

Welcome to the James Wake Memorial Lecture Healing
Ceremony

Thursday November 10, 2022

Sponsored by Marquette University College of Nursing

*I have learned through chaplaincy
to honor the spiritual journey of each person
As it unfolds, moment by moment, breath by breath,
heartbeat by heartbeat.*

Each person's journey is valid;

Each moment of the journey is sacred.

You are a person of goodness, unconditionally loved by God.

I honor your journey; I honor you.

-James Wake

Healing Ceremony Schedule

- 3:50 Piano Music – David Wake
- 4:00 Setting the Theme - Madeline Wake
Invocation – Fr. Douglas Leonhardt, SJ
- 4:05 Music, Come Healing by Leonard Cohen – Jeff Bray and Laura Wake Bray
- 4:10 **Readings on Grief**
From “I am glad my eye beholds so much”- Suzanne Rosenblatt
Second Beatitude - Aramaic Translation Blessed are those who mourn – Judith Kubish
- 4:20 **Loss Inventory** – Shelly Malin Flute Music – Holly Haebig
- 4:30 **Efforts for Recovery**
Dealing with Uncertainty – Rodney Sanchez
Finding Joy, From Sandberg and Grant Reader – Laura Wake Bray
Going Beyond –From Wagamese Reader- Connie Popp
Tapping – Jo Duckworth
- 4:45 **Group Work on Recovery** – Shelly Malin
- 5:05 **Healing**
Prayer – Rev. Kerri Allen
Blessing – Richardson, read in unison
Song – Be Not Afraid
- 5:15 **Reception**

Healing Ceremony Presenters

Planners: Madeline Wake (MC) and Shelly Malin (Group work leader)

Douglas Leonhardt, SJ, Mission Associate Marquette High School

Dr. Connie Popp, Lay Minister

Rev. Kerri Allen, Vice President of Mission and Spiritual Care, Advocate Aurora Health Greater Milwaukee Area

Rodney Sanchez, Dharma Teacher at Tender Shoot of Joy Sangha

Suzanne Rosenblatt, Poet, Author of "I'm glad my eye beholds so much"

Musicians: Piano- David Wake (Band Director of De La Buena); Flute -Holly Haebig (Vocal teacher & performer)

Vocals: Laura Wake Bray (Vice President Milwaukee Area Technical College) and

Jeff Bray (Music director Redeemer Lutheran Church), Isaac James Bray and Selah Bray

Josuane (Jo) Duckworth – Level 3 Reiki Practitioner

Judith Kubish – Interfaith Spirituality Minister

Rima Shah, Ayurveda Practitioner, Healing food consultant

Group Facilitators : Chuck Adam, Josuane Duckworth, Susan Breakwell, Kathy Hickey, Stacy Barnes, Amy Newman, Priscilla Sharpless

Come Healing [Leonard Cohen](#)

O gather up the brokenness
And bring it to me now
The fragrance of those promises
You never dared to vow

The splinters that you carry
The cross you left behind
Come healing of the body
Come healing of the mind

And let the heavens hear it
The penitential hymn
Come healing of the spirit
Come healing of the limb

Behold the gates of mercy
In arbitrary space
And none of us deserving
The cruelty or the grace

O solitude of longing
Where love has been confined
Come healing of the body
Come healing of the mind

O see the darkness yielding
That tore the light apart
Come healing of the reason
Come healing of the heart

O troubled dust concealing
An undivided love
The Heart beneath is teaching
To the broken Heart above

O let the heavens falter
And let the earth proclaim:
Come healing of the Altar
Come healing of the Name

O longing of the branches
To lift the little bud
O longing of the arteries
To purify the blood

And let the heavens hear it
The penitential hymn
Come healing of the spirit
Come healing of the limb

O let the heavens hear it
The penitential hymn
Come healing of the spirit
Come healing of the limb

And All Be Made Well

A Healing Blessing by Jan Richardson

We bless each other with this healing blessing:

That each ill be released from you
And each sorrow be shed from you
And each pain be made comfort for you
And each wound be made whole in you.

That joy will arise in you
And strength will take hold of you
And hope will take wing for you
And all be made well.

Be not afraid by Bob Dufford, SJ

You shall cross the barren desert,
but you shall not die of thirst.
You shall wander far in safety
though you do not know the way.

You shall speak your words in foreign lands
and all will understand.
You shall see the face of God and live.

[Refrain]

Be not afraid.

I go before you always.

Come, follow me, and I will give you rest.

If you pass through raging waters in the sea,
you shall not drown.
If you walk amid the burning flames,
you shall not be harmed.

If you stand before the pow'r of hell
and death is at your side,
know that I am with you through it all.

Blessed are your poor,
for the kingdom shall be theirs.
Blest are you that weep and mourn,
for one day you shall laugh.

And if wicked tongues insult and hate you
all because of me,
blessed, blessed are you!

Healing Ceremony Resources

O'Connor, M. F. (2022). *The grieving brain: The surprising science of how we learn from love and loss*. Harper One.

Sandberg, S. & Grant, A. (2017) *Option B: Facing adversity, building resilience, and finding joy*. Random House.

The Tapping Solution. (n. d.). *Tapping 101*. Retrieved October 27, 2022, from <https://www.thetappingsolution.com/tapping-101/>

Wagamese, R. (2016). *Embers: One Ojibway's meditations*. Douglas and McIntyre.

Coping with Loss Workbook: <https://mindremakeproject.org/2021/08/13/coping-with-loss-workbook/>

End-of-Life Nursing Education Consortium. (n. d.). *Nonpharmacologic management for stress: Meditation and mindfulness apps for nurses and patients*.

<https://www.aacnnursing.org/Portals/42/ELNEC/PDF/NonPharmacologic-Management-for-Stress-Meditation-Apps.pdf>

COVID-19 and Moral Distress <https://www.cma.ca/sites/default/files/pdf/Moral-Distress-E.pdf>

Hospice & Community Care: Grief and Loss

<https://www.hospiceandcommunitycare.org/grief-and-loss/grief-links/>

Resources include:

- Information on grief and loss for both adults and children
- Coping with the COVID-19 pandemic
- Information on caregiving & supporting others
- Links to a wide variety of websites exploring grief and loss related to specific groups

The Center for Grief Recovery and Therapeutic Services

<https://www.griefcounselor.org/resources/helpful-websites/>

Website site provides resources about grief and loss and access to counseling services.

Center to Advance Palliative Care™ (CAPC): Emotional PPE

https://www.capc.org/toolkits/emotional-ppe/?utm_source=Center+to+Advance+Palliative+Care&utm_campaign=3d25eace9b-Toolkits+10.26.22&utm_medium=email&utm_term=0_31106acbde-3d25eace9b-369173569

The Emotional PPE toolkit provides resources that clinicians and teams can use to support well-being.

American Nurses Association/American Nurses Foundation: Well-Being Initiative

<https://www.nursingworld.org/practice-policy/work-environment/health-safety/disaster-preparedness/coronavirus/what-you-need-to-know/the-well-being-initiative/>

Resources include:

- Link to [Happy: Frictionless Mental Health](#), an anonymous call center to confidentially talk about wellness, recovery, and resilience
- Link to [Moodfit](#) and receive free access to customizable tools to help you. Mood journals, breathing exercises, cognitive-behavioral therapy thought records, and more will be right at your fingertips
- Links to gratitude podcasts, a gratitude toolkit, videos and resources on dealing with grief, a stress self-assessment tool, and more.

National Alliance on Mental Illness (NAMI): Health Care Professionals

<https://www.nami.org/Your-Journey/Frontline-Professionals/Health-Care-Professionals>

American Association of Critical Care Nurses: Resources for Moral Distress

<https://www.aacn.org/clinical-resources/moral-distress>

Article from *Psychology Today*:

<https://www.psychologytoday.com/us/blog/the-savvy-psychologist/202005/8-strategies-manage-overwhelming-feelings>

Betterhelp.com

Option to connect with online licensed therapist

[Feeling Overwhelmed: How to Navigate Overwhelming Feelings](#)

<https://www.betterhelp.com/advice/general/feeling-overwhelmed-strategies-to-cope-and-survive/>

Article from *Psychology Today*:

[8 Strategies to Manage Overwhelming Feelings: Try these tips to keep calm and carry on](#)

<https://www.psychologytoday.com/us/blog/the-savvy-psychologist/202005/8-strategies-manage-overwhelming-feelings>

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Option to connect with online licensed therapist

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<https://www.betterhelp.com/advice/general/feeling-overwhelmed-strategies-to-cope-and-survive/>

NONPHARMACOLOGIC MANAGEMENT FOR STRESS: MEDITATION & MINDFULNESS APPS FOR NURSES AND PATIENTS

Being a patient or a nurse can be stressful. Being a patient means having to navigate a complex health system, insurance, treatments, and life. Being a nurse means understanding health conditions, implementing treatments, advocating for patients, giving one's all, along with navigating life. Research demonstrates that meditation and mindfulness are effective, inexpensive, and easy to implement strategies to alleviate stress. To support meditation and mindfulness, there are many apps available on smart devices and computers. Many are free, although more advanced options may require a fee.

- **Breathing Zone** – Relaxing mindful breathing exercises
- **Buddhify** – Meditations on the go
- **Calm** – Meditation, mindfulness, and sleep stories
- **Happify** – Reduce stress, anxiety and negative thinking to improve emotional well-being



Give yourself the same care and attention that you give to others.



- **Headspace** – Meditation and sleep
- **HealthJourneys** – Guided imagery, meditations and affirmations with wide range of titles, including in Spanish
- **The Mindfulness App** – Five day introduction to mindfulness with guided meditations
- **Mindfulness Coach** – Designed by US Department of Veteran's Affairs to reduce stress, anxiety, depression and pain

'If your compassion does not include yourself, it is incomplete.' – Jack Kornfield

- **Mindfulness Daily** – Helps establish a daily mindfulness practice three times daily
- **Pause** – Focus, energy, clarity: Meditate through mindful moments
- **Stop Breathe & Think** – Personalized meditations with a breathing timer and tools to track progress
- **Stress Free Now Meditations (Cleveland Clinic)** – Includes mindful breathing, body scan, letting go, loving kindness, others



Supported by funding to the ELNEC project by the Cambia Health Foundation
aacnursing.org/ELNEC/resources

Active links to web sites and podcasts listed below available at

<https://www.aacnursing.org/Portals/42/ELNEC/PDF/NonPharmacologic-Management-for-Stress-Meditation-Apps.pdf>

Self-Reflection on Loss

Types of Losses	
Pandemic Related Losses	
	Disruption of high school or college experience (e.g. change in “normal” high school graduation, loss of in person classes)
	Serious illness and/or death of a loved one
	Loss of a sense of security in the world or life
Pandemic Related Losses for Health Care Workers	
	Compassion Fatigue
	Moral Distress
	Lack of institutional support
	Loss of pride in my work
	Fear of exposing loved ones to COVID
	Death of a loved one
	Divorce or marital separation
	Infidelity
	End of friendship or romantic relationship
	Loss of safety after trauma
	Serious illness
	Significant move
	Serious injury or loss of a limb
	Loss of driver’s license or vehicle
	A family member’s illness or injury
	Loss of a living parent to Alzheimer’s or dementia
	Loss of a personal dream or goal
	Significant financial loss
	Estrangement from family
	Loss of closeness in a relationship
	Birth of a first child
	Miscarriage or abortion
	A child born with special needs or a disability
	Infertility
	Death of a pet
	Retirement
	Aging
	Loss of home to fire or natural disaster
	Loss of reputation
	Loss of credit

Adapted from:

Jewell. Cassie (2021) Coping with Loss Workbook. Mind Remake Project.

	Loss of an important role
	Loss of intellect
	Loss of belief in God or religion
	Loss of hope
	Social isolation
	Loss of normalcy
Other:	
Other:	

Reflection Questions – Where are you Now?

What do you think about your identified losses?

What means did you use/are you using to cope with them?

How are you healing from the losses?

How did you find joy again?

To prepare for the table conversation consider answering the questions below. In relationship to this experience of reflection:

What, if anything, was surprising?

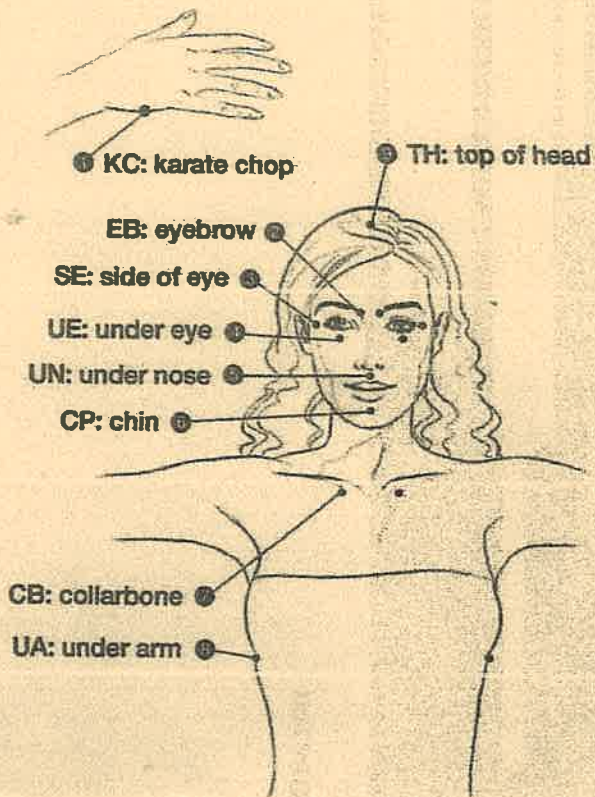
What, if anything, did you learn?

What advice might you give to another experiencing loss?

What will you share with those at your table?

Adapted from:

Jewell, Cassie (2021) Coping with Loss Workbook. Mind Remake Project.



Tapping Resources

Books:

The Tapping Solution for Parents, Children and Teenagers by Nick Ortner

The ETF Manuel by Dawson Church

websites:

Tappingsolution.com

etfuniverse.com (emotional freedom technique)