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

Songwriters: Leonard Cohen, Patrick Leonard. For non-commercial use only.
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


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


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

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
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:**


**Betterhelp.com**

Option to connect with online licensed therapist

Feeling Overwhelmed: How to Navigate Overwhelming Feelings


**Article from Psychology Today:**

8 Strategies to Manage Overwhelming Feelings: Try these tips to keep calm and carry on


**Betterhelp.com**

Option to connect with online licensed therapist

Feeling Overwhelmed: How to Navigate Overwhelming Feelings

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
- **Happyify** – 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
aacnnursing.org/ELNEC/resources

Active links to web sites and podcasts listed below available at
## Self-Reflection on Loss

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

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<tr>
<th>Loss of an important role</th>
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<tr>
<td>Loss of intellect</td>
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<td>Loss of belief in God or religion</td>
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<td>Loss of hope</td>
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<td>Social isolation</td>
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<tr>
<td>Loss of normalcy</td>
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<tr>
<td>Other:</td>
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**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?

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Adapted from:

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)