

# Monthly Newsletter

October, 2025

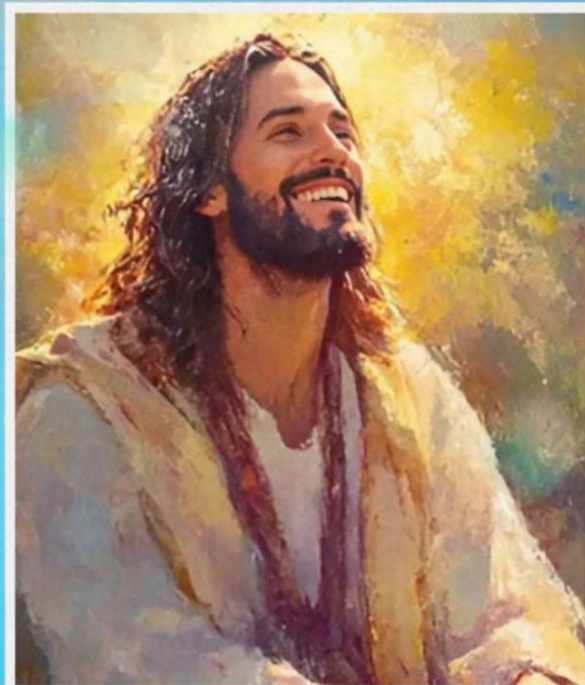


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Working in the Healthcare Community since 1975



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CONFERENCE!



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## President's Corner

Recently, I found and went through some of my dad's photos. Among them were the family shots and the yearly snaps of the annual rental sheep we had each summer. Each summer, we housed a flock of sheep (from one of dad's friends) to be the lawn mowers for the large yard to cut down on our yard work. We have a huge yard.

Our first set of sheep had minds of their own and were on the naughty side. They even knew how to pick locks on the fences that determined the yard boundaries. They got out so many times. Early one morning, about 5 am on a warm summer day, the phone was ringing. A neighbor was calling to say that the sheep were out (again) and on the road. So, my dad being the shepherd of this flock, got up and started calling the lambs to come home for breakfast. He began calling, "lambies, please come home." They knew my dad's voice but ignored him, which made my dad call all the louder and with a more pleading voice. We were all hiding upstairs in our comfortable beds so we wouldn't have to get up and dressed to help. Now these were the most disobedient sheep I've ever seen.

But the story reminds me of the scripture from John's gospel: "I am the good shepherd. I know my sheep and my sheep know me" (John 10:14). Finally, the sheep listened to my dad and followed him home. And from Isaiah: "Like a shepherd he feeds his flock; in his arms he gathers the lambs, carrying them in his bosom, and leading the ewes with care" (Isaiah 10:11). We changed the locks on the gates, which prevented them from further escapes. By the end of the summer, they were following my dad everywhere.

We know the shepherd's voice and follow it, coming when called like obedient sheep, most of the time. As we edge closer to conference time, I hear the Lord saying to us: *"Come home. Come home to ACT. Draw near to Me. Draw close to Me and hear My voice. Feel the love I have for you. Feel My love, My healing for your heavy hearts from being in the field hospital for souls searching for love and healing."*

I bless you, in Jesus' holy name, with knowing the shepherd's voice deep in your hearts, calling you, guiding you to come home to ACT to celebrate **Jesus, our Joy Giver**.

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

## ACTheals Regional News

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### ACTheals Los Angeles/San Diego Region Hosts a Day of Empowerment of the Holy Spirit

On September 6, 2025, ACTheals Los Angeles/San Diego region members met for a day of fellowship and prayer. This day of renewal provided special times for healing prayer, echoing the words of St. Pope John XXIII: "O Holy Spirit, renew your wonders in this our day, as by a new Pentecost."

Fr. Pat Crowley SS.CC, a gifted retreat

### ACTheals Canada Mobile Health Team Provides Valuable Teaching

The Mobile Health Team of ACTheals Canada gathered to provide education, knowledge, resources, and references on important topics such as forgiveness, medical assistance in dying (MAiD), and faith. The event was held on Saturday, September 20, 2025, and featured esteemed speakers including Dr. Lise Poirier, M.D., Psychotherapist, Dr. Mary Chakkalackal, M.D., Psychotherapist,

director, conference speaker, and spiritual director, played a pivotal role in this event. This day of renewal emphasized the importance of the Holy Spirit in church life, encouraging participants to embrace the Spirit's power in their daily lives and communities. We are thankful to Bernadette St. James, the regional coordinator for the ACTheals Los Angeles region, and for all the attendees who participated.

## Praise Reports

*"He (Fr. Pat) is incredibly humble and walks with authority in the Spirit! I'm still processing my experience. Going into the retreat I knew it was going to be powerful. There were those indicators going into an event such like this that God was moving."*

*-Bernadette*

*"During the time of prayer, I was touched by the power of the Spirit, and felt a unique presence. I am as passionate as ever to seek after God in the power of his glory."*

*-David*

*"I was inspired by Fr Pat's ability to release the Holy Spirit. I was touched by how the Holy Spirit engaged us through our prayers."*

*-Anthony*

Peter Chow, Registered Massage Therapist, and Father Terry McKenna, Retired Active Priest.

Dr. Chakkalackal provided a summary of the event: "Our workshop went well with attendees in full participation. Dr. Lise presented the tragic reality of MAiD in Canada and many countries around the world. Peter Chow presented on his own journey that catapulted him into choosing massage therapy." Father Terry McKenna stressed the "need for the church to bring healing and holiness back into our lives." At the event, Dr. Chakkalackal also presented on her personal and professional journey. She discussed different dimensions of health and gaps in the healthcare system, including the "health of the soul and spirit."

In her summary of the event, Dr. Chakkalackal shared, "This was our third year in this community outreach. Our Lord Jesus blessed us in all ways in this attempt, by providing all we needed and more! Toni, our coordinator, was always a supportive soul in all our endeavors."

As an ACTheals community, we are thankful for all who participated and attended, and we are especially grateful for Toni Bianchi, the regional coordinator for ACTheals Canada.

If you want to be involved in this region and attend upcoming events, please email Toni at [tonibianchi@rogers.com](mailto:tonibianchi@rogers.com).

*These articles were created with the assistance of Microsoft 365 Copilot AI.*



**Fr. Terry McKenna** teaches about healing and holiness at the ACTheals Mobile Health Team Event.



**Dr. Mary Chakkalackal, M.D.,** Psychotherapist, presents at the Mobile Health Team Event.



**Peter Chow,** Registered Massage Therapist, shares his journey towards becoming a massage therapist.

# Feature Article



## *Interview with Deborah Kalinyak, LMHC on Her Legacy of Mentorship in ACTheals*

Deborah Kalinyak, LMHC, is a dedicated psychotherapist and mentor within ACTheals. Her journey with the organization began in 1999, thanks to the persistent encouragement of her friend, Richard Alfaro. Richard "chased around" Deborah, urging her to attend an Association of Christian Therapist's conference (now ACTheals). At the age of 41, Deborah attended her first conference in Alabama, accompanied by a friend from her therapy practice. Reflecting on the experience, Deborah recalls, "We had no idea that we would be prayed for...we just thought that we were going to an educational conference."

It was at this conference that Deborah met her soon-to-be mentor, Barbara Shlemon, one of the founders of ACTheals. The encounter happened serendipitously when Deborah was wearing a t-shirt with her church logo on it. Barbara approached her and mentioned that she also attended the same church. Initially, Deborah thought Barbara was "some lady from my church," but she soon discovered Barbara's significant role in the founding of ACTheals.

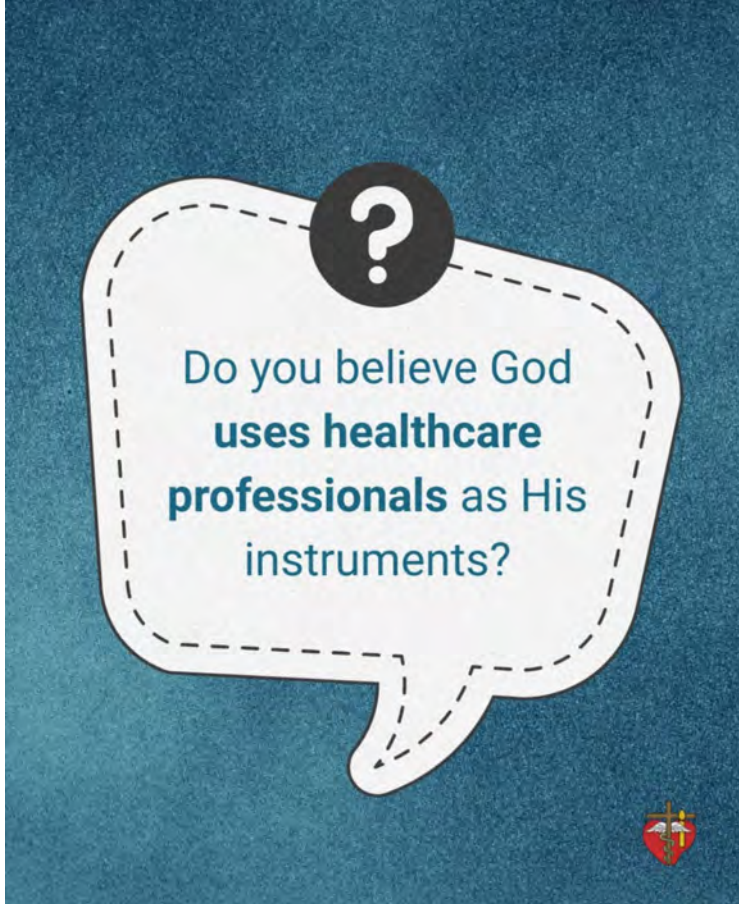
Barbara's mentorship had a profound impact on Deborah. Deborah shared, "She (Barbara) wanted to pray with us and come to our office...she taught me everything. She confirmed all that we were hearing from the Holy Spirit...she taught us the Christian healing ministry levels (1, 2 & 3) and how to invite people in our area to learn it. She did that with the videos from Francis MacNutt...we were part of her healing ministry team."

Barbara taught Deborah how to pray for the most important things on people's hearts: "She taught us how to pray and what to pray for." Their mentorship relationship unfolded over time, with Barbara taking Deborah under her wing. Barbara would often say, "You are not separate from your spiritual life...these are connected!" This was particularly impactful for Deborah and her colleagues, who initially thought they could get in trouble for integrating spirituality into their therapy practices. Barbara's practical, logical, and common-sense approach reassured them: "You have to be yourself in therapy...you can't leave God out of this."

This year, Deborah has been undergoing her own season of healing after major surgery: "Through my own healing of this...has been humility; I just feel humble in all of this as I go forward. You are not superhuman, and it taught me to pay attention to my humanness and not to put myself aside." Deborah continues mentoring and teaching within ACTheals. We are grateful for her relationship with Barbara, which continues to bear fruit to this day.

*Created with the assistance of Microsoft 365 Copilot AI.*

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## Upcoming Events

### 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 also include Judith MacNutt of Christian Healing Ministries and Rev. Nigel Mumford of By His Wounds Ministries.

Please contact [info@actheals.org](mailto:info@actheals.org) for more information.

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### Support and Prayer Groups

ACTheals support and prayer groups are hosted monthly by regional coordinators, offering both virtual and in-person gatherings. These sessions provide ACTheals members with valuable

### Made in God's Image: Growing in the Likeness of Christ

Join us for an enriching workshop and discussion on Saturday, November 1, from 9:00 AM to 3:00 PM at the American Martyrs Church, located at 700 15th Street, Manhattan Beach, 90266. This event will be held at the Welcome Center.

We are honored to have Fr. Jim Clarke our speaker. He has served in the Archdiocese of Los Angeles in the capacity of seminary professor, senior lecturer, workshop facilitator, coordinator of formation in the diaconate program, and spiritual director.

**Contact: Bernadette St. James, PsyD, Regional Coordinator,** for more information and to RSVP.

[See Event Flyer](#)

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### Spiritual Enrichment Retreat

opportunities for healing and fellowship, supporting them as they continue their healthcare and prayer ministries. Through these groups, members can connect, share experiences, and receive the encouragement they need to thrive in their spiritual and professional journeys. **The newcomer's monthly online group** is open to new ACTheals members, interested persons in ACTheals and members who may be interested in mentoring or just need some extra prayer time. ACTheals members, be on the lookout for this month's e-blast for more details about October's groups!

*To request more information, contact Angeli at [apemberton@actheals.org](mailto:apemberton@actheals.org).*

Come and join in an online Spiritual Enrichment Retreat with Fr. Paul Feider. From his book, **Living a Transformed Life**, this retreat takes us deep into our relationship with Jesus and the gifts of the Holy Spirit. This Retreat begins on Thursday, October 30, 2025 for **six consecutive weeks** (with the exception of no class during Thanksgiving week) on Thursday evenings. It will be life giving and spiritually invigorating retreat.

[See Event Details](#)



*“Heal me, Lord,  
and I will be healed,  
Save me,  
and I will be saved,  
for you are my praise.”*

Jeremiah 17:14



## Healing Prayer Resource List

Discover the power of healing through prayer with our Healing Prayer Resource List. Visit our website at [actheals.org](http://actheals.org) to explore a book list designed to support and guide you on your spiritual journey. Whether you're seeking comfort, strength, or inspiration, our curated list offers something for everyone. Don't miss out on this opportunity to deepen your faith and find peace.

[View Resource List](#)

## *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).*

ACTheals is a Christ-centered association of healthcare professionals, clergy, religious and associates who seek to integrate healing prayer to give full expression of God's love in their professions, ministries and personal lives.



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