

# Monthly Newsletter

June, 2025



*Let's Welcome the Holy Spirit Together!*



ACTHEALS  
2025 INTERNATIONAL CONFERENCE

*“Life in the Spirit”*

SPEAKERS



ANNE BEHNEMAN

and



GEORGE GUSCHWAN

*ACTheals International Conference*  
*October 23-26, 2025*  
*St. John's, Florida*

Ready for a deeper encounter with the Holy Spirit? Join Anne Behneman, LCSW and George Guschwan, LCSW for a powerful 4-part "Life in the Spirit" workshop at our 50th Anniversary Conference. Discover healing, forgiveness and spiritual renewal through prayer and reflection.

[Register for the Conference](#)

### *A Pentecost Message from Our President*

This month, we celebrate the Feast of Pentecost on June 8th. I so enjoy seeing all the green, the young corn and soybeans inching their way out of the earth toward their Creator, and my peonies in full bloom sharing their beauty with the Creator and us.

Two of my favorite scriptures describe this event:

"You will receive power when the Holy Spirit comes down on you; then you are to be my witnesses in Jerusalem, throughout Judea and Samaria, yes, even to the ends of the earth." and "When the day of Pentecost came, it found them gathered in one place. Suddenly, from up in the sky, there was a noise like a strong driving wind which was heard all throughout the house where they were seated. Tongues as of fire appeared, which came to rest on each of them. All were filled with the Holy Spirit. They began to express themselves in foreign languages and make bold proclamations as the Spirit prompted them." (Acts 1:8 and 2:1-4)

The promised Holy Spirit, given first to the apostles and now to us, first in Confirmation and then each time we allow the Holy Spirit to guide our lives. We have access to this holy heart of God because the Father sent His Son into the world, into our daily lives, the dysfunction we can get caught up in, and the messes we seemingly can't avoid in the humanness of our daily life.

But God is so good that He allows this feast day to reaffirm our "yes" to Him as friend and sharers of His Holy Spirit. This spiritual life is what gives us knowledge of God- a knowledge that comes from within and allows us to go forth boldly in His name and minister in His ways in our families, in our workplaces, and in our communities.

My prayer for you this month is the blessing for a fresh infilling of God's Holy Spirit to fill you, anoint you, and draw you closer to Him in personal intimacy.

**Kris Sendelbach, RN**  
*ACTheals, Your Servant Leader*



## *Member Spotlight*

**Father Foster Olator** is the regional coordinator for Africa in ACTheals and serves as the Catholic chaplain within the organization. He is known for sharing his gifts of prayer and spiritual encouragement with ACTheals members, fostering a sense of community and spiritual growth.

Father Foster is deeply committed to empowering vulnerable individuals through academic and vocational training. His dedication to this cause is evident in his efforts to help a young designer craft a stunning banner for the ACTheals 2024 conference, showcasing his support for creative and talented individuals. In addition to his work in empowerment and creativity, Father Foster holds a regional Zoom meeting once a month. These meetings are primarily focused on prayers, talks, and other spiritual activities, providing a platform for members to connect and grow in their faith. If anyone would like to join these enriching Zoom meetings, they can contact Father Foster at [forshay2002@yahoo.com](mailto:forshay2002@yahoo.com). His leadership and commitment to spiritual encouragement continue to inspire and uplift the ACTheals community.



## Celebrating the Renewing Breath of the Holy Spirit: An ACTheals Retreat at American Martyrs Church

On a remarkable day on 5/31/25, the ACTheals Los Angeles Region gathered at American Martyrs Church in Manhattan Beach to celebrate the renewing breath of the Holy Spirit, a gift available to all members of the Church, as emphasized by Pope Francis on July 3, 2015. This event provided a historical look at the role of the Holy Spirit from Pentecost to the present day, considering the teachings of the early Church Fathers, saints, theologians, and the lived experiences of God's people.

The retreat highlighted the important role of the charism of healing prayer, addressing how the chasm between human persons and God, identified as a form of sickness, is transformed and healed. Healing prayer is a profound spiritual practice that involves invoking God's presence and power to bring about physical, emotional, and spiritual healing. It often includes prayer teams, laying on of hands, and Mass for Healing, creating an environment where individuals can experience the transformative power of God's love and grace. The day concluded with a personal testimony from one of the members, a prayerful reflection, group sharing on the gospel reading, a healing mass, and healing prayer teams. The retreatants enjoyed the accompaniment of beautiful Spirit-led, contemplative music that focused them on moments of worship and prayer. This day centered everyone in the presence of God, which was joyfully and powerfully felt and appreciated by all.

The Los Angeles Region is continuing the vision of ACTheals by gaining new members through the message of restoration and hope, driven by the work of the Holy Spirit.

### **Testimonials**

"I am grateful and honored by what I was allowed to experience. I was reassured of His presence in us, His power of healing, truth, care, humility, wisdom, and discernment. God sees us. We are His, and He is ours." - Carmen

"This retreat reminded me of when I was a kid and attended the early onset of the charismatic renewal that gathered at Loyola Marymount University in the 1960s. I revisited the feelings of wanting to be in service to Christ since those early days. I felt the strength, support, and love from those who were present." - Anthony

"What I took away from this retreat is that there are sovereign acts of the Holy Spirit as on the day of Pentecost, and sovereign acts of healing. Our mission is to avail ourselves to the presence of God with open arms and allow Him to perform miracles in our midst." - David

### **Special Thanks to Fr. Alexei Smith and Fr. Bill Delaney**

We also extend our sincere gratitude to Fr. Alexei Smith and Fr. Bill Delaney for celebrating the retreat with the community and offering their prayers. Their presence and spiritual guidance were invaluable, and their contributions helped create an atmosphere of deep faith and healing. Thank you, Fr. Alexei and Fr. Bill, for your dedication and support.

### **Gratitude for Bernadette St. James, PsyD**

A heartfelt message of gratitude goes to Bernadette St. James, PsyD, the organizer and regional coordinator for the ACTheals Los Angeles region. Her dedication and leadership were instrumental in making this retreat a profound and transformative experience for all participants. Bernadette's

commitment to fostering a deeper connection with the Holy Spirit and her unwavering support for the community have truly been a blessing. Thank you, Bernadette, for your tireless efforts and for guiding us in the renewing breath of the Spirit.

This retreat was a reminder of the power and presence of the Holy Spirit in our lives, encouraging all to embrace the Spirit's renewing breath and transformative healing. We are thankful to all who attended.



## Inspiring Insights from ACTheals Speakers and Members



### *Tips for Cultivating the Spiritual Fruit of Joy*

*By Ditsie Scobie*

In our journey of faith, cultivating the spiritual fruit of joy is essential for experiencing the fullness of God's love and grace. Joy is not merely a fleeting emotion but a deep-seated sense of contentment and peace that comes from knowing and trusting in God. In this article, Ditsie Scobie shares practical tips on how to nurture and grow the spiritual fruit of joy



### *Reflections on Sister Betty Igo: A Tribute*

*By Evelyn Murray*

Evelyn Murray, the Chair of the Associates Specialty Group in ACTheals, brings a wealth of experience and dedication to the healing ministries. The Associates group comprises individuals involved in various fields, including students of scripture, authors, consultants, educators, administrators, academics, scientists, volunteers, and witnesses of our lives in Christ. In

in our lives. Ditsie is a friend of ACTheals and she has been an active member of OSL (Order of St. Luke) for 30 years, and for many of those years has served as a prayer minister and OSL Convenor at her church in Florida. Ditsie will be speaking at our upcoming International Conference. Let's explore these insightful tips and discover how we can cultivate joy in our daily walk with the Lord:

**-Change our focus** - Whatever we focus on is increased in our lives – so if we focus on all that's going wrong, those negative thoughts are magnified. If we focus on the things we're thankful for, the positive is magnified. The more we focus on the good things and the positive things in our lives, the lighter our attitudes become – and the more joy pervades all we experience.

**- Keep a gratitude journal** – Then we can remember the times of joy and the times of blessing when we hit a rough patch in life. Remembering the good in our lives helps us leave the traumas behind by changing our focus. Being thankful for our blessings is a major step toward joy.

**- Serve others** – When we serve others and look for ways to minister to them, we get out of the habit of dwelling on our own problems. God called us to be in community, to walk alongside others who are going through difficulties, to bless others in some way, and in doing so, we get lifted and blessed, and often find unexpected joy.

**-Look at ourselves through the eyes of God** – So many of us have had ugly words spoken over us or about us, which is a major source of depression and discouragement. When we look at the scriptures and remember who God says we are, it begins to undo the negative words that may have haunted us all our lives, and brings us into the joy of the

her article, Evelyn reflects on a profound encounter during an ACTheals International Conference in 2015, where she met Sr. Betty Igo. This meeting left a lasting impression on Evelyn, inspiring her to seek a deeper relationship with the Lord and mentor others in their spiritual journey. Join us as Evelyn shares her heartfelt experiences and the importance of mentorship within the ACTheals community:

In 2015, during an ACTheals International Conference, I had the pleasure of meeting Sr. Betty Igo. At that time, I did not know that her quiet manner would have such a profound and lasting impression on my life (I am not Catholic).

During the conference weekend, several of us gathered around her each evening to hear her share her experiences, faith, and gifts of wisdom. I cannot recall any specific details of her sharing. Perhaps her lasting impressions resulted from her sharing sincerely from the heart. Somehow, her words touched my spirit and caused me to seek the Lord in a deeper way. And, although I was shy at the time, her example made me want to one day mentor others by sharing my faith and training in intimate, quiet circles.

Since that initial meeting with Sr. Betty Igo, the Lord has provided several mentors through ACTheals to help me grow, seek His direction, and prepare for service; and, recently by God's grace, the vision of holding small, intimate faith-sharing circles is evolving into a beautiful and rewarding experience. I believe Sr. Betty Igo quietly touched many lives and that she will be remembered with love and appreciation for a very long time. I'm so glad I met her.

## Upcoming Events

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### Are You New to ACTheals and Seeking Prayer?

We warmly invite you to join our online prayer group, a nurturing and inclusive space where ACTheals members from all Christian denominations can come together in fellowship and support. Want to increase a sense of belonging within ACTheals? We believe that the power of shared experiences and collective prayer can significantly enrich our personal and healthcare ministries. Our next gathering will take place on **Thursday, June 26 from 8-9 PM EST on Zoom**. The group will be led by Beth Ford, RN. We'll share stories of how God is working in our lives and uplift one another through prayer. Please click below to send a request for the monthly Zoom link.

Get the  
Link



### ACTheals California Retreat (Hosted by the San Diego Region)

Join us for the ACTheals California Retreat, hosted by the San Diego Region, from **July 11-13, 2025**, at the beautiful Benedictine Abbey in Oceanside, CA. This retreat will be led by Retreat Master Fr. Charles Wright, with inspiring music by Donna Lee. Invite the healing presence of Jesus into your life during this transformative event. For more information, please contact [Barbara Graham](mailto:Barbara_Graham@bnb77graham@gmail.com) at [bnb77graham@gmail.com](mailto:bnb77graham@gmail.com)

Get Registration Form

### ACTheals 50th Anniversary International Conference

Join us for the ACTheals 50th Anniversary International Conference, a milestone event celebrating five decades of healing. Don't miss this opportunity to connect with fellow healthcare professionals, clergy and interested persons in healing ministry to deepen your spiritual journey. Our plenary speakers will include Judith MacNutt of Christian Healing Ministries and Fr. Nigel Mumford. Please contact [info@actheals.org](mailto:info@actheals.org) for

more information.



[Visit our Website](#)

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*You were never meant to heal alone. You are part of a movement—a calling. ACTheals exists to empower faith-filled professionals to bring Christ into every moment of care. Let's keep building, one healer at a time.*

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## *ACTheals: Where God and Healthcare Meet*

*This is the official newsletter for ACTheals (Formerly known as the Association of Christian Therapists). Member **comments**, **suggestions** and **submissions** are appreciated. Submissions are preferred with a digital photo, or else, a prior one from our files will be used. Member names can be withheld by request. Contact Angeli at [apemberton@actheals.org](mailto:apemberton@actheals.org).*



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