



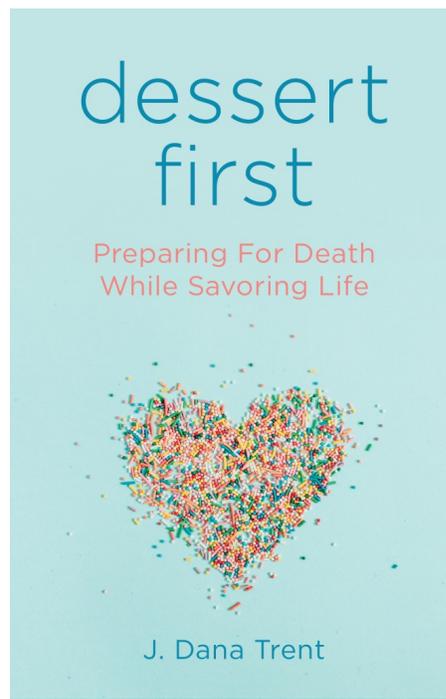
2020 SPRING EDUCATION DAY

THURSDAY, APRIL 30, 2020

"CROSSING THE THRESHOLD: EQUIPPING PROFESSIONAL CHAPLAINS IN END-OF-LIFE CARE PRACTICES"

FACILITATED BY J. DANA TRENT

AND DRAWN FROM HER FOURTH BOOK, [DESSERT FIRST: PREPARING FOR DEATH WHILE SAVORING LIFE](#)



***A note from the Executive Committee of the NCCA*

Our Executive Committee met on March 13, 2020 to discuss creative ways we can continue to support our organization and continue to provide educational programming. We value your input and want to make sure each of you are safe and meeting the ever-changing regulations being set by our hiring institutions. Spiritual care is so important during this anxious and chaotic time. We value the phenomenal work each of you do and we want to continue to honor that by offering an alternative option for our spring educational event.

As of March 13, 2020, the NCCA Executive Committee decided to continue with our spring educational event as a videoconference opportunity. If you have already registered for the event, we will be in contact with you shortly to go through the process of refunding your registration. We do have a few more options as we move forward with this alternative way of education and engagement.

Dana Trent assured us of her ability to present this material via videoconferencing. She recently did this presentation to a large group virtually and heard a great deal of positive feedback about the educational experience and content provided. We will still have the educational event on April 30, 2020. Dana will present three (3) ninety-minute sessions followed by an opportunity for questions/answers/ reflections.

We are working with those who have already registered to determine their desired connection to the event moving forward. We have also adjusted our pricing to reflect the loss of a venue and lunch. Thankfully, we will be able to get books in the hands of registrants prior to the event, either through centers willing to serve as drop in sites where paid registrants can sign for their books or via direct shipping, with an additional fee.

We are certainly disappointed that we are unable to meet in person. We are grateful for the creativity of the team and expertise of Dana to have the option of providing this education virtually. We plan to also have a recording of the

event for those who want to attend, but cannot join virtually. Please let us know if you have any questions and/or concerns and we hope to virtually see your faces on April 30th!

With Peace & Warm Regards, The Executive Committee



Thursday, April 30th

- 8:45am Welcome and Introduction of the Speaker
- 9:00am Session A: "Sabbath for the Chaplain: Refilling the Well in Order to Hold Space"
- 10:30am Break
- 11:00am Session B: "Dessert First: Practices & Spiritual Care for the Dying and Bereaved"
- 12:30pm Break
- 1:30pm Session C: "One Breath at a Time: A Chaplain's Guide to Meditation"
- 3:00pm Q & A with the Author

A Glimpse at our Day...

Session 1: Sabbath for the Chaplain: Refilling the Well in Order to Hold Space

Chaplaincy can be exhausting. How does the professional chaplain sustain their professional expertise and energy amid growing needs? This session will provide practical wisdom on how a regular practice of sabbath rest, worship, and community has the power to refill and shape us—and sustain our ongoing professional care for others. We will dive into a brief history of spirituality as well as examine the practical *when, why, and how* of achieving balance and renewal amid a 24-7 society.

Session 2: Dessert First: Practices and Spiritual Care for the Dying and Bereaved

What do the dying and bereaved *really* need? This workshop will focus on equipping chaplains for end-of-life care and grief support for patients and families. It will provide an explanatory didactic on needs as well as practical tools for serving faithfully amid what many scholars deem the upcoming “Silver Tsunami” of aging Americans entering the final state of life.

Session 3: One Breath at a Time: A Chaplain’s Guide to Meditation

As professionals dedicated to serving with understanding, love, and empathy, we need reminders of what roots and nourishes us in the *why* of our service. In this session we will enjoy refreshing reminders about our *own* contemplative spiritual practices and why they are essential to sustaining and shaping our continued care for patients and families.

Meet Dana...

J. Dana Trent is a graduate of Duke Divinity School and professor of World Religions and Critical Thinking at Wake Tech Community College. An ordained

Baptist minister and former hospital chaplain (University of North Carolina Hospital, Chapel Hill), her work has appeared on Time.com, and in Religion News Service, Sojourners, Religion Dispatches, and The Christian Century. *Publishers Weekly* calls her fourth book, *Dessert First: Preparing for Death While Savoring Life* “poignant,” “hilarious,” “practical.” She is also the award-winning author of *One Breath At a Time: A Skeptic’s Guide to Christian Meditation*, *For Sabbath’s Sake: Embracing Your Need for Rest, Worship, and Community* and *Saffron Cross: The Unlikely Story of How a Christian Minister Married a Hindu Monk*. Dana winds down from writing and teaching with episodes of “The Young and the Restless” as well as leading group fitness training classes for the YMCA.

About Dessert First...

What if we embraced death as a sweet part of life, rather than a dreaded landmark? How would that shape the way we think about death, dying and grief ... and how we live, now?

In the year she served as a chaplain in a hospital “death ward,” J. Dana Trent accompanied more than 200 people — and their families — on their passage from life to death. Using personal narratives, *Dessert First: Preparing for Death While Savoring Life* captures life lessons on death and grief learned at the bedsides of the dying, including Dana’s own mother. *Dessert First* illuminates the end-of-life complexities: why we avoid talking about and planning for it, and how we might instead prepare for a “good death.”

Dessert First is a deeply personal, touching, and sometimes even humorous look at death and dying, including the ways we cope when facing the inevitable end of life. Vignettes examine meaning, while practical resources help the reader begin with the end in mind. Final chapters include religious, spiritual, and legal resources.

This book is a companion on a journey of considering death—our own and our loved ones’—as a sweet spiritual part of life, rather than a dreaded destination. Discover tools for creating meaning-making at the end of life and in grief—for yourself and for those whom you love.

Hear what those who have read the book are saying...

"In this disarmingly forthright and often funny book, Dana Trent reminds her readers that we're all terminal, and we'll all ride the grief train sooner or later—so why not start the conversation now? Her ability to convey what she has learned as a hospital chaplain, a daughter, and a teacher grounds every page in the real world, making it impossible to resist her invitation to begin thinking about The End in a life-giving way. —Barbara Brown Taylor, Author of An Altar in the World

"If grief is the language of love, this unflinching book shows us how to love a little deeper." —Kate Bowler, New York Times Best-Selling Author of Everything Happens for a Reason (And Other Lies I've Loved)

"Dessert First really helped me. It helped me prepare for the deaths of people I love. It helped me prepare for my own death. Don't worry: it isn't a book written by Miss Morbidity. J. Dana Trent is funny and professional and human, exactly the kind of person you want to help you face life's one actual certainty." --Brian D. McLaren, Author/ Activist

"Dessert First is a delicious treat—nourishing and enjoyable. A timely reminder not to neglect the things that matter most. Practical, truthful, needed." —Philip Gulley, Quaker Author of If the Church Were Christian

"There is great freedom in accepting the reality of death. There is even joy. And possibly—a great deal of humor. It is all here in "Dessert First," a book about death that adds up to the fullness of life implied by the title. Dig in." Erin Wathen, Author of Resist and Persist: Faith and the Fight for Equality and Patheos Blog 'Irreverin'

Go to jdanatrent.com to access free resources or to learn more about Dana's published works and blog.

The Details

- Registration is open through **Friday, April 3, 2020.**
- We have Member/Student and Non-Member Rates.
- Registrants receive a link to the video conference and a copy of Dana's book, Dessert First.
- An electronic copy of the Continuing Education Certificate will be sent to participants.
- All payment must be received by April 10, 2020 to secure one's book.

Event Pricing	Member	Non-Member	CPE Student
Member	\$25	\$35	\$25
Shipping cost (if needed, for any registrant)			\$10

**Please contact our Administrative Coordinator, Wanda Burton-Crutchfield, if you have questions, experience difficulty with registration, or need assistance establishing membership: admincoordinator@ncchaplains.com, (252) 508-9860.