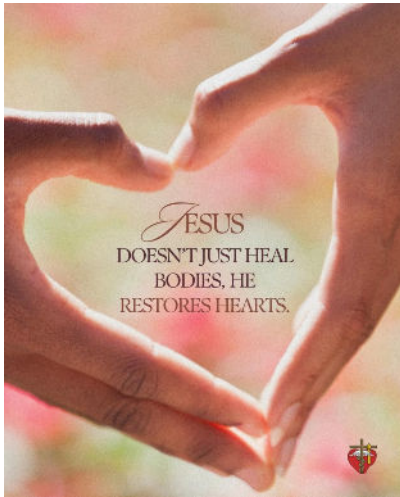


Monthly Newsletter

February, 2026



ACTheals
Working in the Healthcare Community since 1975



President's Corner

When I did my monthly shopping, I was amazed at the number of Valentine boxes and their large sizes, as well as the Valentine cards (and their prices) and the flower arrangement advertisements. People in my housing development have decorated the outside of their homes even more than they did for Christmas, with lights, tinsel, flags, and symbols. They have even decorated their golf carts, complete with lights and tinsel. To what great lengths are people going now to proclaim to others that they love someone? How much do we want the world to

know we love another person?

Shouldn't we first be celebrating the greatest love story—Jesus' great love for each of us? John 3:16 reminds us of how great that love is: He sent His Son. Jesus loves us (that's you and me) so much that He came to earth, walked among us, and takes care of us—our health, making us well when needed, and helping work out all the details of life for our good.

This month, let us celebrate the great love Jesus has for each of us by honoring Him: spending time with Him each day and caring for others anonymously in His name. May the love of the Most High and Glorious God be returned to you as well.

Kris Sendelbach, RN,
Your Servant Leader

ACTheals Member Spotlight:

Bernadette St. James, Psy.D.
Integrating Faith and Psychology in
Therapeutic Practice

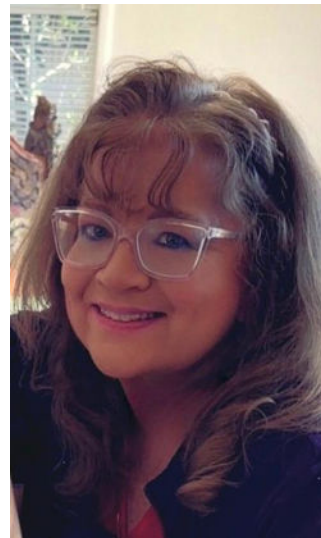
"I was introduced to ACT in 1983 by Reverend Charles Kaldahl, whose prayer ministry became a defining catalyst in my life, directing my academic journey toward advanced theological studies and shaping the course of my vocational

We are deeply grateful for the dedicated service of Bernadette, our Regional Coordinator for the California/Pacific region. Bernadette St. James brings remarkable passion and commitment to extending the mission of ACTheals, working tirelessly to share Christ's healing love. Her leadership and vision inspire us all to reach further and embrace new members who feel called to this healing ministry. If you are seeking a community devoted to faith and healing, we warmly invite you to

calling. I later pursued a second master's degree in counseling psychology from Trinity College of Graduate Studies and subsequently earned a doctoral degree in clinical psychology. Currently, in private practice, I create individualized treatment plans for patients who express interest in spiritually integrated psychotherapy, focusing on patient-centered, psychoanalytic, and depth psychology. From the example of Charles, who embodied a healing presence rooted in Christ, I have learned that the effective and sustaining agent of therapeutic healing transpires through a relational dynamic."

-Bernadette St. James.

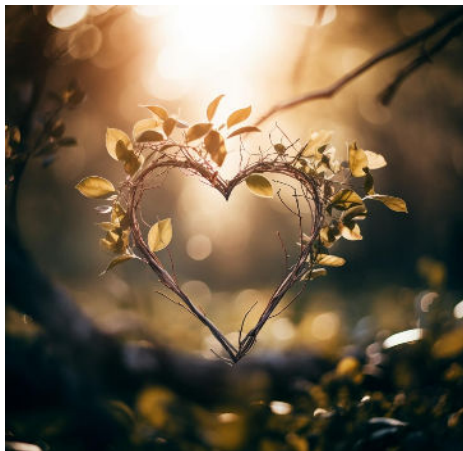
consider joining ACTheals and becoming part of this transformative mission.



Welcome New Members!

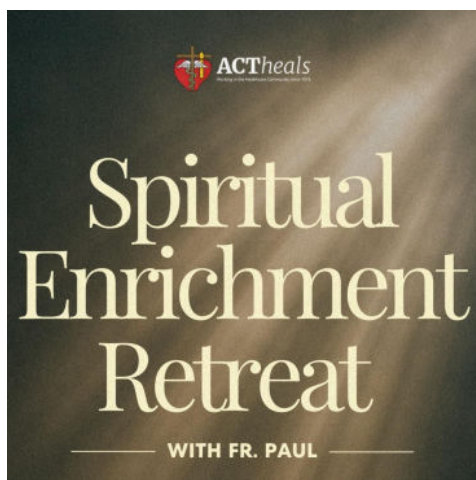
We are delighted to welcome new members, Linda and Josephine to our community. At ACTheals, we believe in the power of faith, wholeness, and the healing journey—values that unite us as we support one another in Christ. Your presence enriches our community, and we look forward to growing together in faith, sharing in healing experiences, and celebrating God's work in our lives. May you find encouragement, friendship, and spiritual growth as part of our ACTheals family. We ask all members to keep our newcomers in prayer as they join our community.

Upcoming Events



The **Southeast region** of ACTheals invites you to a special online talk on Intercessory Prayer, led by Ken Davis. It will take place on **February 2, 2026 at 6:45 pm EST**. This free event is open to all who wish to deepen their understanding and practice of prayer. ACTheals members are welcome to bring guests—please email Tamila Hennessy at thennessy774@gmail.com with your guest's name and email address so we can extend a warm welcome.

[Join Zoom Meeting](#)



Hungry for a deeper walk with Jesus this Lent? Fr. Paul Feider will be hosting another six-week **Spiritual Enrichment Retreat** which will focus on prayer, reflection, and the gifts of the Holy Spirit. Held on Zoom, it will begin on **February 19, 2026**. The retreat is free and open to ACTheals members and non-members. For more information, please use the link below to contact Tamila who will send you an Invitation Letter with details for this retreat. **RSVP and registration are required by February 16, 2026.**

[RSVP for This Event](#)

Psychotherapists Specialty Group Meeting! Join us on Zoom for our first Psychotherapists' group meeting of the year on **February 20, 2026!** This interactive session will take place from **4:00pm-6:00pm EST** and feature teaching, case study discussion, and opportunities for social connection. Dr. Charles Zeiders and Dr. Benjamin Keyes will present an active case study focused on complex trauma, offering valuable insights for psychotherapists and all interested in therapeutic practice. We warmly invite ACTheals members interested to attend, connect, and learn together as we launch a new year of growth and collaboration. This event is for ACTheals members only and invited guests. Please RSVP by February 19, 2026 by contacting Dr. Keyes using the link below.

[RSVP for this Event](#)

When the Spirit Moves Retreat: Join us for four inspirational talks focusing on the sanctifying fruits and charismatic gifts of the Holy Spirit. The day will be led by praise and worship concluding with healing prayer and Baptism in the Holy Spirit. This event, led by Bob Canton, an International Speaker and beloved member of ACTheals, will take place at **American Martyrs Church in Manhattan Beach, CA, on Saturday February 28, 2026, from 9:30-4:00 PT.** RSVP by February 25, 2026 by emailing Bernadette St. James. This event is open to everyone (ACTheals members and non-members). A \$45.00 love offering is requested. Parking is available at the Welcome Center.

[See Event Flyer](#)

Save the date for the **Canada Region Annual Conference**, happening **April 30-May 3, 2026**, at the Mount Carmel Spiritual Centre in Niagara Falls, Ontario. Are you carrying emotional, physical or spiritual pain? You don't have to journey alone. Join us for inspiring sessions with speakers like Dr. Donna Ward, M.D., Fr. John Meehan, Ph.D., and Fr. Terry McKenna. This event will take place at the beautiful Monastery of Mount Carmel Spiritual Retreat Center in Ontario. For registration and details, email Toni Bianchi using the link below. Stay tuned to actheals.org for more information. This event is open to everyone interested in attending.

[Request More Information](#)



Save the Date for the ACTheals International Conference.

Kanuga Conference Center, 130 Kanuga Chapel Drive Hendersonville, NC 28739
October 22-25, 2026.

Speakers, Chaplains, and Workshop Presenters to be announced on website actheals.org.

[See 2025 Conference Videos](#)

Newcomer's Prayer Group

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. We support each other through prayer and Christian fellowship as we engage in our various healthcare practices and/or prayer ministries. The group is led by **Beth Ford, RN** who is the leader of the Nurses Specialty Group in ACTheals. The next group online will be held on **Thursday, February 26, 2026 from 7:00pm-8:00pm EST.**

Request the Zoom link below by contacting Angeli Pemberton; please state whether you are a current ACTheals member (including your region) or whether you are a guest (interested person who wants to learn more about ACTheals). See you there!

[Request the Link](#)

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 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. Here are four upcoming groups open to all ACTheals members:

- 1. New England Region:** Join us on **Saturday, February 14, 2026, from 11:00 AM to 12:30 PM Eastern Time** for a special **Valentine's Day** fellowship and prayer gathering with guests George Gushwan and Anne Behneman, hosted by Regional Coordinator, Bernard Marshall. This 90-minute event will feature teaching on prayer for healing, followed by a healing prayer meeting. Our scripture focus will be Saint Paul's letter on Love. If you are a member of ACTheals New England region, you will automatically get an email with the Zoom link. Anyone else needs request the Zoom link by contacting Bernard at bernardmmarshall@gmail.com.
- 2. International Region (Italy):** The gathering hosted by Rev. Alessandro Olivieri Pennesi will include an opening prayer and invocation of the Holy Spirit, followed by a short catechetical meditation led by Fr. Giovanni Grappasonni on the healing ministry of Jesus in the Gospels, and concludes with shared prayer and blessing. This event will take place on **February 19 2026 at 2:15 PM – 2:45 PM (CET – Rome)**. For information, please contact acthealsitaly@gmail.com.

3. **Midwest Region:** This online group will take place on **February 21, 2026**. It will begin at **1pm Central Time** and will include a focus on Unbound Ministry Training (Based on the work of Neal Lozano). If you are a member of ACTheals Midwest Region you will automatically get an email with the zoom link. Anyone else needs to request the Zoom link by contacting Janet Blaney at janetblaney@yahoo.com
4. **LA/Pacific Region:** This prayer and support group will take place on **February 22, 2026 at 6:00-7:30 Pacific Time**. Email Bernadette St. James at nbstjames@gmail.com for more information and to request the Zoom link.

If you would like to participate in a support group in your region, email your regional coordinator by using the link below.

[See More Information](#)

Announcements

Job Postings

Executive Director Position

ACTheals is seeking an Executive Director responsible for overseeing ACTheals' operational programs and strategic direction, while reporting to the Board of Directors. This position bridges the gap between the Board of Directors, committee heads, and staff to ensure that the organization's mission is fulfilled and that it remains compliant with legal, ethical, and financial standards.

For further information and a job description, contact Kris Sendelbach at info@actheals.org.

Social Media Assistant Needed

ACTheals is seeking a Social Media Assistant to help advertise ACTheals on our social media platforms and coordinate the publication of our monthly newsletter. Knowledge of social media, including Facebook, Instagram, LinkedIn, and Constant Contact, is required. Variable hours: 2–10 per month for a six-month commitment, with the option to extend. This position reports to the Information Technology & Social Media Chair and the Board of Directors.

For further information and a job description, contact Kris Sendelbach at info@actheals.org.

SCAM ALERT for ACTheals Members

We want to alert our community that a few ACTheals members have recently received scam messages. Two individuals were contacted by someone claiming to represent King's College in London, offering speaking engagements and requesting money or credit card information. Two others received speaking requests from former members.

What You Should Do:

- If you receive any request for a credit card, gift card, or payment from a business or individual you do not know, DO NOT respond.
- Legitimate organizations will never ask for sensitive financial information or payment through gift cards or unfamiliar channels.
- If you are unsure about a message, contact ACTheals leadership directly for verification.
- Report suspicious messages to your email provider and, if appropriate, to the FTC at [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov) or the Better Business Bureau's Scam Tracker at bbb.org/scamtracker. [consumer.ftc.gov] [bbb.org]

Stay vigilant and protect your personal information. If you have already responded to such a request, contact your bank or card provider immediately to report potential fraud. [\[consumer.ftc.gov\]](http://consumer.ftc.gov)

ACTheals: Where God and Healthcare Meet

Vision Statement: To remain an influential Spirit-filled organization advancing Christ's healing worldwide.

Mission Statement: To heal and empower healing professionals to bring Christ's healing to others.



*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.*

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. Our members have been working in healthcare since 1975.

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