



# Central Texas

A Quarterly Newsletter of Lifeline Chaplaincy

☐ SUMMER : 2010

*"Dedicated to providing compassionate support to the seriously ill, their families and caregivers, and to being an educational resource for crisis ministry."*

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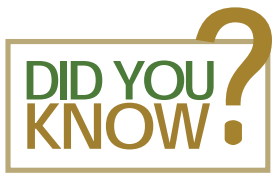
## ***Hospital Visitation: The Best Medicine For The Heart!***

*by Quinton Locklin, Pastoral Care Volunteer, Scott & White Hospital, Temple*

My wife, Jennifer, and I have been visiting patients for about two months now and we have decided that it is one of the greatest highlights of our week. It's still funny to me that every time I come out of the hospital I feel like a million bucks. I am encouraged every week by someone who is in a crisis in their life. However, they can express joy because of the faith they have that God is with them and seeing them through this difficult time. It makes me smile when those we visit express words of encouragement about what a wonderful thing we're doing and what a blessing it was for us to come and see them. They don't realize what they are doing for me.

In the beginning, Jennifer and I were both very nervous to see people we didn't know. We worried about how they would respond to complete strangers coming to see them at their worst. Once the ice is broken though, the blessings begin to flow in both directions and it is an incredible feeling. This is especially true for the patients that might be in the hospital for more than a week and you get to visit them more than once. The second visit with a patient is always easier because you've already befriended them in a way and have gained a little of their trust. There's just something about leaving a patient's room and hearing that person say, "Thank you for coming" four times before you're able to walk from their bed to the door that makes you feel good inside.

I remember one time when we were getting ready to go to the hospital, our morning at home had not begun well. We were not really in the mood to go see anybody that day! However, we did anyway, and by the time we were back in our car and heading home from our visits, our attitudes had changed. Jennifer looked at me and said "I'm really glad we went to the hospital today." I knew what she meant. It had changed us and we were grateful for it. So, it makes me wonder sometimes, "Do I make these visits for the patients or do I do it for me?" The truth is, it's for both. If you are considering becoming a Lifeline volunteer I want to encourage you to do so. It is some of the best medicine out there for the heart, for both patient and caregiver!



May 22, 2010 | 9 a.m. - 4 p.m.  
**Advanced Listening Skills Seminar**  
Host: Georgetown Church of Christ  
1525 West University Avenue, Georgetown, TX

For more information, contact Marlaina @ 1-888-767-6363. Registration is free.

September 9, 2010 | 9 a.m. - 12 noon  
**Ministers' Day @ Austin Grad**  
Lifeline Chaplaincy Central Texas, in partnership with Austin Graduate School of Theology, will present, "*Playing Injured: How to Function in Ministry When Your Heart is Hurting.*" Speaker: Dr. Virgil Fry.

To register, contact Debbie Koehn @ AGST for more information at 512-476-2772. Registration is free.

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