

Annotated Bibliography of Emotional and Spiritual Care Resources in Disaster Response and Recovery

There are many good resources in this topic and more are being published each year. These are a few of what have helped various members of the NRT, and is an update to one compiled in 2013. Additions to this listing may be suggested to Beth Goss.

Theological Reflection Classics

The Will of God by Leslie Weatherhead, 1944 (2016). The phrase "the will of God" is used loosely, says Leslie Weatherhead, and the consequence of that looseness to our peace of mind is serious. After City Temple in London was reduced to rubble, Rev. Leslie Weatherhead crafted five sermons on understanding the will of God to help his congregation endure religious doubt as their city—and church—crumbled around them. Weatherhead's sermons were eventually published as this work. The most recent reprinting of the book in 2016 includes a new foreword by Adam Hamilton, background information and photos of the historical setting that inspired the book.

The Will of God Workbook This workbook by Rebecca Laird helps readers discern God's will for themselves and their communities. The entire contents of Weatherhead's classic book "The Will of God" is reprinted, with three case studies added to illustrate the difficult questions that arise in understanding the will of God. Includes a "how-to-use" section and exploration exercises. 6 Week study (individually or in a group). Another free downloadable discussion guide, with discussion questions only, is available from Cokesbury.

The Wounded Healer: Ministry in Contemporary Society, by Henri Nouwen, 1972. Nouwen explores how we can understand our pain as a reflection of the suffering in our own time - and to turn that recognition into service to others. This book is hope-filled and profoundly simple and speaks directly to those who want to be of service in their church or community, but have found the traditional ways often threatening and ineffective.

Scripture Studies

The Book of Job and the Psalms are particularly rich scriptural faith resources for disaster recovery ministry. Any good commentary on either of these biblical books would be a good resource. Here are a few more.

Job and the Life of Faith: Wisdom for Today's World by Carol M. Bechtel. (a Kerygma publication) "The book of Job cuts straight to the heart of what it means to be human and profound exploration of the life of faith. Why do bad things happen to good people? Is there a correspondence between sin and suffering, obedience and blessing? Why should we obey God if there are no guarantees?" Bechtel contends that the real theme of Job has to do with the limits of human wisdom. God does not answer Job's questions about suffering, but reminds Job that he's out of his league. We do not have all of the answers; God does. Faith, as Job understands it, is an exercise in radical trust. The Leader's Guide, also available in hard copy, includes an innovative CDROM with the complete text to help Leaders prepare for their session. The CDROM features video introductions to each session by the author as well as video resources.

Job: Faith Remains When Understanding Fails (Horizons 1997--1998) by Janice E. Catron. Janice Catron chooses the most significant passages to highlight the depths of Job's misfortune and sorrow. She contends that the book of Job serves as a guide for those who suffer or question God's ever-present justice, love, and protection. Readers follow Job's progression of knowledge to realize that the God who blesses and the God who takes away can and should be reconciled into one rich portrait of God.

The Message of the Psalms(1984) and ***Praying the Psalms*** (1982 and 2007 editions) by Walter Brueggemann. Brueggemann's work on the Psalms is well-known, and all of his work is worthy of digesting. In these volumes he describes his scholarly study of the Psalms using his now well-established typology of Orientation, Disorientation and Re-Orientation. The scholarly studies retain their rigor while also lifting up the pastoral use of the Psalms, in personal and corporate voices in the life of the believing community. The three categories offer a helpful and healthy way to understand and relate to God through prayer during difficult times.

Discovering the Psalms: Passion, Promise and Praise by Donald L Griggs. (a Kerygma publication) This study shows the richness of the Psalms in terms of spirituality, personal growth and worship. Grigg's broad and deep exploration of the Psalms is particularly appropriate for Lent or as a special study on spirituality. Seven parts: The Book of Psalms: An Introduction, Prayers and Poetry, Prayer Book for God's People, Psalms of Sacred History, Psalms of Trust, Psalms of Lament and Psalms of Praise.

Worship, Liturgy, and Prayers

Collections of prayers, devotions, and liturgical material appropriate for disaster ministry are being written daily. There are now many websites and blogs devoted to this kind of material. Here are some books we like.

Through the Valley: Prayers for Violent Times by Margaret Anne Huffman. Encompassing a wide range of emotions and situations in her prayers, Huffman dialogues with God who is a powerful resource in healing, restoring, and equipping us for going through and beyond violation. By talking with God we discover that, yes, we can live in vigorous hope that God fortifies us for living in violent times and redeems even the most vile acts against body, mind, and soul. We need not stay victims of fear or violation, for there in a path through dark valleys and a Companion for the journey. Based on personal experience and interviews with victims (both adults and children), families, counselors, and pastors, Huffman connects us to this God who does not desert anyone but accompanies us through the valley. (Note: This is out of print, but available through paperback sellers on Amazon.)

Psalms of Lament by Ann Weems. (foreward by Walter Brueggemann) Weems offers in this 50-poem collection a poignant rendering of her own personal psalms of lament. She draws from the rich heritage of scripture, specifically the Psalms, to give voice to the grief and anguish she has felt, and continues to feel, over the death of her son. Her words will deeply move anyone who has mourned.

Stilling the Storm: Worship and Congregational Leadership in Difficult Times by Kathleen S. Smith. When congregations go through difficult times, worship will both reflect and influence those difficulties. The practice of worship itself can be a key part of the congregation's healing process. Teacher and consultant Kathleen Smith demonstrates this truth in a book for anyone seeking a deeper understanding of the ways that worship intertwines with the life and health of a congregation. There are three main types of difficulty congregations can face: times of crisis, transition, and conflict. Smith considers their differences, similarities, and implications for worship, and explains the congregational dynamics that accompany such times and the roles that leaders play. She reviews basic principles of worship and the ways that unique moments and regular habits of worship shape the congregation. For each type of difficulty she suggests important themes for congregations and their worship planners.

Speaking to Silence: New Rites for Christian Worship and Healing by Janet S. Peterman. Peterman presents a variety of healing and comforting rituals that can be used in situations that are likely to be encountered in difficult situations but yet are not typically addressed in standard liturgies. She offers her observations about ritual and its power to offer a Word from God in many situations where the church is silent. This practical resource will help pastors and leaders develop their own skills and insights for creating liturgies that provide relief, healing, and support for communities that face critical and life-altering situations.

Practical Guidance, Clinical/Faith Integration

The number of books published under this specialty has increased exponentially in the last several years. Unfortunately, because of the multiplication of disasters in the last decade, the field is now crowded with practitioners. There is a lot to write about and the public's awareness of disasters make this a profitable field for publishers. Nonetheless, much research and writing—from both the non-profit and for-profit publishers—continues to find its way into print.

Recovering from Un-Natural Disasters (2017) Laurie Kraus, David Holyan, and Bruce Wismer. Unlike natural disasters, un-natural disasters deal with the concept of sin and require a different recovery strategy. In this book, readers will explore the four phases of human-caused disaster: Devastation and Heroism, Disillusionment, Reforming, and Wisdom and receive step-by-step suggestions to use with their faith community during the recovery process. Example worship resources, including prayers, music suggestions, and sermons that are appropriate to use during periods of trauma and recovery, are included. The volume is organized as a handbook, for pastors and church leaders who could or perhaps already have experienced an un-natural disaster in their communities, such as gun violence, suicides, or sexual abuse.

Light Our Way—a Guide for Spiritual Care in Times of Disaster for Disaster Response Volunteers, First Responders and Disaster Planners by Kevin Massey. This brief volume published by the National Voluntary Organizations Active in Disasters offers a succinct and helpful introduction to the issues and best practices involved in spiritual care following a community disaster. It is intended to be used in inter-faith settings with a broad audience in view. A full copy is freely downloadable from <https://www.nvoad.org/mdocs-posts/light-our-way/> In addition, PDA has copies of Light Our Way that can be shipped.

A Ready Hope: Effective Disaster Ministry for Congregations by Kathryn M. Haueisen and Carol H. Flores. The book is an initiation for people of faith who are new to the ministry of disaster preparedness and response. It provides an overview of existing disaster-response networks, details the predictable phases of disaster recovery at both the individual and community level, lifts up helpful and unhelpful ways that congregational leaders and members can be involved in disaster response efforts, and prepares congregations to respond appropriately to a disaster in their community. This book is best read in preparation but certain pages and chapters are useful post disaster to help people normalize what they are experiencing and understand what can be expected. This book was written to address all phases of a disaster. This book is especially helpful for presbytery execs, COM's and local faith leaders.

Congregational Trauma: Caring, Coping, and Learning by Jill M. Hudson. All congregations experience stress. Dealing with the out-of-the-ordinary event or tragedy—a fire, a sexual misconduct scandal, or the untimely death of a pastor, for

instance-requires a completely different order of congregational coping skills. This is the first book to address those needs comprehensively, covering care strategies, how to adapt worship, assessment tools for measuring healing, how the judiciary can help, how to handle the media, and how tragedy can give rise to learning. At the time of her authorship Hudson was the executive presbyter, Presbytery of Whitewater Valley (PCUSA), in Indianapolis.

Compassion Fatigue: a Crucible of Transformation by J. Eric Gentry, MT, CAC. This article explores the history, causes, treatments and prevention of compassion fatigue, the negative effects of helping others. A model for understanding the multiple causes of compassion fatigue is presented, along with distillation of the active ingredients for effective treatment and prevention of its symptoms. Symptoms of compassion fatigue are conceptualized not only as disruptive and deleterious effects of caring for the traumatized, *but also as a catalyst for positive change*, transformation, maturation, and resiliency in the lives of these caregivers. Available in PDF format at <http://www.compassionunlimited.com/pdf/CrucibleofTransformation.pdf>

Creating Spiritual and Psychological Resilience edited by Grant H. Brenner, Daniel H. Bush, and Joshua Moses. This collection of clinical essays explores the interface between spiritual and psychological care in the context of disaster recovery work, drawing upon recent disasters including the experiences of September 11, 2001. Each of the three sections that make up the book are structured around the cycle of disaster response and focus on the relevant phase of disaster recovery work. Selected topics combining spiritual and mental health factors are examined; when possible, sections are co-written by a spiritual care provider and a mental health care provider with appropriate expertise. Existing interdisciplinary collaborations, creative partnerships, gaps in care, and needed interdisciplinary work are identified and addressed, making this book both a useful reference for theory and hands-on information.

Disaster Spiritual Care: Practical Clergy Responses to Community, Regional and National Tragedy (2nd edition updated in 2017) Edited by Rabbi Stephen B. Roberts, BCJC, and Rev. Willard W.C. Ashley, Sr., DMin, DH. A vital resource for counselors and caregivers of all faith traditions. This resource for clergy and caregivers integrates the classic foundations of pastoral care with the unique challenges of disaster response on community, regional and national levels and offers theological perspectives and tools, along with basic theory and skills from the best disaster response texts, research and concepts, the contributors to this resource are innovators in their fields and represent Christianity, Judaism, Islam, Buddhism and more.

The First 48 Hours: Spiritual Caregivers as First Responders by Jennifer S. Cisney and Kevin L. Ellers. The first 48 hours are critical to the recovery of trauma victims. First responders make the difference between life and death for trauma victims. But what is often not recognized is that when disaster strikes, spiritual caregivers are often among those first on the scene. For these caregivers response should also help

propel survivors toward positive transformation. This book focuses on critical responses that are key in the aftermath of natural disaster, community violence, personal injury, and crime. These basics include: the power of presence, safety, assessment and triage, how we help, putting the pieces together, telling the story, hope, and caring in the long haul.

In the Wake of Disaster: Religious Responses to Terrorism & Catastrophe by Harold G. Koenig, M.D. The chaotic aftermath of Hurricane Katrina made extraordinarily clear the gaps in the United States' disaster policies. At the same time, the contributions of organized faith communities were highlights amidst the bungled federal, state, and local responses. This book is written primarily for federal, state, and local government policy leaders, urging them to more fully integrate religious organizations into the formal disaster response system. Chapter 5 is a directory of the larger faith-based organizations (FBO's). Koenig also encourages faith communities and organizations to learn more about the role they can play in responding to disasters and terrorism.

Mercy in Action: Essays on Mercy, Human Care and Disaster Response (2015) by Reed Lessing, John T. Pless, Theodore Julius Brohm. This collection of essays is published by LCMS Disaster Response, this denomination's ministry that responds to immediate and long-term disaster related needs. Disasters come in many different forms. They end lives and break bodies, destroy homes and devastate countries, cause suffering and dampen hope. But thanks be to God, mercy comes in many different forms too! It is found in the comforting Word of Jesus Christ and in prayer, in hot meals and supplies, in relationships and in grants for rebuilding. These careful essays narrate stories to give hope.

Trauma Stewardship: an Everyday Guide to Caring for Self While Caring for Others by Laura van Dernoot Lipsky. A longtime trauma worker, Lipsky offers an empathetic survey of the toll taken on those working in trauma situations. The author advocates for the recognition that exposure to trauma exacts a price on those working in disaster response, as well as those survivors of everyday trauma. Lipsky advocates for meeting these challenges in an intentional way--not by becoming overwhelmed but by developing a quality of mindful presence. Joining the wisdom of ancient cultural traditions with modern psychological research, Lipsky offers a variety of simple and profound practices. Through the Trauma Stewardship Institute, she also promotes seminars and workshops for communities responding to trauma.

CareNotes by various authors. People dealing with intensely emotional situations are looking for concise, easy-to-read guidance and support. These booklets have been designed with small, manageable sections. Sidebars are added to support the information and stimulate interest; attention-getting subheads and call-outs are included to direct a reader through each booklet. Booklet topics include: Finding

Strength to Survive a Crisis or Tragedy; Asking for God's Help in a Time of Crisis; Living With a Problem You Can't Solve; Getting Through the Annual Reminders of Your Loss; How to Trust Life After a Traumatic Event. There are also CareNotes written for kids and teens including: Help Is Here for Facing Fear, and Why Bad Things Happen. CareNotes is owned and operated by the monks of Saint Meinrad Archabbey in Indiana and all proceeds support their prayer and work. Order online at carenotes.com

Holy Humor Inspirational Wit & Cartoons by Cal & Rose Samra. Featuring cartoons by such gifted cartoonists as Bil Keane, creator of The Family Circus, and Johnny Hart, creator of B.C., these collections by editors Cal and Rose Samra are a treasury of good, clean, inspirational humor. Within the pages of each book, readers will find enough knee-slapping jokes, uplifting anecdotes, zingy one-liners, joyful Scripture references, inspiring stories, top ten lists, clean limericks, church cartoons, real-life "uh-ohs," bulletin bloopers, and "testimonials" from pastors, health professionals, chaplains, and patients to make them laugh from start to finish! Items are conveniently arranged by topic or month for easy use. Sometimes during a difficult time laughter is the best medicine!

The Unthinkable: Who survives when disaster strikes—and why, Amanda Ripley, 2008. Journalist Ripley turns to investigating the stories of disaster survivors for a popular audience. She narrates stories and the research done in the aftermath of disasters in the United States from the 1917 explosion of the munitions ship *Mont Blanc* to the World Trade Center disaster of 2001. Her investigative journalist skills lead her to narrate "thick description" stories that describe the human interactions and the human characteristics of survivors.

The Work of the Chaplain by Naomi K. Paget and Janet R. McCormack. Both authors are Board Certified through the Association of Professional Chaplains with extensive experience in responding to disasters through many organizations in the US. Naomi Paget has served as a trainer with PDA and as a liaison with the American Red Cross. The book is an easily accessible handbook for Christian chaplaincy ministry, describing the various venues that have been the traditional work of chaplains in North America, such as the military, medical fields, public safety, corporations, and other non-church settings. Three helpful appendices list other resources for professional chaplains, including a sampling of the professional associations of chaplains.

Living Life as a Thank You by Nina Lesowitz and Mary Beth Sammons, 2009. For those who want to expand or start exploring gratitude as a spiritual practice, this book has ten chapters of ideas. It also includes stories about gratitude following natural and human caused disasters. Also included are practices to try when incorporating gratitude as a regular routine.

Grateful by Diana Butler Bass, 2018. The author shares personal stories of developing her practice of gratitude, even after sexual abuse and other human caused disasters. She includes stories of when Protestants practice communal gratitude. The author also looks at perspectives on the individual habit of gratitude and describes how to develop a spiritual practice of gratitude.

Open Mind, Open Heart by Thomas Keating, 2005. This book guides readers through the basics of centering prayer and it provided some history of this spiritual practice. This is the most popular of Keating's publications about aspects of centering prayer. The book also covers ways to overcome the typical challenges that hinder the centering practice.

Centering Prayer and Inner Awakening by Cynthia Bourgeault, 2004. Rev. Bourgeault gives tips on centering painting images from a contemporary cultural perspective. Those wishing to expand their centering prayer practice can find ample observations of consolations and pitfalls along the way. The author also gives comparisons of centering prayer with other meditation methods. This book can be used deepen spiritual life through centering prayer.
