

**Did you know Spiritual injuries happen regardless of one's spiritual orientation?**

*Ask yourself how often do you:*

**1. feel guilty over past behaviors?**

Rarely Sometimes Often Very often

**2. feel shame, humiliation, or that you can never measure up?**

Rarely Sometimes Often Very often

**3. have anger or resentment block your peace of mind?**

Rarely Sometimes Often Very often

**4. feel sad or experience grief?**

Rarely Sometimes Often Very often

**5. feel life has no meaning or purpose?**

Rarely Sometimes Often Very often

**6. feel despair or hopelessness?**

Rarely Sometimes Often Very often

**7. feel angry at life or your Higher Power for being unfair?**

Rarely Sometimes Often Very often

**8. feel abandoned by your Higher Power or others?**

Rarely Sometimes Often Very often

**9. worry about doubts or disbelief?**

Rarely Sometimes Often Very often

**10. worry about or fear death?**

Rarely Sometimes Often Very often

**11. think about things you had to do while in the military that were opposed to your internal set of values?**

Rarely Sometimes Often Very often

**12. In the past two weeks, how often have you had thoughts of hurting/harming/killing yourself or someone else?**

Rarely Sometimes Often Very often

**Return this to a chaplain for care.**

**Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**“Out of suffering have emerged the strongest souls; the most massive characters are seared with scars.”**

**~Kahlil Gibran**

Practice one minute of resilience today by remembering one time in your life where you bounced back stronger than you were before.

Great Spirit, whose voice I hear in the winds and whose breath gives life to the world: as I come before You, one of Your many children, I am small and weak; I need Your strength and wisdom.

May I walk in beauty; may my eyes behold the red and purple sunset; may my hands respect what You have made; may my ears be sharp to hear Your voice. Make me wise, so I may know what You teach in every leaf and rock. Make me strong, so I may be able to fight my greatest enemy, myself. May I ever be ready to come to You with clean hands and straight eyes, so that when life fades like a sunset, I may come to You without shame.

– translated by Chief Yellow Lark, 1887

**SERENITY PRAYER**

Grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference.

***Living one day at a time,***  
Enjoying one moment at a time...

**VA**



U.S. Department of Veterans Affairs

Veterans Health Administration  
Oklahoma City VA Health Care System

# CHAPLAIN SERVICE

**Our Team**

**Andrew Hester, PSA**

**Sheri Martin**

**Kristen Melton**

**David Potter**

**F. Tarasissio Tumuhereze**

**Deacon Herbert Vance**

**Brenda Wallace**

**Trainees**

**Stephen Billingslea**

**Lola Shrimplin**

**Interns**

**Joseph Jackson**

**Darrin Kissinger**

**Oklahoma City VA Health Care System**

**Phone: 405.456.1000 x65138**

**Office: Rm. 5B100**

**Chapel: Rm. 5A145**

**Patient TV channel 35.1**

**Email: OKCChaplainServices@va.gov**

## Chapel

The chapel is located on the 5<sup>th</sup> floor, 5A145. It is open for prayer, meditation, and spiritual refuge 24 hours a day. Chapel doors remain open unless there is a chaplain-led group or event taking place. If the chapel is unavailable, please contact chaplain services in room 5B100 for help finding a place for prayer.

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### Current Events

Stories & Healing, Mon. 12:00pm  
Recovery Talk with the Chaplain, Tues.  
12:00pm  
Word on Wednesday, 12:00pm  
Praying the Rosary Thursday, 12:00pm  
Islamic Prayer Service Friday, 1:30pm

### Virtual Groups

Women's Sacred Circle – Waitlist\*  
Grief, Loss, Guilt, & Shame - STAR  
Wed. & Fri., 10:30am  
Spiritual Recovery - STAR Friday, 1:00pm  
Level I Grief Wed., 1:30pm  
Level II Grief Thurs., 9:30am  
Spiritual Recovery for the LGBT+ community,  
Waitlist\*

### Inpatient Groups

Spiritual Recovery on 8N Mon., 1:00pm

### Outpatient Groups

PTSD Spiritual Renewal Tues. & Fri., 9am

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*\* call to be put on the waitlist*

## Oklahoma City VA HCS CHAPLAINS



### **SPIRITUAL RECOVERY**

Using your values & beliefs to address your spiritual injuries.

***Health depends on the wholeness of your body, mind, and spirit. While you are here, feel free to make use of your faith's spiritual resources to aid in your healing.***

**Every VA chaplain is specially trained to work in a pluralistic setting to serve and provide for the spiritual needs of Veterans, families, and staff of any spiritual background.**

**Our chaplains are active members of the interdisciplinary treatment teams to ensure a continuum of holistic health care. In addition to sacramental services, we provide individual sessions, couples & family sessions, community clergy/partner programs, inpatient & outpatient groups, advance directives, and bereavement care. If there is something you would find beneficial to your spiritual practice or would like more information about, let us know.**

## **CHAPLAIN GROUPS**

*Staff Only Groups are Available Upon Request.*

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### **Making the Tough Decision**

Whether it's Advance Directives, Life sustaining treatment, DNR/DNI, Hospice, or even Palliative Care, words can be just as intimidating as death itself. This group walks through terms, meanings, and ethics involved in making informed decisions.

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### **PTSD Spiritual Renewal**

Helps individuals with PTSD reconnect to their Spirituality and Spiritual Resources

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### **Understanding Your Grief**

In a Grief group, people come together and encourage one another through sharing feelings, thoughts, and emotions related to their Grief in a "safe" place. Level 1, 2, & 3

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### **Women's Sacred Circle**

A supportive community for Veterans who are grappling with their identity related to womanhood, veteran/civilian status, transition, caregiving, spirituality, etc.

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### **Spiritual Recovery for the LGBT+ community**

This is a welcoming place for LGBT+ community to ask the hard questions and reclaim their spirituality. A supportive, hybrid group facilitated by an interfaith, open & affirming chaplain & mental health provider.