says, "Fear of emotional

pain can be worse than the painful emotion itself." She also says, "There's a vast and fiercely strong part of us deep inside that is capable of carrying our pain. It's called our soul."

Dealing with our pain through creative expressions such as art, reflection, journaling, or music are some suggested ways to reconnect with parts of our emotional selves that have become fragmented due to difficult experiences.

When soul injuries are addressed, an opportunity to live life passionately is rekindled. Our identity is regained as we learn how to bear peace within ourselves and in connection with others. For further study, or to find resources connected to the topic of soul injury, go to soulinjury.org.

Editor's Note: Chaplain Harris will be our facilitator for Health Care Theater on May 23 focusing on the topic of Soul Injury. See below for details. Please join us.



This monthly program provides a forum for MUSC care team members to debrief difficult cases and share strategies to support families, colleagues, and themselves. One (1) hour of Diversity Education training will be provided. Participants must register via MyQuest. The following programs are planned for April and May.

**Ethics Consultations:
Converting Moral Distress to
Moral Insight**
April 25, 2018
1:00 pm - 2:00 pm
Main Hospital: 2 West Classroom

Soul Injury
May 16, 2018
1:00 pm - 2:00 pm
ART: 1st floor Auditorium

May 23, 2018
1:00 pm - 2:00 pm
Main Hospital: 2 West Classroom

Get to Know a Chaplain

In each issue, we will focus on a different member of MUSC Pastoral Care team.

Rev. Dr. Terry L. Wilson, MDiv, DMin



Came to MUSC in: 1995

Hometown: Spartanburg, SC

Education and training: Bachelor of Science from Clemson University and Mars Hill College; Master of Divinity from Southeastern Seminary; Doctor of Ministry from Erskine Theological Seminary; Clinical Pastoral Education at Spartanburg Regional Hospital.

As a chaplain, what do you bring to the MUSC team? “Leadership as manager and a team player when backup is needed. I encourage and welcome their ideas as we move forward in the changing landscape of health care.”

What do you do to relax? “Read, walk, teach a Sunday School class with my wife, Jeslyn, at Providence Baptist Church on Daniel Island, watch college football, and tell stories to my nine grandchildren.”

What is one thing you wish people knew about chaplains that most don’t? “At this time we are the most productive, economically sound, and innovative that we have ever been as a support service. We offer six bereavement services annually, two bi-annual Health and Spirituality Rounds, bi-monthly *Caring Spirit* newsletters and monthly Health Care Theaters, Institute of Psychiatry spirituality groups twice weekly, and crisis debriefings or memorial services as needed for staff. We are on campus 24/7, responding to all adult and pediatric traumas and codes, facilitating Advance Directives, acting as notaries for staff and patient needs, and five of our chaplains serve as Living Donor Advocates. We are accessible by pager and through Get Well Network, available 24/7 for patients, their families, and staff.”

Interesting/fun fact about you: “When I was 16 years old, I fell into an open grave and could not get out for about half a day.”

Editor’s note: After 23 years at MUSC, **Chc Wilson will be retiring in May. Please join us for his retirement celebration on April 25.**

Caring for Your Spirit by **Helen Wells**,
Chc Chaplain, Unit Secretary, 6 East ART

WHAT DID YOU LEARN?

Which of the following is NOT a true statement about soul injury?

- A. It can be caused by insidious grief or unmourned loss.
- B. It leaves one feeling inadequate or defective.
- C. It always requires surgery.
- D. It can be helped by dealing with emotional pain through art, journaling, or music.

The first team member to respond with the correct answer will be recognized in a future edition of the newsletter. Send responses to sergents@muscd.edu.



Correct answer from the [February-March issue:](#)

Examples of abuse by an intimate partner can include:
D. All of the above.

Intergenerational Dynamics

by **Chaplain Stacy S. Lawton**

At a conference I attended not long ago, I had the chance to be part of a seminar on intergenerational dynamics. We learned about the needs of various generations, whether “the greatest generation” in their 70s and 80s or Millennials in their 20s.

My favorite parts of the seminar were when we were given discussion topics and told to talk them over with a person sitting next to us. The man in the chair to my left was part of a generation very different from mine. He could remember the Great Depression, and was deployed overseas during World War II. Hearing his stories and thinking about how much the world has changed during his lifetime allowed me a glimpse into another era that we rarely get.

By the end of the seminar, when we had time to discuss our conversations with the larger group, we found that we all had some important things in common. No matter what generation we were born into, we all relished this time of hearing another’s story and being heard. The stories we told one another

revolved around simple things—family, friends, holidays, memories, faith—not high-tech gadgetry or other new developments that can sometimes drive a wedge between older and younger generations. We all longed for genuine human connection, a universal need and desire.

How can you form those connections with someone of a different generation, perhaps a patient or coworker? You can start by asking one of the questions we did:

- What is the first gift you received that “wowed” you?
- Who were your childhood heroes?
- What is the biggest change you have seen in the world in your lifetime?
- Or simply say, “Please tell me your story.”

Both the listener and the storyteller will be blessed in these small acts of sharing. Every generation has something to learn from other generations, and each generation has something to teach as well.



Do you have topic ideas for future issues or would like to provide general feedback about the newsletter? If so, send an email to sergents@muscd.edu
Chaplain Stacy S. Lawton,
Editor

Compliments, complaints, or other acknowledgements about Pastoral Care Services should be directed to:

Chaplain Terry Wilson
Manager, Pastoral Care Services
wilsons@muscd.edu
843-792-9464

OR

Stephanie Taylor, MPS
Director, Diversity & Inclusion
taylorst@muscd.edu
843-792-2341

Chaplains are available 24/7/365