



*President's Message*

I write this article with a great sense of relief. Not because I was anxious about its writing but because I just attended a hospital event that caused me great anxiety---a black tie retirement celebration! Now those who know me well will laugh for they know I am far more comfortable in a barn than a ballroom. Attending a black tie event pushed me way out of my comfort zone, creating for me a great anxiety and a possibility for change and growth. Our Spring 2010 NC Chaplains Association conference may become such an event for some of us. Take a close look at the description of the Spring meeting and the registration form. Your executive committee has decided to hold the event at a retreat center to make the event more affordable and to allow us to use the NCCA monies to invite in a national speaker. Gone are the over-priced hotels, replaced by a retreat center, the Summit at Haw River State Park. The Summit is a beautifully restful place, but it is not a hotel. Gone, too, are the last minute registrations, replaced by a strict deadline of April 5. Hiking, canoeing and bonfires have replaced pools, spas and lounges. We will not be in a city but rather about 30 minutes outside of Greensboro. It is our hope that the setting will invite each of you to "come away for a time of rest." But, while you rest you will also learn. Read the speaker's bio. Thanks to the work of Shirley Massey, Education Chair, we have an internationally known speaker joining us at The Summit. He is an author, speaker/trainer, comedian and psychotherapist who will be giving us tools we can use in our practice as chaplains. The executive committee is paying particular attention to having the speaker bring us information to enhance our professional work. This is a rare opportunity to hear a renowned speaker for a very small fee. All of this is very different for the NCCA and it may cause some anxiety. What will it be like to be at the Summit? Will we like the facilities? The food? Being at a retreat center? Will registration go smoothly? Questions and uncertainties always arise when processes are changed. But, the possibility of growth and positive experiences are also present. I encourage you to embrace this possibility and join us at The Summit. At the end of the conference complete an evaluation and/or talk to members of the executive committee about your experience. We want to hear your voice so we can better plan future events. I look forward to seeing you on April 29!



Jackie Allen  
NCCA President

*Jackie Allen*

SPRING 2010 NEWSLETTER

NORTH CAROLINA  
CHAPLAINS' ASSOCIATION

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*"Pathways to Spiritual Well-being"*  
**NCCA Spring Conference**  
*April 29-30, 2010*  
**The Summit**  
*Haw River State Park*

## Area Attractions

The location of our conference this year is approximately 30 minutes from the city of Greensboro. For those of you who may have some extra vacation days and would like to take advantage of all Greensboro and the Triad have to offer, please go to the following link to get the latest information on great hotels, restaurants and attractions in the area.

[http://travel.yahoo.com/p-travelguide-478276-greensboro\\_vacations-I](http://travel.yahoo.com/p-travelguide-478276-greensboro_vacations-I)



## Spring Conference Registration Deadline

Please be mindful that our registration process for the Spring conference is very different this year. Your registration form along with payment must be postmarked by April 5th. No registrations will be accepted after this date. The retreat center has limited space, so rooms are on a first come/first served basis. The closest accommodations to the retreat center are about 30 minutes away in Greensboro. The registration form is provided on the next page. Please send the form along with your check before the deadline in order to reserve a spot. If you plan to room with someone else, please include his or her name and encourage them to get their registration in before the deadline.

We hope this will be the first of many conferences at Haw River.  
Please visit the website listed below to find out more information about the center, including amenities, sights and sounds and directions!



[www.ncparks.gov/Visit/parks/hari/main.php](http://www.ncparks.gov/Visit/parks/hari/main.php)

**Registration Deadline  
April 5th!  
No Exceptions!**

**NORTH CAROLINA CHAPLAINS' ASSOCIATION  
ANNUAL SPRING MEETING 2010  
REGISTRATION and ANNUAL DUES**

**"Pathways to Spiritual Well-Being: Skills, Strategies & Practice"  
Robert Lawrence Friedman, M.A.**

\_\_\_\_\_ *Check here if any information is new or changed*

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: (\_\_\_\_ Home; \_\_\_\_ Office) \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Institution/Church: \_\_\_\_\_

Email Address: \_\_\_\_\_

**April 29&30, 2010**

Haw River State Park Conference Center, Brown's Summit, NC  
339 Conference Center Drive, Browns Summit, NC 27214  
[www.ncparks.gov/Visit/parks/hari/main.php](http://www.ncparks.gov/Visit/parks/hari/main.php)

**Check In – April 29th 8am to 9am**

**Conference registration fee includes lunch on Thursday and Friday, and the Banquet on Thursday. Room fees also include breakfast.**

**REGISTRATION DEADLINE: Postmarked by APRIL 5TH. No applications can be accepted after this date.**

**If you are reserving a room, check the date(s) you are paying for. If you are in a double, you must list your roommate. Roommates are encouraged due to limited space.**

**Annual Dues and Meeting Registration Fees:**

2010 Membership Dues Full Member: \$30 \$ \_\_\_\_\_

Associate Member \$15 \$ \_\_\_\_\_

Conference Registration\* Member/Associate Member \$85. \$ \_\_\_\_\_

Conference Registration\* Non-Member \$100 . \$ \_\_\_\_\_

Double Room (\$20 per person per night, includes breakfast) 4/28\_\_\_\_, 4/29\_\_\_\_ \$ \_\_\_\_\_

Name of Roommate: \_\_\_\_\_

Single Room (\$40 per night, includes Breakfast) 4/28\_\_\_\_, 4/29\_\_\_\_ \$ \_\_\_\_\_

Non-registered Guest for Thursday Banquet \$25. \$ \_\_\_\_\_

**TOTAL: \$ \_\_\_\_\_**

*\*Conference Registration includes Lunch and Banquet on Thursday, Lunch on Friday*

Note: No refunds can be granted after the **April 5, 2010** conference registration deadline.

**RETURN THIS FORM**, along with your check payable to NC Chaplains' Association, to:

Chaplain Keith Little  
CarolinaEast Medical Center  
Pastoral Care Department  
2000 Neuse Boulevard  
PO Box 12157  
New Bern, NC 28561

## *Spring Conference Speaker*

### **ROBERT LAWRENCE FRIEDMAN, M.A.**

For the past 24 years, Robert Lawrence Friedman, author, professional speaker/trainer, and psychotherapist, has provided his keynote presentations, training programs, workshops and coaching programs to Fortune 100 and 500 corporations, universities and health care organizations throughout the United States, Europe and Asia. His expertise in the areas of stress management, leadership development and teambuilding has led to national and international media attention. He was featured on the year-long Discovery Health Channel documentary, "Class of '75," "The Morning Show on Today" (NBC), NY One News, "Fox News," "E Television," "The Alive and Wellness Show" (CNBC), along with television shows on Fuji and Sankei Television programs in Japan. Mr. Friedman has shared his unique and innovative views in Alternative Medicine Magazine, Cosmopolitan Magazine, Newsday, The Washington Times, and many others. He has been the "Stresswise" columnist in Healthwise Magazine for the past six years.

Mr. Friedman is a professional member of the National Speaker's Association and the American Counseling Association.



## *Haw River State Park*

### **A Natural Place To Meet**

Beyond its role as a training center for the state parks system and other agencies, The Summit provides a serene and natural setting for successful employee training programs, family reunions, youth retreats, teambuilding conferences, spiritual retreats, marriage retreats, holiday parties and club events. Its client list includes businesses, government agencies, conservation organizations, college and university groups, mental health organizations, hobby groups and churches, just to name a few.

The Summit at Haw River State Park offers complete environmental education, retreat, and conference center amenities for lodging, meeting, recreational, and special programming for overnight groups ranging from 10 to 180 and day use groups ranging from 10 to 200. The Summit includes eight indoor meeting spaces, motel and dormitory-style lodging, and recreation facilities including a six acre lake and multiple walking trails.



\*Permission to use website information given by Haw River Conference Center

# *A Time of Rest, Relaxation, Reflection*



## **"Pathways to Spiritual Well-Being: Skills, Strategies, and Practice" Speaker: Robert Lawrence Friedman**

### **Conference Schedule**

#### ***Thursday, April 29, 2010***

8:00am - 9:00am	Breakfast/Arrival
9:00am	Welcome
9:15am - 10:45am	Session I: "The Power of Laughter and Play"
10:45am	Break
11:00am - Noon	Business Session
Noon - 1:00pm	Lunch
1:30pm - 3:00pm	Session II: "Managing Stress Anytime and Anyplace"
3:00pm - 6:00pm	Check-in/Free Time
6:00pm - 7:00pm	Banquet & Chaplain of the Year
8:30pm	Worship outdoors/Drumming

#### ***Friday, April 30, 2010***

7:30am	Worship
8:00am	Breakfast
9:00am - 9:30am	Business Session
9:30am - 10:00am	Check-out
10:00am - 11:30am	Session III: "Creating a Healthy Balance: Balancing Work, Family and Self"
11:30am	Closing
Noon	Lunch



## **SPRING 2010 NEWSLETTER**

*Call or email for additional copies of this  
newsletter issue:*

Rev. Suzanne Franklin  
Director of Pastoral Care  
Wayne Memorial Hospital  
2700 Wayne Memorial Drive  
Goldsboro, NC 27533

Phone: 919-731-6322  
Email: [suzanne.franklin@waynehealth.org](mailto:suzanne.franklin@waynehealth.org)

**We're on the Web!**  
[www.ncchaplains.com](http://www.ncchaplains.com)

## **Welcome New Members!**

We are always happy to have new members join the NCCA! Check to see who in your region has joined since last April and kindly welcome them. All new members will be recognized at our Spring Conference. We are glad to have you on board.

James Bradshaw  
Susan Bumgarner  
Anne Mae Dalton  
Carol Fountain

Sarah Harris  
Lisa Marshall  
James Ray Moritz  
Twyla Nelson  
Gregory Morris Page  
John Saxon  
Alexis Smith  
Melanie Swafford  
Peggy Walker  
Steve Warfield  
Rona Watson  
Stephen Woods  
Carol Wooten  
James Workman

Wake Medical Hospital, Raleigh  
Park Ridge Hospital, Black Mountain  
Hospice and Palliative CareCenter, Winston-Salem  
UNC Healthcare, Chapel Hill  
Raleigh Correctional Center for Women, Chapel Hill  
Carolinas Medical Center – Main, Charlotte  
Albemarle Hospital, Elizabeth City  
First Health Hospice and Palliative Care, Pinehurst  
New Hanover Sheriff Dept., Wilmington  
Alamance Regional Medical Center, Burlington  
Wesley Long Hospital, Greensboro  
New Hanover Medical Center, Wilmington  
Wake Medical Hospital, Raleigh  
Durham VA, CPE  
New Hanover Regional Medical Center, Wilmington  
Wake Medical Hospital, Raleigh  
UNC Healthcare, Chapel Hill  
Pitt County Memorial Hospital, Greenville

## **NCCA Executive Committee Elections**

At our Spring 2010 Conference we will be electing a new board which will serve June 2010 through May 2012. The nominating committee has been at work securing a slate of officers for your consideration. The following have been submitted as nominees and have agreed to serve if elected. The nominees are:

Darryl Owens for President  
Barry Morris for Vice President  
Ken Turner for Treasurer  
Jeanell Cox for Secretary

If you know of potential nominees for the positions, or would be interested in serving yourself, please contact Elizabeth Hyland at [ehyland@ctc.net](mailto:ehyland@ctc.net).

Your newly elected president will appoint the following executive committee positions:

Education Chair  
Membership Chair  
Publicity Chair  
Webmaster  
Institutional Consultant

If you have an interest in serving in any of these positions please contact any member of the current executive committee.

***Submit your nomination today!***