



Pathways to
Joy



**31st Annual Thomas
Nevola MD Symposium**

Lisa Miller, PhD, Keynote

Tuesday, June 13, 2017

Colby College, Waterville, ME





The Thomas Nevola MD Symposium on Spirituality and Health,
an annual Maine program since 1987
sponsored by the Thomas Nevola, MD Memorial Fund,
Maine-Dartmouth Family Medicine Residency and
MaineGeneral Medical Center

Pathways to JOY

“Joy” is a common-language word that most of us use to describe times of strong positive emotion. But is it possible that joy may take on qualities of a trait — an enduring life experience? If this is possible, how does this happen with any of us, both personally and professionally?

Some of the questions we will explore, therefore, are

- What is joy?
- How is it different from happiness?
- How does it arise, and how may we invite or encourage joy in ourselves and in other people?
- What do we know about the science of joy?
- What are the spiritual underpinnings of joy?
- Can we experience joy in the midst of suffering?
- Can we experience joy when we see other people suffering?

Our breakout sessions will delve further into these ideas with a variety of cultural, spiritual, psychological and methodological approaches to experiencing and cultivating joy on behalf of healing and well-being.

Our keynote presenter is **Lisa Miller, PhD**, professor of psychology and education at Teachers College, Columbia University with a joint appointment at Columbia Medical School. She is the founder of the Spirituality Mind Body Institute, a graduate training program in a foundational spiritual psychology. She is also a faculty member at the program in *Theology of Joy and the Good Life* at the Yale Center for Faith and Culture. Dr. Miller is the co-editor-in-chief and co-founder of the APA journal, *Spirituality in Clinical Practice*, and the editor of the landmark *Oxford University Press Handbook of Psychology and Spirituality*. She has a particular interest in developmental approaches to well-being, as reflected in her 2016 book, *The Spiritual Child: The New Science on Parenting for Health and Lifelong Thriving*.

dedication

As always, this symposium honors the memory of Thomas Nevola, MD, an energetic and devoted young physician whose personal and professional passion for spirituality and health care was — and continues to be — inspirational.

symposium objectives

- **How may we best understand joy?**
Describe key elements of joy and tell a story that illustrates joy in a real-life situation.
- **How do you get there?**
Describe practices or “pathways” for yourself for cultivating joy, especially in the face of life challenges.
- **How do we help?**
Describe how you would teach and support the development of joy in someone else.
- **What did I learn today?**
Describe two meaningful points of learning from today’s program.
- **What will I do differently because of today’s program?**
Identify one or two approaches you want to bring back to your work or community setting.

audience

People involved with health care and human services, the religious community, education, business and other interested community members are encouraged to attend.

Nevola 2017

7:15 **Registration** (Cotter Union)

8:00 **Welcome and Introductions**

Frederic C. Craigie, PhD
Harry Colt, MD

Invocation

8:15 **Keynote Presentation**

Developmental Spirituality & Joy
Lisa Miller, PhD

9:30 **Break and Networking**

10:00 **Session 1 of concurrent workshops**

*Joy in the Workplace:
More than just getting the job done.*
Tom Bartol, NP

*Living Juicy – Filled with the Fruit of the Spirit
— JOY!* Lynn Durham, RN

Laughter Yoga. Persis Hope, FNP

*Joyful Dances of Peace from
Different Spiritual Traditions.*
Elaine G. McGillicuddy, MA

Capturing Joy in Poetry.
Jim Mello, LADC/CCS, MA in Theology

*Growing Community:
Beyond Individual Constraints.*
Christopher Meyer, MD, MBA

Exploring Times and Places of Sanctuary.
Marguerite Stapleton

Abracadabra — The Power in Making Joy.
The Rev. James A. Weathersby, MDiv, BCC
Valerie A. Clemons, MD

*Open-heartedness is the Teacher,
Dancing with Joy is the Lesson.*
David C. Weiss, ThM, PhD

11:30 **Lunch**

1:00 **Keynote Presentation**

Joy as Spiritual Awakening
Lisa Miller, PhD

2:15 **Break and Networking**

2:45 **Session 2 of concurrent workshops**

*Joy in the Workplace:
More than just getting the job done.*
Tom Bartol, NP

*Living Juicy – Filled with the Fruit of the
Spirit — JOY!* Lynn Durham, RN

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4:15 **Adjourn**

keynotes

Developmental Spirituality & Joy

Lisa Miller, PhD



There is an emerging body of science on the development of the human capacity for spirituality. The developmental path of spirituality reveals the lifetime course of joy; the child's innate expression of joy; the teen's struggle for a reflective grasp on joy; and the recurrent adult quest for joy that emerges with some life events and "new chapters" and yet can dwindle in others. In this talk we will trace the developmental path of spirituality and its expression as joy.

Joy as Spiritual Awakening

Lisa Miller, PhD

A breakthrough to the "other side" of suffering often is revealed with joy! This talk explores research on a shared physiology between depression and spirituality, an innate capacity which, when expressed, hinges on our deliberate choice for sacred engagement.

breakout sessions

Joy in the Workplace: More than just getting the job done

Tom Bartol, NP

There is a lot of talk about burnout in the workplace. This session takes a different approach: How do we identify and create joy in our workplace? Through sharing, exercises and interactions, this session will help you whether you experience joy in the workplace or are struggling to find it. This is not a session just for managers. Each of us, no matter what our role, can help facilitate and create joy in our workplace.

Living Juicy — Filled with the Fruit of the Spirit — JOY!

Lynn Durham, RN

St. Hildegard of Bingen, a 12th c. mystic, taught that the only sin was "drying up." She recommended we get "moist and juicy." As you wander through your life, look for the verdant. Become mindful of the moments where you are graced with joy, even in the desert times. Notice them, write them down and share them. Please bring a story of your joy to tell. Hildegard sang that "all of creation is a symphony of joy and jubilation." Then, let's be creative. Life is a buffet; you must get up and get some. In this interactive workshop we may laugh, sing, dance — the focus will be on sharing and being JOY.

breakout sessions *continued*

Laughter Yoga

Persis Hope, FNP

Laughter is good for the body and the soul. Hearty laughter — in response to humorous stimuli or even laughter “for no reason” — is associated with many benefits, including enhanced immune function, lowered blood pressure and decreased cardiac risk, increased release of endogenous pain-suppressing opiates and better overall coping with stress. This workshop will provide background and an experience of laughter yoga (LY). LY was begun by a physician from Mumbai, India in the mid-1990s and has led to the emergence of social laughter clubs in more than 60 countries.

LY combines yogic breathing and meditation with different types of laughter. This is not “movement” yoga and participants need no special equipment or clothing. Just come prepared for an experience of laughter and joy.

Joyful Dances of Peace from Different Spiritual Traditions

Elaine G. McGillicuddy, MA

Dances of universal peace are not “dances” as such. Rather, they are meditative body prayers or spiritual practices. They are not about performance (and no experience is required). They are participatory circle dances in which “attunement” happens as the sacred phrases are repeated mantra-like. They can also be fun — and so, joyous. For our symposium’s centering on joy, we will experience “dances” from Indigenous, Buddhist, Jewish, Islamic and Christian/Aramaic traditions.

Capturing Joy in Poetry

Jim Mello, LADC/CCS, MA in Theology

As an adjunct to the theme of joy at the main symposium, we will set out to capture joy in poetry. Joy, like poetry, can be fleeting. But in this workshop, we will try (corporately and individually) to preserve a piece of joy in poetry’s jade. The workshop will first review a few basic elements of poetic expression like the use of metaphor, discerning images and avoiding cliché. Pondering prompts like...“Joy is.....” or, “Joy means this to me...,” or, “..... gives me joy,” we will mine our collective imagination. Then we will proceed to write a group poem on joy before entering into individual attempts at writing our own personalized poems with joy as the theme. No writing experience is necessary; just bring open minds, your nets of imagination and a willingness to play with words. This session is designed to be interactive and fun as we chase after the elusive butterfly of joy.

Growing Community: Beyond Individual Constraints

Christopher Meyer, MD, MBA

Community is an enduring technology that’s being re-examined and getting applied in new ways. Back in the 60s, hippies flocked to communes. Now the term is “intentional communities,” and they’re on the rise again. In this session, we’ll explore a community for dying that arose in San Francisco during the AIDS crisis and that endures as a hospice today. Then we’ll turn to a cohousing community that beat the odds and survived a shaky start. We’ll conclude by considering whether people like you and me can find new meaning by intentionally growing our communities.

Exploring Times and Places of Sanctuary

Marguerite Stapleton

"Everyone has a sanctuary, if only in the mind. Even if we can't say what it is, we know of its power. It is a place where we feel grounded, unhurried, and renewed." These words by Terry Hershey are an invitation to look at our own places of sanctuary where we find solitude and rest, quiet and prayer, joy and peace. During this interactive session we will reflect together and share experiences on creating and nurturing sanctuary in our busy lives, always acknowledging that sanctuary is personal and takes on many forms.

Abracadabra — The Power in Making Joy

**The Rev. James A. Weathersby, MDiv, BCC
Valerie A. Clemons, MD**

The word *Abracadabra* may derive from an Aramaic phrase translated as "I create as I speak" or "I create like the word." In Hebrew, the phrase may be translated as "it came to pass as it was spoken." These translations all point to the idea that we learn and grow as we give expression to our own experiences and wisdom. Joy, in particular, is very personal; we each take our life experiences and make/recreate joy for ourselves with our words. In this interactive session, we will use craft-making and dialogue to explore together how we may create joy even in seemingly adverse experiences and situations. Participants are encouraged to hear what they say about themselves, acknowledge their inner survival skills and experiment with making and recreating joy in their own lives: *Abracadabra*!

Open-heartedness is the Teacher, Dancing with Joy is the Lesson

David C. Weiss, ThM, PhD

Joy is a spontaneous, liberating, spirit-upwelling sensation of being alive. The breadth of our capacity to experience joy is directly related to the depth of our open-heartedness. Since childhood we have slowly formed a mantle of armor around our hearts that shields us from the vulnerable, innocent, playful source of our joyfulness. Through the use of poetry, guided imagery, music, movement, writing and sharing, this workshop will explore our joyful experiences and what inhibits us from living open-heartedly. This is an experiential workshop — please bring writing materials (and your childhood dancing shoes).

Music

This year's musical background and presentations will feature an enthusiastic collection of people from the community and our sponsoring institutions. If you play an acoustic instrument and would like to join in, please bring it along and feel welcome.

June 12 Film

Complementing the Nevola Symposium is a special film screening at the **Railroad Square Cinema in Waterville on the evening of Monday, June 12.** Dr. Craigie and other Nevola Symposium presenters will be available for a period of conversation after the showing. Watch the *Kennebec Journal* and *Morning Sentinel* for details.

symposium presenters

Keynote Presenter Lisa Miller, PhD

Dr. Miller is professor of psychology and education in the Clinical Psychology Program at Teachers College, Columbia University with a joint appointment at Columbia Medical School. She is the founder of the Spirituality Mind Body Institute (SMBI), a graduate training program in a foundational spiritual psychology. SMBI draws on psychology, global spiritual traditions and science to prepare students for spiritually guided service, healing, teaching and activism. She also is a faculty member at the program in Theology of Joy and the Good Life at the Yale Center for Faith and Culture.

Dr. Miller is the co-editor-in-chief and co-founder of the APA journal, *Spirituality in Clinical Practice* and the Editor of the *Oxford University Press Handbook of Psychology and Spirituality*. She also has a particular interest in developmental approaches to well-being, as reflected in her 2016 book, *The Spiritual Child: The New Science on Parenting for Health and Lifelong Thriving*.

Tom Bartol, NP has been a primary care nurse practitioner for 23 years, nearly 20 of those years in the same job at the Richmond Area Health Center. He has gone from near burnout to having the best job in the world. He believes there is more to work than just doing the job. Tom speaks nationally on health care topics and is a regular writer for *The Nurse Practitioner Journal* and *Medscape Nurses*.

Valerie A. Clemons, MD is a board-certified child and adolescent psychiatrist in private practice in Maine for the past 16 years. She grew up in the South and graduated from University of Southern Alabama, then interned at Howard University School of Medicine in D.C. and Morehouse School of Medicine in Atlanta. She finished her residency at Emory University School

of Medicine, working in both Georgia State Mental Health Hospital and Grady Hospital in downtown Atlanta. She has been married to The Rev. James A. Weathersby, MDiv, BCC for 25 years.

Harry Colt, MD is a family physician and director of the Maine-Dartmouth Family Medicine Residency (MDFMR).

Frederic C. Craigie, PhD is a faculty member at MDFMR and Arizona Center for Integrative Medicine. He has written and spoken extensively about spirituality and health care and has coordinated the Nevola Symposium since its beginning in 1987.

Lynn Durham, RN focuses on wellness. The author of *From Frazzled To Fantastic! You're One Thought Away From Feeling Better*, she has been or presently is an adjunct professor, columnist, speaker, retreat leader and personal well-being coach. She blends the knowledge of a professor of nursing education with the wisdom of the Harvard Deaconess Mind Body Medical Institute and mixes it with life experiences, optimism and obvious joy. Through her writing, speaking, TV or radio appearances, Lynn is gratified that individuals at companies, associations and schools are changing the way they see their world. Lynn has been called "a creative antidote to the challenges of day-to-day business and life."

Persis Hope, FNP is a family nurse practitioner and a MDFMR faculty member. She has been certified in functional medicine from the Institute of Functional Medicine since 2015. She is also a 2011 graduate of the fellowship in integrative medicine at the Arizona Center for Integrative Medicine, where her natural passion for laughter was reinforced with an introduction to Laughter Yoga. She has since become certified as a Laughter Yoga leader.

Elaine G. McGillicuddy, MA is a poet, writer and retired high school teacher of English composition, and a native Mainer. During her 15½ years as an Ursuline nun, she lived in Missouri, New York and Massachusetts before being assigned to Mount Merici Convent in Waterville Maine in 1968 where she taught at the Academy and served as campus minister at Colby College. As a member of CALCAV ("Clergy and Laity Concerned About Vietnam), she met and later married Francis A. McGillicuddy after he left the clerical priesthood. A certified Iyengar Yoga teacher, she is also certified as a leader of the Dances of Universal Peace. Elaine (also a certified permaculture designer) maintains the permaculture gardens she created with Francis on their 8,000 square foot lot in Portland, ME. Since his death in 2010, she has published four books.

Jim Mello, LADC/CCS, MA in Theology is a practicing clinical supervisor and therapist in the field of addiction/substance use disorders. As part of his therapeutic work, he has been working to integrate spirituality and creativity into recovery. He also is a published poet with two publications to date, a chapbook, *Early Late Bloom* (2007), and a book, *All Four Seasons* (2014) from Moon Pie Press, a small independent Maine publisher of poetry.

Christopher Meyer, MD, MBA is a recent graduate of MDFMR. He also is a graduate of the healthcare management program at the Wharton School of the University of Pennsylvania, Mayo Medical School and the University of Colorado Boulder. He now practices in outpatient primary care within the VA Maine Healthcare System. He lives with his husband in a coastal Maine cohousing and ecovillage.

Marguerite Stapleton provides resources in spirituality for individuals, groups and organizations through her consulting service, Wisdom's Works. She loves to engage

people in reflective conversations which allow them to access and celebrate their own spirituality. She has given workshops, retreats and conferences throughout the US and Canada. Marguerite lives in Minot where she is surrounded by trees and the sounds of moose, deer, coyote, owls, hawks and songbirds. She loves to read, teach, play and write poetry.

David C. Weiss, ThM, PhD has been devoted to writing poetry and giving presentations and workshops on the poetry of eastern and western mystics since closing his 35-year practice as a marriage and family therapist in 2011 and with the publication of his first collection of poems, *A Heart on Fire, Poems from the Flames*, in 2014. He is a student of the Shakuhachi, a Japanese bamboo flute played in Zen meditation, and performs combining flute music with poetry readings. David has a master's degree in theology and a PhD in pastoral psychology from Boston University. He is on the faculty of OLLI College at the University of Southern Maine and a visiting instructor of poetry at Sera Jhy Tibetan Buddhist Monastery in South India.

The Rev. James A. Weathersby, MDiv, BCC has been an ordained Baptist minister for 34 years. His ministerial career has taken him to hospitals, prisons and juvenile facilities in Illinois, Georgia, Kentucky and Ohio. He is the former pastor of Second Baptist Church of Islesboro, ME and has served as chaplain (II) at DHHS: Riverview Psychiatric Center of Augusta for the past nine years. James has been a board-certified chaplain with the Association of Professional Chaplains/Board Certified Chaplains (Inc.) since 2001. He has facilitated the cultural diversity/mental health component of crisis incident training with NAMI (National Association for Mental illness) for seven years. He has been married to Valerie A. Clemons, MD for 25 years this November. He writes poetry and preaches throughout Maine.

registration information

Fees

The registration fee for the 2017 Nevola Symposium is \$100, including lunch and CE certification.

Scholarships

Scholarship assistance is available for individuals for whom the registration fee would be a hardship. Please call Ann Byron at 626-1889.

Nevola Fund contributions

Over the years, we have sought to maintain modest registration fees to make these programs available to as many people as possible. We are grateful to our sponsors for their help in underwriting the 2017 Nevola Symposium and supporting this inclusive registration policy. In addition, tax-deductible contributions to the Tom Nevola Memorial Fund are greatly appreciated. Your contributions support this self-sustaining annual program and underwrite our program of scholarship assistance.

Continuing professional education credit

Nursing: We regret that we cannot offer accredited nursing contact hours this year. Participants can receive a general certificate of attendance.

Designation Statement: MaineGeneral Medical Center (MGMC) designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. MGMC is accredited by the Maine Medical Association's Committee on Continuing Medical Education to provide continuing medical education (CME) to physicians.

Joint Providership: This activity has been planned and implemented in accordance with the Essentials and Standards of the Maine Medical Association Committee on Continuing Medical Education and Accreditation through the joint providership of MaineGeneral Medical

Center and Maine-Dartmouth Family Medicine Residency. MGMC is accredited by the Maine Medical Association's Committee on Continuing Medical Education to provide continuing medical education (CME) to physicians.

Psychology: MGMC has been designated by the Board of Examiners of Psychologists as a pre-approved sponsor and provider of continuing professional education activities for psychologists. The symposium is eligible for 5.5 hours of credit.

Social Work and Counseling Professionals:

These boards do not pre-approve continuing education activities. It is the licensee's responsibility to ensure continuing education activities conform to the requirements as outlined in their respective Board rules and to be able to document qualifying hours specified on their certificates.

Complementary Health Care: MGMC/AMA has been designated by the Board of Complementary Health Care Providers as a pre-approved sponsor and provider of continuing professional education activities. The symposium is eligible for 5.5 hours of credit.

Certification of attendance will be available for other interested individuals who register as above. **Please note:** *Most professional disciplines require participants to attend the entire conference in order to receive continuing education credit.*

Cancellation

We cannot refund registration fees. If you are unable to attend, you are welcome to send someone in your place.

Sensitivities

In consideration of participants who have sensitivities, please do not wear perfumes or colognes.

Networking

To promote networking, we include a list of preregistered participants, with contact information, in the registration packet.

We do not distribute it elsewhere.

When you register, please let us know if you do not want your name and address distributed in this way.

Resource tables

Limited space is available for individuals or organizations to display information. There is no extra charge with paid registrations. Please call Ann Byron at 626-1889 if interested.

Directions to Colby College

Coming north on I-95, take exit 127 and turn right onto Kennedy Memorial Drive. Immediately get in the far left lane and turn left on Washington Street at the first set of lights. Travel about 2 miles and bear right at Johnson Pond on your right. Follow that road about 1/2 mile and turn right at the stop sign. You will see the tennis courts on your left and the track on your right. Take your second left and park in the lot on the right. The opening session is in Page Commons in the Cotter Union building, across Mayflower Hill Drive from the parking lot. Signs will direct you.

Coming south from Bangor on I-95, take exit 127 and turn left on Kennedy Memorial Drive. Go straight through the first set of lights, then get in the far left lane and turn left on Washington Street at the second set of lights. Travel about 2 miles and bear right at Johnson Pond on your right. Follow that road about 1/2 mile and turn right at the stop sign. You will see the tennis courts on your left and the track on your right. Take your second left and park in the lot on the right. The opening session is in Page Commons in the Cotter Union building, across Mayflower Hill Drive from the parking lot. Signs will direct you.

More information

You may call Ann Byron at 626-1889 between 8 a.m. and 5 p.m. Please also call this office if you need special services or assistance to participate in this program.

Payment may be made by cash or check.

Make checks payable to

Tom Nevola Memorial Fund

and send with completed registration to:

Nevola Symposium
15 E. Chestnut Street
Augusta, ME 04330

We regret that we are unable to accept credit or debit card purchases.

For more information, call 626-1889.

We appreciate your registering early and urge you to do so by the beginning of June. We expect large numbers this year and may need to cut off registration.

If you wish to register on June 5 or later, please call first to make sure there is space available.

registration form

Enclosed is registration of \$100 and a contribution of \$ _____ to the Tom Nevola Memorial Fund.

Name _____ Organization _____

Address _____

Phone _____ Email _____

I would like my contact information to be distributed to symposium participants:

yes no

Breakout preferences. Please indicate one preference for each session. This does not commit you; it helps us to match likely attendance with rooms.

10:00 Session 1 of concurrent workshops

- Joy in the Workplace: More than just getting the job done.* Tom Bartol, NP
- Living Juicy – Filled with the Fruit of the Spirit — JOY!* Lynn Durham, RN
- Laughter Yoga.* Persis Hope, FNP
- Joyful Dances of Peace from Different Spiritual Traditions.* Elaine G. McGillicuddy, MA
- Capturing Joy in Poetry.* Jim Mello, LADC/CCS, MA in Theology
- Growing Community: Beyond Individual Constraints.* Christopher Meyer, MD, MBA
- Exploring Times and Places of Sanctuary.* Marguerite Stapleton
- Abracadabra — The Power in Making Joy.*
The Rev. James A. Weathersby, MDiv, BCC and Valerie A. Clemons, MD
- Open-heartedness is the Teacher, Dancing with Joy is the Lesson.* David C. Weiss, ThM, PhD

2:45 Session 2 of concurrent workshops

- Joy in the Workplace: More than just getting the job done.* Tom Bartol, NP
- Living Juicy – Filled with the Fruit of the Spirit — JOY!* Lynn Durham, RN
- Laughter Yoga.* Persis Hope, FNP
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