

A Publication of the National Black Chaplains Association

# The Capsule

DECEMBER 2017 | Volume 1 Issue 1

Join the NBCA

Meet the New NBCA President

A Praying Chaplain

The Black Female  
Chaplain Experience

Soul Repair Ministry



## From the Desk of the President

This is truly a celebratory moment in time. The level of involvement and enthusiasm is exemplary, and I am proud of the accomplishments of the Executive Board and the Membership. Special commendations are in order for the Editor-in-Chief of our Newsletter Chaplain Alfray Thomas, Jr., for his leadership, journalistic and editorial skills that are pervasive throughout this newsletter. Commendations are equally extended to Chaplain Tammie Elfadili for her pioneering work in the development of our first Membership Directory consisting of more than 100 entries. In addition, it needs to be mentioned that our membership has substantially increased. In the past we have received between 3-4 new members annually, but in 2017 we witnessed a record growth of 25 new members. These significant and unprecedented achievements would not be possible without the cooperation and support of a dedicated membership and leadership team who are building on the shoulders of those who came before us.

We have witnessed a few miraculous events that have catapulted the agenda of the Department of Veterans Affairs National Black Chaplains Association. We stand at a critical juncture with a complicated national health care agenda that is facing scrutiny in the following areas: quality care, accessibility to care and affordable care. Our search for answers is leading into dialogue that requires a global consciousness rather than a provincial way of thinking. Cuba for example “a so called Third World country has a vaccine for lung cancer, and we are just discovering this to be the case, some twenty years later. This is what I refer to as the “Principle of Reversal” which is at work when something unexpected and unexplainable happens. In biblical times, this principle was illustrated. For example, David, a shepherd boy defies his age and the natural order of things by slaying a giant named Goliath. Another incident to remember is the question that was raised, “Can anything good come out of Nazareth?” Yet, Jesus comes forth as the Savior of the world. Who would have thought that a peanut farmer from Georgia would become President of the United States of America? More surprisingly, an African American becomes President and is re-elected for a second term. The Principle of Reversal is so blatantly obvious until it is plausible that our Association may very well develop a viable approach to curb the growing suicide rate as well as reduce deaths from the usage of opioids.

Next year in March, during the 28<sup>th</sup> Annual Session, our organization will grapple with the health care system, suicide prevention, the role of Faith Based organizations and rural health initiatives along with moral injury, military sexual trauma, and breakout sessions focusing on Medicare to name a few. Believe me when I tell you, our theme is real and relevant, **“Battle Focused Training: Caring for Veterans, Their Families and Care Givers.”** By the time you receive this newsletter, most of you would have already signed up for the life-changing event at the Hyatt Regency Mission Bay and Spa Hotel, San Diego, California. It will be our first conference held in California. Remember all roads lead to San Diego, March 14-17, 2018. **Have a Merry Christmas and Happy New Year 2018!**



Chaplain Marvin L. Mills, Sr.  
President, NBCA



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**FROM MY HEART TO YOUR HEART**

I am honored to be appointed Editor-in-Chief of the VA National Black Chaplains Association Publication. In this first edition, we have assembled writers with hearts of compassion who are willing to write from their unique perspectives and experiences. I want to thank each writer for their time, contribution, and information shared in this historic edition. I also want to thank our Assistant Editor, Chaplain Torrey O. Johnson (*United States Air Force Reserve*). He comes to us with a wealth of knowledge and computer skills that will give this publication a polished and professional look. After reading these articles, I hope that you will consider becoming a writer also. We can learn from and encourage each other.



**Chaplain Rev. Dr. Alfray Thomas, Jr.**  
**Editor-in-Chief**

Many of you might be wondering why we named our publication “**The Capsule**”. It is the mission of this publication to encourage our readers to look at new and various ways to do ministry as Black Chaplains. It is also our mission to encourage our perspective members to come on board, share with us, learn from us, and embrace our unique diversity as African Americans. The **capsule** represents a pill filled with excellent ideas that will strengthen us, various experiences that will help us cope with struggles we all face, views that may challenge us or our beliefs, and educational tools designed to enhance our ministries and our togetherness as a people. If you **swallow the pill** (*that is, take in the information so that it can be beneficial to you just as food is beneficial to our bodies*), it is our earnest prayer that it will inspire you to always be your best, do your best, and make a contribution to this and future generations that will be a blessing to people of all ethnicities, especially veterans and their families.

We are looking forward to publishing **The Capsule** quarterly, starting in February 2018 as we celebrate Black History Month. I want to wish each of you a Merry Christmas and a Happy New Year. May God continue to bless and prosper you and your families.

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## A PRAYING CHAPLAIN – A WORD OF ENCOURAGEMENT

by *Chaplain Elder Gerald L. Miller, Prescott, AZ*

The power of **Encouragement** is an awesome Godly gift. Its very definition means, “give support, confidence, or hope to (*someone*)”. It also means to “give support and advice to (*someone*) so that they will do or continue to do something”. It is the duty of the chaplain to give encouragement.

The prophets and the people in the Old Testament looked to Jesus’s coming as encouragement of better things to come. Preachers, people, Christians should all be thankful for the honor God has given us to spread the Good news about his Son.

**Thanksgiving** and praise goes hand and hand

meaning honoring God with your words and allowing those words to agree with what His Word says about Him. Thanksgiving ushers in God’s blessing into one’s or someone else’s life. I myself reminded God through thanksgiving of his promise of giving me a job after I finished Clinical Pastoral Education. Five months after graduating, I was chosen by the Chief Nurse Dr. Kerri Wilhoite and Assistant Chief Nurse Rita Jordan as the new staff chaplain at Prescott V.A. Medical Center. So, I thank God and encourage others to remind God through their hearts all that He has said He would do for them.

## A SUNDAY MESSAGE

by *Chaplain Rev. Dr. Joy J. Carrington, and LaTonya Bynum, Wilmington, DE*

As I pondered what kind of message to write that chaplains could relate to, utilize and appreciate, I decided to enlist the assistance of my good friend LaTonya. Her entrepreneurship led her to facilitate cross-country weekly “Uplift the Woman” calls with me as her Chaplain. It was a “season” of growth and purpose. I appreciated her confidence in my ministry and gifts so much so that I asked her to co-author ***The ABCs of Chaplaincy*** series with me. Here’s praying that you enjoy our messages of encouragement.

### **A is for Acceptance & Acknowledgment**

We as Chaplains, in our ministry to people, whether in hospital, hospice or home, **ACCEPT** people where they are. We don’t try to put them further down the road, up the path, in their life or in their issues. We accept them where they are and meet them in their place and space. We accept them with love, kindness and compassion. We accept them unconditionally, despite what they look like, what they’ve said, how they’ve acted or what they think. As Chaplains, we are accepting of all people, as we strive to be more like our Higher Power with whom we worship and pray. We accept people with the love of God because God is love. (1John 4b, NKJV).

Along with accepting, we also **ACKNOWLEDGE** people for who and what they are and what they are going through. We acknowledge them in their feelings of hurt, pain, guilt and shame. We acknowledge that their problems are real, and their suffering is serious. But we are also there as Chaplains to help them acknowledge that they can be helped, healed and changed. ***For we are not conformed to this world but transformed by the renewing of our minds that we may prove what is that good and acceptable and perfect will of God.*** (Romans 12:2 NKJV). That’s what we do as Chaplains – we **ACCEPT** and **ACKNOWLEDGE** all our people as we serve them in love, with love and through love.



## THE BLACK FEMALE CHAPLAIN EXPERIENCE

by *Chaplain Sherri L. Headen, Indianapolis, IN*

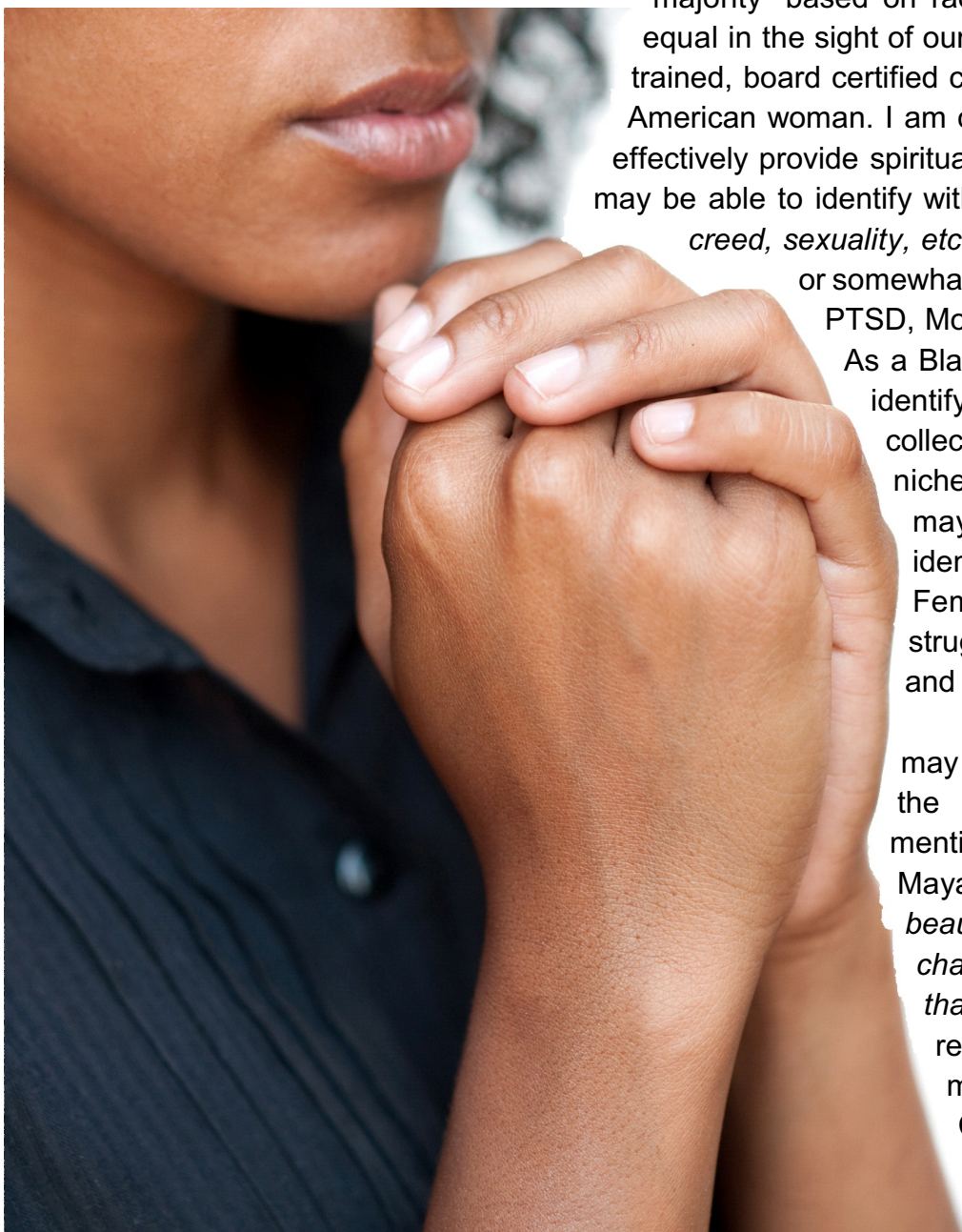
***What does it mean to be a black female chaplain within the VA system?*** It means I must be in touch with my unique identity as a woman of African descent who ministers to veterans within a predominantly Caucasian male environment. It means, while I sincerely embrace my unique contribution in caring for our nations veterans, I embrace the unique and needed contributions of my fellow colleagues in a diverse work setting.

As I recognize my identification with a people group who continues to grow past 300 years of struggle, it provides me with a unique compassion for veterans who struggle with various issues/challenges. It means, despite the label that has been coined “minority female”, I recognize there is no such thing as “minority” and

“majority” based on racial identity. All humankind is created equal in the sight of our Creator. I am a professional, clinically trained, board certified chaplain who happens to be an African American woman. I am called by God to compassionately and effectively provide spiritual care for our nations veterans. Yes, I may be able to identify with the Veteran (*no matter his/her race, creed, sexuality, etc.*) who feels ostracized, misunderstood or somewhat invisible within a system due to his/her PTSD, Moral Injury, Military Sexual Trauma, etc.

As a Black Female Chaplain, I may be able to identify with those feelings due to our collective, generational struggle to find our niche within the North American masses. I may be able to experience a unique identification with these veterans as a Black Female because so many of us have struggled with our confidence, our identity and our role in society.

As some are reading this article, they may wonder, where is the beauty or glory in the struggle and challenges you have mentioned. The prolific poet and author Dr. Maya Angelou wrote *“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty”*. Because I am able to recognize the beauty that has birthed from my journey as a Black female, as a VA Chaplain, I am able to encourage and journey with veterans who struggle to experience healing, hope and beauty.



## Much is Required...

### BEING A BLACK MALE IN AMERICA

by *Chaplain Joe Stephens, Bay Pines, FL*

I can only share what it means to be a black male in today's America from my own experiences as a black male, raised in the South. I'm the youngest son of Sam and Frederica Stephens, I'm an African American male, who served in the United States Air Force for twenty-two years. I have two master degrees, a master of business administration, a master of divinity and I'm currently pursuing my doctoral of ministry degree from Emory/Candle School of Theology in Atlanta, Georgia. These, and other experiences makes me uniquely different from others and informs the way in which I view America.



It appears to me that the issues of inequality in the pursuit of higher education, economic advancement and racism dealt with in the 1950's and 60's are the same issues that people of color struggle with today. Yes, a few African Americans have higher educational achievements, some are business owners, and others have climbed the corporate ladder to become chief executive officers in major corporations but overall, for the most part nothing has changed. Given these facts, I believe that I and other successful black males have a huge responsibility to reach-out to and encourage other African Americans. ***“For unto whomsoever much is given, of him shall be much required,” (Luke 12:48).*** Therefore, I encourage every African American who has gotten out of the 'crab bucket' to take the challenge of mentoring someone, perhaps a niece, nephew, or your neighbor's child; become invested in their life by inspiring them to finish high school and continue their education by going to college and earning their degree in hopes of learning a new way of living. I believe higher education is one of the keys to African Americans overcoming their poverty infestation of sameness that I see too often in predominately black communities. I say this based on a study conducted on prison systems, which revealed that the reading level of third grade students determines how large of a correctional facility to build in that community.

I challenge all African American men to get involved in their community by encouraging others not only to become educated but also to register and vote in local elections of district judges, attorney generals, city officials and community leaders because these individuals are the ones interpreting the laws and influencing the lives of African American men the most. May the Holy Spirit continue to lead us and guide us in all of our decisions.

## MINISTRY MAKING A DIFFERENCE

by *Chaplain, Rev. Dr. Richard D. Ross, Jr., Redlands, CA*

As VAHCS Loma Linda's first Mental Health Chaplain, tasked to provide full-time outpatient spiritual care at its Ambulatory Care Center in Redlands (*which opened in OCT 2016*); Our goal is to keep Veterans involved in spiritual care groups within the therapeutic mental health programs and groups on the outpatient side that work together to holistically treat and sustains Veterans, thereby lowering probability of acute inpatient re-admission and suicide.

After first listening to the needs of Veterans, the Chief, Mental Health, Chief, Chaplain Service, and Chaplain staff, I have, over time, crafted what seems to be a well-rounded and Veteran-Centered weekly milieu of outpatient Spiritual Care Groups. There are several Veterans who enjoy the spiritual care groups so much that they attend nearly every one of the ten groups offered Monday through Friday. Many veterans have asked me if the groups that I provide are offered at every VAMC and when I tell them "no" (which, unlike the military, accompanies the lack of VA uniformity suggested by the saying "If you've seen one VA, you've seen one VA"), they reply – "they should be." These are some of the most innovative and creative groups I created since arriving in 2015 that have 'made a significant difference':

***Soul Care Theater: Spiritual Care plays for Veterans*** – We are currently working on a Christmas play written by our volunteer screenwriter and director. The play is to be performed live and filmed at the main hospital auditorium in December. Two Veteran-Centered screenplays are already planned for the new year.

***Music for Vets: A Choral and Band group*** – The band consists of guitars, bass, keyboards, drums, congas and bongos, harmonica, and flute thus far. I brain-stormed the Chief, Mental Health, to create the idea of a path of on-going instruction for local *Guitars for Vets* graduates who want to continue to learn guitar and how to perform in a band setting. However, we didn't stop there as we also provide instruction for other instruments such as bass, keyboards, drums, percussion, voice, and songwriting. Additionally, besides performing weekly at our own *Veterans Coffeehouse Fellowship (outreach)*, the group has been called upon to perform at various functions at the main hospital, ACC, National Orange Show, and along with *Guitars for Vets*, recently opened for the *You Are Not Alone: Clay Hunt Suicide Prevention Concert* at the ACC (which was also filmed for use throughout the holidays etc.)

***Walking with The Chaplain: A Journey to Spiritual Well-being*** – The "Purpose of the Group" has been described in this way. "Veterans will hear a devotional reading, stretch/warm up as desired, and then walk and talk together outside on the perimeter of ACC building with the purpose of holistic preparation of one's mind, body, and spirit in resiliently coping with the appointments and events of the day." There have been several testimonies from Veterans that their Providers have, likewise, acknowledged the role that this group has played in the weight loss, reduction of stress, and improved overall health and well-being.



## “OPEN ACCESS” WEEKLY SCHEDULE (AS OF 09/25/17)

- Mondays: Soul Care Theater: *Spiritual Care plays for Veterans*** 1:00-2:30 pm @ Room 1C-118
- Tuesdays & Thursdays: *Walking with the Chaplain*** 11:00 am - 12:00 pm, meet in 1C (MH) waiting room area
- Tuesdays: *Spirituality: Inspiring Hope in Healing - discussion group*** 2:30–1:30 pm @ Room 1C-107
- Wednesdays: *Interfaith Prayer Service*** 12:00-1:00 pm @ Room 1C-118
- Wednesdays and Fridays: *Music for Vets: A Choral and Band Group.*** 2:00 – 4:00 pm @ Room 1C-118  
Free semi-private instruction on Wednesdays for piano, voice, guitar/bass and songwriting. Veteran’s Coffeehouse Fellowship (refreshments & live music) on Fridays
- Thursdays:-*Training for Service & Survey of Sacred Texts - Study Group*** 1:30–2:30 pm @ Room 1C-107
- Fridays: – *Grief and Loss - Spiritual Support Group*** 12:00–1:00 pm @ Room 1C-107

## PRAISE YOUR WAY OUT!

by *Chaplain Tone (Antonette) Tom, Iowa City, IA*

“*Praise is What I Do*” was written by Bishop William Murphy in a very low point in his life. He was recently divorced, and his ex-wife took his two sons out of his life. This servant of God had felt like a failure and questioned his calling as a music minister. Bishop Murphy realized that God still wanted to use him. His mantra began to be “Praise is What I do” and God was the safest place to be. The lesson that can be learned is with our failures in life God will continue to use us if we yield to His will.

How many of us have had those dark and desolate times? I have. It was during the hardest times and

during my growth in Christ this song became so important to me. This song has brought me out of so many difficult situations. When I become discouraged, I sing this song. Praise and worship as ministers of the gospel is a weapon that we can use to help us fight our battles and lift our spirits. We were made to worship God in spirit and truth. This is where God inhabits, and we can bring Him into our problems. So, the next time you are in a troubling time, praise your way out of it.



*Praise is what I do when I want to be close to You,  
I lift my hands in praise.  
Praise is who I am – I will praise Him while I can.  
I'll bless Him at all times.  
I vow to praise You through the good and the bad.  
I'll praise You, whether happy or sad.  
I'll praise You in all that I go through,  
Because praise is what I do,  
Cause I owe it all to You.*



## WHY JOIN THE NATIONAL BLACK CHAPLAINS ASSOCIATION

by *Chaplain Sherri L. Headen, Indianapolis, IN*

I continuously thank God for the opportunity to do ministry as a VA Chaplain! This unique and God inspired opportunity has allowed me to recognize the beauty in God's call to provide pastoral care for our nation's veterans. From my matriculation through a palliative care CPE Fellowship program through my current experience as a VA Staff Chaplain, I continue to feel supported within the VA Medical Centers where I have served. Within the first year of service as a permanent Staff Chaplain, I learned about the VA National Black Chaplains Association. I felt immediate excitement and a strong sense of camaraderie when I learned about the Association!

As I thought about why I joined this Association, the words "identification", "familiarization" and "collective understanding" came to mind. By the grace of God, I intend to serve out my ministerial career in the VA through retirement. With so many years in front of me, I feel secure in knowing there's an Association that identifies with my unique struggle as an African American historically, culturally and professionally in mainstream society. Some unique challenges I may encounter in ministry, might confound those who cannot identify. I also joined because I feel a strong sense of familiarization and collective understanding. This is not meant to imply familiarization and collective understanding does not exist across the lines of diversity. It certainly does! However, I believe there's something within our DNA, that embraces familiarity and finds solace in collective understanding with those who have journeyed a similar path.

My fellow Association member, Chaplain Fr. Charles Smith said, "*The VA National Black Chaplains Association is a vehicle to bring the contributions of the African American community to fruition within the VA system*". As a member of the VA National Black Chaplains Association, I feel secure in knowing that my unique and needed contribution as an African American VA Chaplain will continue to come to fruition in the VA system.

## NBCA Mission

The mission of the Department of Veterans Affairs National Black Chaplains Association is to promote the highest level of pastoral care for patients and members of their family and community; to strengthen the effectiveness of African American chaplains; to assist in the recruitment and retention of African-American chaplains, and to foster the education, growth and development of all federally employed chaplains and professional allies.

### NBCA Goals

- ▶ To ensure accountability and competence of CPE in accordance with DVA and ACPE.
- ▶ To promote professional ethics through education and practice.
- ▶ To promote clergy identity as Clinical Chaplains and Spiritual Clinicians within the various health care environments.
- ▶ To promote sensitivity and creative response to changes in clinical settings as they have an impact on Clinical Pastoral Education.
- ▶ To affirm and celebrate historical, cultural and personal traditions without imposing or excluding others.
- ▶ To provide the opportunity for personal and professional community in a pluralistic setting.
- ▶ To promote personal and professional commitment to the vision of the Divine Presence with us.
- ▶ To promote creative and prophetic ministry.
- ▶ To develop cooperative relationship with all Cognate groups.



NBCA provides a nationally recognized clinical certification for qualified members. In 1993 the association entered into a certification validation agreement with the Interdenominational Theological Center (ITC) of Atlanta Georgia, and in 2000 entered into the reciprocity arrangement with the National Association of VA Chaplains (NAVAC), recognizing valid clinical certifications by VA cognate groups.

Join us today! Membership forms available at <https://vablackchaplains.org/join/>

## DEALING WITH DIFFICULT PEOPLE

by *Chaplain Rev. Dr. Philip C. Willis Jr., Hines, IL*

Have you ever encountered a person who seemed impossible to get along with or difficult to work with? I had a situation like this with a supervisor. He seemed to be after me for no reason and I felt my work environment was deteriorating quickly. I became so stressed that I didn't want to come to work anymore. Then one day a very novel idea surfaced in my mind. I decided that I would go and have a conversation with him. What I told him changed our relationship from that day forward. I told him "I would like to help support you to become the best supervisor." He was shocked and asked me, "What made you say that?" I didn't tell him this, but I decided to use the principal of "**Agreement**". Immediately our relationship changed. He started bringing me in on operations, increased areas of responsibility for exposure, gave me an outstanding evaluation, and changed my schedule to make it more convenient for me.

I read an article many years ago that stated the best way to deal with a difficult person or partner is to "agree" with them. Why would you want to do that? The bible tells us "**Agree with thine adversary quickly**" or "**Make friends quickly with your opponent**" (Matthew 5:25). The headaches, anxiety and stress involved in conflict is just not worth it. Obviously, there are more complex issues that require intervention but if you can find a way to agree, do it! Whatever it takes to make friends or foster reconciliation, do it. The scripture is really saying that this method is a lot less costly than any other alternative. Harry Emerson Fosdick stated, "*Hating people is like burning down your own house to get rid of a rat.*"

Often times when people are being difficult, they may have control issues. When you agree, you shut down the control committed in their brain. At that point, you increase the likelihood that things may proceed favorably. I am not proud to say this but years ago when I was driving faster than the speed limit in a certain state I would get stopped a lot by the police. I got out of a lot of tickets by simply agreeing with them on the spot. I noticed a complete 180-degree transition in their approach with me when I would simply say, "You are right." The Bible teaches that we ought to "agree quickly". Try the Bible method of dealing with difficult people. It is simplistic, but it works.

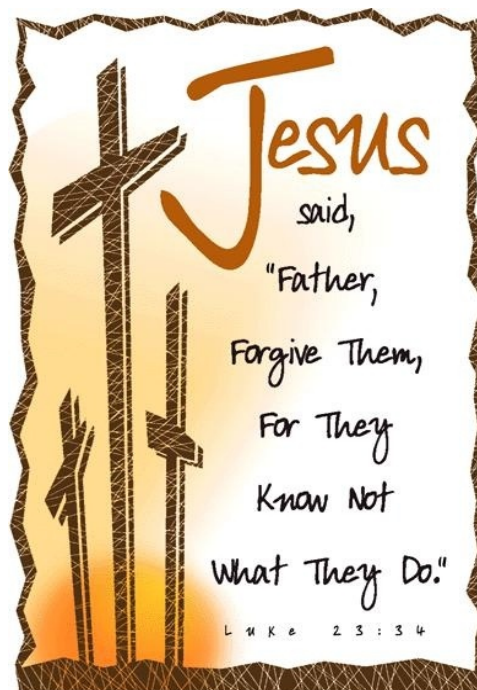
## QUOTABLES

by *Chaplain Rev. Dr. Linda L. Bruce,  
Des Moines, IA*

One of my favorite quotes is from the gospel of Luke 23:34, "**Then said Jesus, Father, forgive them; for they know not what they do.**"

This statement is an expression of the generosity of Jesus's spirit and how we are to become as his followers. Although experiencing inexpressible agony, suffering, excruciating pain, rejection, and hatred, he cried "*Father, forgive them.*" This journey of life with Christ Jesus should reflect love at its best toward self and others. As followers of Christ our words ought to match with our actions. That which we profess with our mouth should be practiced as a life style. Therefore, in the life of Jesus profession and practice become a consistency of word and deed without vacillation. Jesus declaration of "*Father, forgive them,*" is not an occasional act, it is an unchangeable attitude through love and prayer for enemies and those that despitely abuse. Only good

can drive out evil, and only love can conquer hate. Spiritual maturity is a life not without suffering excruciating pain, rejection or hate, it is a life style, of profession and practice of love and forgiveness.



## THE IMPACT OF OTHERS

by *Chaplain Rev. Dr. Chaplain Valerie Chillis Sanders, Decatur, GA*

As I reflect on my life and the many people that God allowed to speak into my life, I am taken back to my early years of ministry. My response to God's call on my life was lived in my desire to become equipped.

As a young seminarian, surrounded by Full Gospel Baptist preachers, I was aware that my ministry would not be limited to the pulpit. I was clear that my call was different but uncertain about how it would be manifested. During my matriculation at the Howard University, School of Divinity, my exploration of pastoral care was initially guided by Dr. Cameron Byrd. Dr. Byrd affirmed my natural curiosity about the human experience and modeled the significance of being open to allowing my story to intersect with the stories of those who I provide care for.

As a pastoral counselor, CPE supervisor, and a pastoral care consultant, Dr. Byrd embodied the potential that can be birthed as a pastoral care clinician. Dr. Byrd encouraged me to expand my understanding of the possibilities for the ministry that God called me to. He journeyed with me beyond seminary into my vocational calling to professional chaplaincy. His story fuels my desire for life-long learning and growing beyond traditional understandings of pastoral care.



## TOO BLESSED TO BE STRESSED

by *Chaplain Roosevelt Hanna, Tampa, FL*

I'M TOO BLESSED  
TO BE STRESSED,  
TOO GRATEFUL  
TO BE HATEFUL.

When life get's you down,  
you've gotta..

LOVE a little deeper,  
LAUGH a little louder,  
SMILE a little bigger,  
GIVE a little more,  
FORGIVE a little quicker,  
HOLD the ones you love  
a little tighter.

Because tomorrow  
is never promised.



If you are too blessed to be stressed, then please stop reading. I'm not sure where or when that expression originated, but the author must have coined that phrase from Heaven. I don't know of a soul alive today who is living a "stress-free" life. In fact, I'm both blessed and stressed; and so are you. Stress is a reality of life, and while we can't eliminate it, there are ways in which we can manage it.

One way to manage stress is to say "no." I know this is difficult for us chaplains, but I've learned that I'm not the *Savior* to every problem in my service or my facility. A spirit of discernment is necessary in determining what additional stress I will add to my life. I don't say "no" to everything, but I ask for Godly wisdom when new challenges or opportunities arise.

Another way to manage stress is to make time for fun. Fun should involve activities that serve as an escape from stress. Exercise, traveling, and watching movies help me to wind down from the stress of day-to-day living. Stress is a reality of life. Managing stress is the key to living with it.

# HEALTHY LIVING – NOT JUST FOR OTHERS

by *Chaplain Tammie Elfadili, Houston, TX*

*“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” (3 John 2)*

Ministers who live busy lives tend to neglect some aspect of their physical health. Caring for others is such a top priority that often, clergy forget to care for themselves. On the run, they, like most people, prefer the convenience of a fast food meal. Exercise is not always a routine for engaged ministers, who may not incorporate activities which can improve their physical endurance into their daily schedules. Good physical health requires maintenance. A healthy person does not possess a physically fit body by doing nothing. Acquiring and sustaining physical health requires effort. Here are a few healthy living practices which may benefit clergy as they maximize their time caring for the communities to whom God called them.



## Healthy Living Tips

**Preparing meals at home.** When you are hungry, you want to eat, and this probably means you are willing to grab a meal to go at the nearest, desired restaurant. Fast food products are saturated with oil and preservatives which can go against your goals for healthy living. If you are aware you will have a busy week, try planning and cooking your meals for the times you will be away from home. Cooking ahead of time for the week may seem like a great task, but in actuality, you will save time and you can control what goes into your food. Also, making your food at home will likely help you save money. If you will travel to another city, you may find it helpful to scout out grocery stores or restaurants which serve whole foods.

**Decreasing portions of meals.** Most human beings, vegetarian or not, eat more than necessary during one sitting. During Thanksgiving and other holiday dinners, plates overflow with food, a set up for overeating. A completely full plate of food could probably feed four persons. Adding one utensil of food item to the plate is a start. After eating the portions, getting a second helping later is more helpful than packing the belly at once. The body will burn so many calories in a given period. When the body is fed more calories than it can burn in a short period, the body will convert the calories to fat for use later. The key is to eat only the amount of food needed to give you energy.

**Taking a daily multivitamin and other supplements.** A multivitamin can help to replenish vitamins expended during exercise and supplement vitamins consumed in food which may have lack important nutrients lost during process. A quality protein drink (*free of sugar and made from greens*) can help vegetarians or vegans who refrain from consuming animal products. For your information, protein originates from greens and not animals, who graze on the greens. Flax seed oil can help to lubricate internal organs and combat eczema and other skin conditions. Talk to your doctor about multivitamins and other supplements that will suit your nutrition and health needs.

**Performing some form of exercise every day.** A daily exercise should surpass normal activities, such as walking from your front door to your car or climbing the stairs to enter a building. While the aforementioned movements burn calories, the activities which will qualify as exercise to increase your heart rate and in turn, render weight loss and stronger muscles, should exceed typical occupational actions. Try walking for 30 minutes at work during lunch or climbing the stairs from the first to six floors to burn and increase perseverance. Some people have purchased desk tops compatible with standing while working in an effort to burn more calories. It is wise to seek guidance from a certified trainer or a medical provider to discuss exercises which may be appropriate for your current health condition. By all means, discontinue any exercise which causes pain and unusual discomfort, and seek medical attention.

**Rest and Sleep.** Resting is important to physical health. When a person is constantly on the go, working with little to no time for rest, the body can be overwhelmed from the lack of energy. Obtaining 6-8 hours of sleep is ideal.

## *Zucchini, Leeks and Walnuts*

### ANOTHER FAVORITE RECIPE

by *Chaplain Rev. Dr. Joy J. Carrington, Wilmington, DE*

I want to thank my sister, Charla Carrington, for her cooking creativity, prowess and willingness to fix vegetarian dishes for me. She said “I tried the recipe because my family is changing our eating habits and it introduced us to leeks. We hope you will add this simple side to your culinary collection.

#### **Zucchini, Leeks and Walnuts (4 SERVINGS)**

- ⅓ cup walnuts
- 1 garlic clove, finely grated
- 2 tablespoons fresh lemon juice
- 5 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper
- 2 large leeks, white and pale-green parts only, halved lengthwise with some root attached
- 2 large zucchinis (about 1 lb.), halved lengthwise
- ½ cup (lightly packed) fresh flat-leaf parsley leaves with tender stems

Prepare grill for medium-high heat. Toast walnuts in a dry small skillet over medium heat, tossing often, until fragrant, about 5 minutes. Chop very coarsely. Toss warm walnuts with garlic, lemon juice, and 3 Tbsp. oil in a large bowl; season with salt and pepper.

Brush leeks and zucchini with remaining 2 Tbsp. oil; season with salt and pepper. Grill vegetables, turning often, until tender and charred in spots, 5–8 minutes for leeks, 8–10 minutes for zucchini.

Transfer vegetables to a cutting board. Trim roots from leeks and cut leeks and zucchini into bite-size pieces. Add vegetables and parsley to bowl with walnuts and toss to combine; season vegetables with salt, pepper, and more lemon juice, if desired.



The 2018 Annual Conference  
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**To Our Past President  
Chaplain Michael McCoy**

**Thank You for Your  
Many Years of Service to  
the National Black  
Chaplains Association**

Chaplain McCoy is currently serving as  
the National Director for the  
VA Chaplains Center

