Hood Theological Seminary

HOOD Lines

An e-newsletter

June 2020

Highlights

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- **2020 Commencement Video Now Online!**
- **Congratulations to the 2020 Award Recipients!**
- **Hood's Herald Spring 2020 Now Available Online!**
- **The Month of May – Mental Health Awareness Month The Novel COVID-19 Pandemic and Mental Health By Rev. Dr. Karen L. Owens**
- **Hood Virtual Open House June 12**
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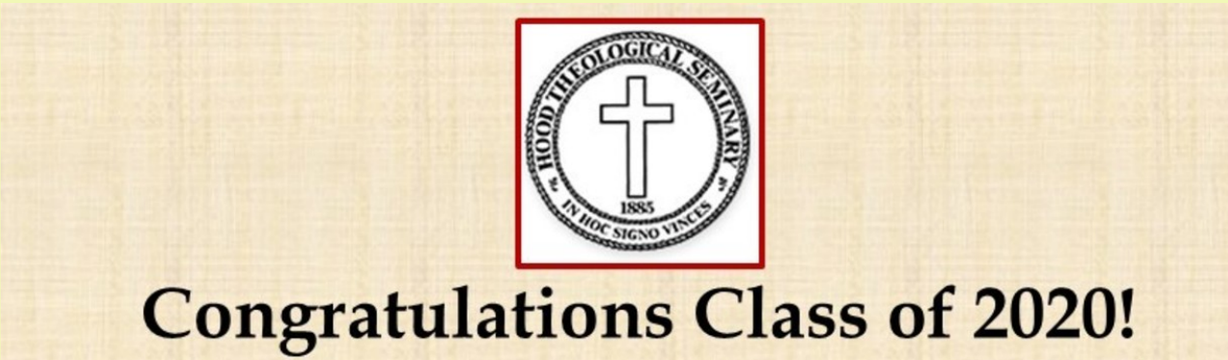
- **COVID-19 Resources**

Want to Connect with Hood Even More?

Check us out on Facebook, Twitter, Linkedin, and YouTube!

Facebook: @hoodseminary Twitter: @HoodTheoSem Linkedin: Hood Theological Seminary YouTube: Hood Theological Seminary

Congratulations to the Class of 2020!



Congratulations Class of 2020!

The 2020 Commencement Video is Online!

Click on the Button Below!

CLICK HERE TO VIEW!

Congratulations to the 2020 Award Recipients!

The Administrative Excellence and Service Award

Phyllis C. Wells

Angela Davis-Baxter

Teaching Excellence and Service Award

Dr. Jim R. Wadford

Bishop James Walker Hood Recipients

Mrs. Iris Miller Battle

Bishop Bill Godair and Cornerstone Church

The Late Rev. Willie Foster

Zion Heritage Appreciation Award

Dr. Otis T. McMillan

The Distinguised Trustee Service Award

Honorable Judge Adele M. Riley

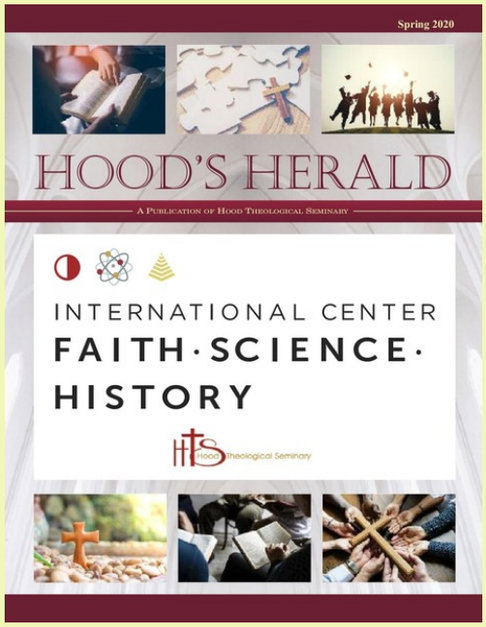
Congratulations to the Doctor of Humane Letters Recipients!

Mrs. Margaret H. Kluttz

Mrs. Addie Lynette Hudson Lisby

Hood's Herald - Spring 2020 Edition Now Available Online!

Read the latest edition now available online! This annual publication includes highlights of the past year, articles of interest, and the Honor Roll of Donors for 2019. Click the button below to view online.



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The Month of May – Mental Health Awareness Month

The Novel COVID-19 Pandemic and Mental Health

By Rev. Dr. Karen L. Owens

Spiritual Care Provider, Clinical Behavioral Health Chaplain

Director, Center For Chaplaincy, Hood Theological Seminary

"Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul" (3 John 1:2).

As we close out two difficult months of a nationwide mandated quarantine as well as the "sheltering-in" directive, while lacking knowledge of what is yet to come, the mental wellness for many of God's children has elevated to unprecedented levels. We have more questions than answers, and people in our lives and congregations are looking to us for leadership. They have the expectation we will provide solutions, or at least in some way, ease their distress, anxiety and pain. However, while possessing authentic care and concern for those whom we serve, we as ministry leaders must be aware of our own mental condition, set boundaries, and obtain adequate rest.

In looking to the One Who holds our future, wisdom tells us that easing anxiety with false antidotes robs us all of the great lessons this "pandemic moment" can teach us, and as well, the wise King Solomon, in the Old Testament Book of Ecclesiastes, 7:10, reminds us:

"Do not say, "Why were the old days better than these?

For it is not wise to ask such questions."

Rather, we must hold on to the Creator's directive declared by the Psalmist:

"Be still, and know that I am God;

I will be exalted among the nations, I will be exalted in the earth" (Psalm 46:10).

"For I will restore health to you, and your wounds I will heal, declares the Lord, because they have called you an outcast" (Jeremiah 30:17a).

For the general public, the mental health effects of the novel COVID-19 pandemic are just as important to address as are the spiritual and physical health effects. And for the one-in-five individuals who already have mental health conditions or the one-in-two who are at risk of developing such illnesses, it is imperative we are able to identify when one's mental health is being impacted by the devastation of the Corona Virus. Following are some tips that may signal if someone is struggling mentally:

- Withdrawal / Isolation
- High Stress / Anxiety
- Extended periods of sleep
- Insomnia
- Over eating
- Lack of appetite
- Lackadaisical demeanor
- Disheveled appearance
- Irritated mood (uncooperative behaviors)
- Manic behaviors
- Ongoing cynicism
- Illegal drug use / increased opioid use
- Alcohol addiction or excessive drinking
- Self-medicating
- Catastrophizing (imagining worst outcomes)
- Lack of communication

- Phobias / Fear / Distrust
- Excessive crying
- Demonstration of guilt and shame
- Hyperactivity
- Complicated Grief / Anticipatory Grief
- Depression (more than just being momentarily “sad”)
- Lack of focus or clarity
- Suicide Ideation / Homicide Ideation
- Unusual memory loss

If you notice these things are occurring, contact your physician’s office to speak to a medical professional/counselor, or if the behavior is acute, immediately contact a behavioral health facility near you. Additionally, contacting a credentialed spiritual care provider or chaplain is also appropriate.

Being mindful of our mental wellness includes sacred, spiritual practices and can also include the following:

- Begin each day in prayer and read something inspirational.
- Practice self-care and soul care, which extends beyond self-indulgence.
- Journal; express your feelings in writing, even if it is writing only one sentence.
- Use your smart phone or landline to stay connected to family and friends. Shift from texting to voice or video calling to feel more connected and to physically see the ones for whom you care.
- Keep comfortable. Continue the things you already enjoy doing at home.
- Practice stress relief whenever you feel anxiety building - do some deep breathing exercises, read, work in the garden, listen to music, take a walk in your neighborhood; dance - whatever works for you.

- Do not engage in anything you would consider unhealthy such as excess drinking - that will just increase your anxiety, create a harmful habit, and foster physical and mental impariment.

- Keep looking forward. Initiate some plans for the days and weeks ahead.

- Pray often - individually and collectively.

- Meditate.

- Color or paint.

- Share your feelings with someone you trust.

- Be mindful of making self-defeating decisions.

- To the best of your ability, think positive.

- Practice patience, particularly, with children and seniors. Many are experiencing tremendous fear and confusion in their vulnerability.

- Do not indulge in a “spending spree" over the internet because you are “bored.”

- Listen authentically with empathy and have the courage to hear. When a person tells you how they feel, do not be quick to begin sharing how YOU feel; do not judge or minimize their feelings. At the moment they share, it is not about you; it is about them. Acknowledge what they shared with you; endorse their feelings; don’t say things like: “I know how you feel.” Allow them to cry if they do so and do not rush to give them tissue. Tears are cleansing and healing. Encourage them that all will be well and they are NOT alone.

- Exercise.

- Smile.

- Stay hydrated. Eat well and healthy – minimize “junk food.”

- Keep your medications and prescriptions filled and on hand.

- Remain updated on the current news regarding COVID-19; however, do not spend excessive, non-stop hours looking only at the news and other forms of media that emphasize the negativity of the Pandemic creating increased trepidation or anxiety.

- Use good judgment regarding social distancing – wear your masks and gloves!

- Do not spend your time comparing yourself to others.

- Do not tolerate violence of any kind – mental, physical, verbal. Carefully and safely remove yourself from the situation and seek immediate assistance.

- Address your guilt and shame and think good thoughts. Remember, "thoughts are things!"

- Laugh heartily; laughter is good for the soul!

- Stay safe.

- Trust God.

In the coming days, we are likely to face new challenges we could not have imagined as restrictions ease and the possibility of infections and deaths increases. Nevertheless, the great gift of these fragile moments is it serves as a reminder that we need one another; that we are each other's keeper; that we were created to be in relationship with one another, and while our circumstances may be different, TRULY, we are in this together as a Christian family. One of the essential insights of our faith, a promise to which we collectively hold, is that this too shall pass; this is God's world, and everything will occur in God's timing. Yes, we may have a long journey ahead of us; yet, through it all, remember that GOD is with us, closer than ever. I believe God is already working to bring about a new and resurrected world order - a more balanced and sustainable one, and undoubtedly, Creator God cares for our physical, mental, and spiritual well-being.

"Cast all your anxiety on Him because He cares for you" (I Peter 5:7).

Let us also ponder the words from the Prophet Isaiah, 43:18-19 as given to him by GOD:

"I am about to do a new thing; now it springs forth, do you not perceive it? I will

make a way."

Finally, following is an appropriate poem, penned by Rev. Larry Peers:

Just a little more light

to touch the places in us yearning for hope.

Just a little more light to soothe our weary souls.

Just a little more light

to strengthen all of those providing care.

Just a little more light to see the most vulnerable.

Just a little more light from a horizon we so desire.

Just a little more light

To ease our mental distress and heal our physical bodies

Just a little more light to illumine our world once more.

Just a little more light. Just a little more light.

May the Creator's Perfect Shalom Comfort, Strengthen, and Sustain You,

Rev. Dr. Karen L. Owens

Spiritual Care Provider, Clinical Behavioral Health Chaplain
Director, Center For Chaplaincy, Hood Theological Seminary

Hood Virtual Open House

Hood will have a Virtual Open House on June 12, 2020 at 11:00 a.m. Click on the link below to RSVP.

CLICK HERE TO RSVP

Hood Theological Seminary
Theological Preparation for Effective Ministry in a Diverse Society

Please Join Us!

30 Days of Giving for HTS

June 1-30, 2020

When you donate your tax-deductible gift to the Firm Foundation in June, please include **"I Support HTS"** on your gift.

Please spread the word, by sharing & posting the following link and hashtag **#Give2HTS** on your Social Media page.

Give to HTS: https://hoodseminary.edu/donate/donate-now

3-Ways to Give to HTS

Mail: Hood Theological Seminary
1810 Lutheran Synod Drive
Salisbury, NC 28144
Attn: **#Give2HTS**

Online: https://hoodseminary.edu/donate/donate-now

Phone: 704-314-4970 *(This is a secured line)*
Please speak slowly and include your Name, Donation, Credit Card Number, Exp. Date, Security Code and Phone Number.

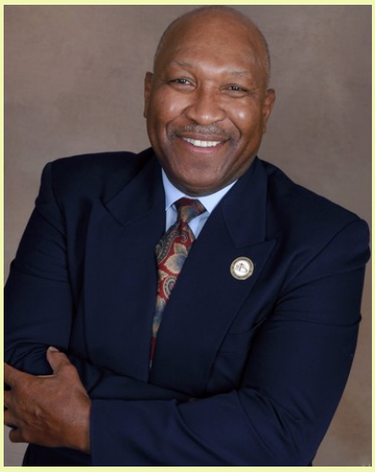
To speak to a live person, please call on Tuesday or Wednesday between 9:00 am – 5:00 pm

All Donations are Tax-Deductible

DONATE NOW!

Hood Staff News

Rev. J. Frances King has accepted the position of Executive Assistant for Administrative Services and Institutional Assessment at Hood Theological Seminary. She will start her duties beginning July 2020.



Faculty and Staff News

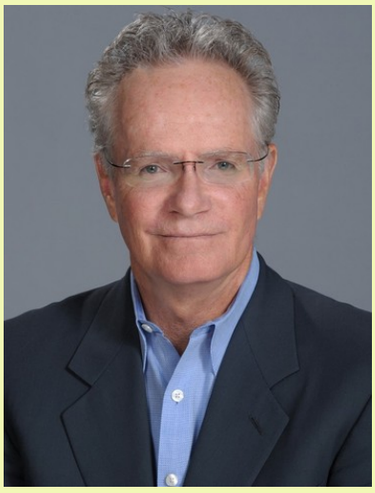
President and Professor of Pastoral Pyschology and Counseling, Dr. Vergel Lattimore, made remarks at the Graveside Memorial Service for Mr. Thomas Asbury, a retired educator and member of the President's Advisory Council, in Charlotte, NC on May 22, 2020.

As the Ecclesiastical Endorser of the A.M.E. Zion Church, President Lattimore participated in a Department of Defense (DOD) Tele-Conference Call with the U.S.Air Force Chief of Chaplains on May 26, 2020.

President Lattimore is an invited participant for a Clemson University Ph.D. doctoral project addressing 1) the Black seminary president and their use of spirituality to overcome personal and professional obstacles and 2) unique assumptions and challenges of leading a Historically Black Theological Institution (HBTI).

President Lattimore will participate in the 104th Annual Session of the North Charlotte District Conference of the A.M.E. Zion Church June 4-June 5, 2020.

President Lattimore will participate in the Virtual Biennial Meeting of the Association of Theological Schools (ATS), which was previously scheduled to occur in Vancouver, CA. This meeting will take place June 24-June 26, 2020.



Dr. André Resner, Professor of Homiletics & Liturgics, completed his fourth book on June 1, 2020. It is entitled *What's Right With Preaching Today? The Enduring Influence of Fred B. Craddock*. It will be released under the Cascade Books imprint of Wipf and Stock Publishers and will be released in the spring of 2021. It will include ten chapters from leading scholars in homiletics and twenty-seven "Remembrances of Fred" by a wide variety of people who were impacted by the teaching and preaching ministry of Dr. Craddock.

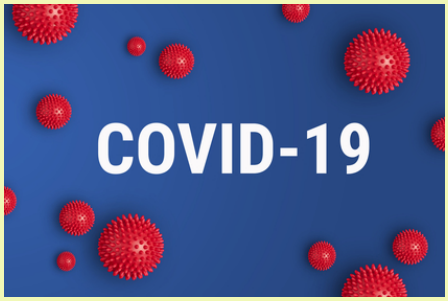
Alumni News

Rev. Dr. Chaplain Delton Cooper successfully defended his Disertation at Charlotte Christian College and Theological Seminary.

COVID-19 Family Ministry Road Map

Click on the button below for this great resource!

CLICK HERE



DOING CHURCH DURING DISRUPTION: Coronavirus (COVID-19) Resources for Church Leaders

Click here for the article!

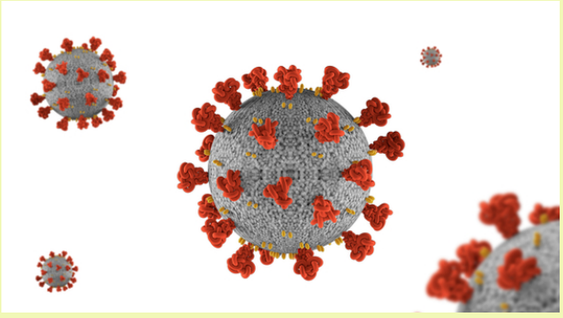
CDC: Resources for Community and Faith-Based Leaders

Find some helpful resources from the Center for Disease Control and Prevention's website **HERE**

NC Department of Health and Human Services COVID-19 Materials & Resources (NCDHHS)

CLICK HERE

Helpful COVID-19 and Church Resources



Here are some COVID-19 and Church Resources:

CDC and COVID-19

Understanding the CARES Act

Creating a financial plan for your church during the outbreak

Larger churches urged to help smaller ones survive during pandemic: (RNS) -- An application process opened Monday (April 6) for small churches to apply for $3,000 grants.

Learn 20 Ways To Grow Your Church In 2020

How to help Children Understand COVID-19

Join Our Online Community!

We are excited to announce that Hood Theological Seminary now has its own online community as part of the 360Alumni platform. We decided to launch the online platform to enhance engagement across the Hood community. This resource will provide our alumni and supporters a place to network with one another and with the Hood community, to share resources, and to generate community conversations on topics relevant to particular areas of work.

This platform will allow those involved to create a dialogue with colleagues on a range of topics in theological education through an open forum—all within a live online environment. You will be able to join a group and get connected to events on and off-campus, see available jobs posted by various members, and join in great discussions. Members will also have the availability of great resources and will have the opportunity to join groups such as early clergy, chaplaincy, and alumni, just to name a few.

Here is the link to join and create a login:
Click Here

Job Opportunities

Hospice Chaplain, Personal Home Care of North Carolina (PHC of NC). If interested please email job@phcnc.com . For more information on the organization, go **HERE** .

Senior Pastor, First Baptist Church, Burlington, NC, for more information, go **HERE** .

The entire Hood community joins together in prayer for and offers sincere condolences to the family and friends of:

Rev. Willie Foster who passed away May 2020.

Rev. Xenophone Lutz, Diploma of Christian Ministry '14, whose wife **Peggy Coates Lutz** passed away on May 21, 2020.

Did you Know?

You can audit a class at HTS!

Learning is a lifelong process; continue the journey with us. For clergy, church professionals and laypersons. All denominations welcome! Read more here.

Submit News/Events

Do you have any news or events to share? Please submit them to marketing@hoodseminary.edu to share with the monthly Hoodlines newsletter.

HOOD THEOLOGICAL SEMINARY

THE FIRM FOUNDATION ANNUAL FUND

Embracing Our Vision ~ Investing In Our Mission

It's so easy to donate securely online! Or mail your check to the Seminary at 1810 Lutheran Synod Dr., Salisbury, NC 28144.
Your gift to the Annual Fund is essential in promoting the mission of the Seminary and in helping keep tuition as low as possible for our students. Every gift, small and large, is greatly appreciated and stewarded responsibly.

Create Your Legacy with a Planned Gift

~ Do you have an IRA?
~ Are you at least 70 1/2 years of age?
~ Would you like to help HTS in its mission to prepare women and men for bold and creative leadership for the Christian church for a diverse world?

If you answered "Yes" to all three questions, please consider an IRA Charitable Rollover.

In an IRA Charitable Rollover, the distribution of up to $100,000 annually made directly from the IRA custodian to a qualifying public charity, such as HTS, is excluded from gross income and counts toward the required minimum distribution.

For more information, contact John Everett at jeverett@hoodseminary.edu or (704) 636-6545, or visit our Planned Giving website for lots of helpful information.

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