

Fall Newsletter

Fall 2022

Messiah University
Department of Social Work



Welcome Back Students!

On September 7th, the Department welcomed back our students with a gathering! We thoroughly enjoyed seeing our students, both returning and new, connect with one another and share of their summer experiences. While we miss our 2022 graduates, we are thrilled to watch them embrace this new season and their new titles as social workers. This year we encourage students to embrace self-care and redefine its role in our lives.

Exciting Announcements!

- Dr. Charlene Lane has officially been named the Department Chair after a year in the role as interim.
- The Department is in the process of setting up our Tevera account, which is an online database that will compile all important documents and make it easier for field instructors, future employers, and students to navigate.



Tevera



Welcome John Bowen!

We are also thrilled to introduce our newest member of the Social Work Department, John Bowen. This semester he will be teaching Professionalism in Social Work.

Follow us on Instagram @MessiahU_SocialWork

Letter from Department Chair

As we begin a new academic year, I would like to take this opportunity to welcome back returning students; as well as extend the warmest welcome to students new to the Social Work Department. The Department of Social Work is a small but mighty group of individuals who demonstrates God's love by serving and genuinely caring for all of God's people.

In this chosen field, we are tasked to serve the under-served and care for the vulnerable. With that being said, we must be acutely aware of burnout, stress, and exhaustion than can arise because of the nature of the work we do. Students, Clinicians, Faculty, and Staff alike must be acutely aware of establishing and maintain a healthy balance in life. My charge to all in the department this year is to take time to care for the self. Keeping in mind, there are many iterations of self-care. For some of us, it is a trip to Starbucks, a walk in the park, having dinner with friends/family or communing with nature. Whatever you deem as a self-care activity, I strongly urge you to push pause occasionally. When life/the semester gets hectic and overwhelming, go back to this physical or metaphorical place where you can find peace and commune with God. Mark 6:31 tells us, "And he said to them, 'Come away by yourselves to a desolate place and rest a while.' For many were coming and going, and they had no leisure even to eat." (English Standard Version Bible, 2001, Mark. 6:31).

I often use the analogy of being on a plane that's losing air pressure quickly and everyone is instructed to put on their oxygen masks. REMEMBER if you do not put on your mask first and get all the oxygen needed, you will not be able to assist anyone else on the (metaphorical) flight.

Have a GREAT academic year, full of learning, service, and possibilities, most importantly, remember to take care of the self.

- Charlene Lane

Chair of the Department of Social Work

