

“Griefs and Uncertainties of Airport Chaplains in 2020”

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IACAC conference session

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Resources:

Apps

- Calm ([calm.com](https://www.calm.com))
- Headspace: Meditation & Sleep

Books

- *Healing Back Pain: The Mind-Body Connection*, John Sarno, MD (ISBN-10: 153871261X; ISBN-13: 978-1538712610)
- *Unlearn Your Anxiety and Depression: A Self-Guided Process to Reprogram Your Brain*, Howard Schubiner, MD (ISBN-10: 0984336753; ISBN-13: 978-0984336753)

Podcast

- “Tell Me About Your Pain,” hosted by Alan Gordon, LCSW
(<https://www.curablehealth.com/podcast/your-pain>)

Poems

Above all, trust in the slow work of God.
We are quite naturally impatient in everything to reach the end without delay.
We should like to skip the intermediate stages.
We are impatient of being on the way to something unknown, something new.

And yet it is the law of all progress
that it is made by passing through some stages of instability—
and that it may take a very long time.

And so I think it is with you;
your ideas mature gradually—let them grow,
let them shape themselves, without undue haste.
Don't try to force them on,
as though you could be today what time
(that is to say, grace and circumstances acting on your own good will)
will make of you tomorrow.

Only God could say what this new spirit
gradually forming within you will be.
Give Our Lord the benefit of believing
that his hand is leading you,
and accept the anxiety of feeling yourself
in suspense and incomplete.

—Pierre Teilhard de Chardin, SJ
excerpted from *Hearts on Fire*

The Guest House

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

—Jelaluddin Rumi