

# Meet the chaplains . . .



## Shell Goar

### **How would you describe your personality and communication style?**

I believe I am an outgoing, non-judgmental, kind, and caring person. The very best and most honest communication comes from face to face meetings. Listening is the absolute core of communication!

### **Tell us about your family, kids, friends, pets, etc.**

I have three children living world-wide and four "perfect" grandchildren. My friends are pieces of gold to me. I am now in search of a dog and would bring the entire Humane Society into my home if I could.

### **How would others describe you?**

Approachable, a good listener, a "safe" person to confide in, empathetic, fun to hang out with, and always up for an adventure. People can sense how safe you are by what you say about others. Being positive about tough issues is difficult, but it requires much less energy than negativity, a tough lesson to learn. I can respect the feelings of others without making them my own; a real life saver!

### **If someone was looking to work with you as their chaplain, what would you like them to know?**

I put confidentiality first and foremost. I will present a safe environment. I am a good, professional listener who can only offer options . . . never solutions. This is all done without judgment. I could offer hope in a dark time.

### **What is, in your opinion, the most interesting or strangest thing about you?**

I play the flute and piccolo in four bands and take private flute lessons. Music is very important to me. I have a nifty little green pick-up truck with white wall tires and usually have at least one kayak hanging out the back in search of some water! I love to be outside no matter what season is presenting itself . . . my boots have seen many miles!

### **Tell us about your career, education, and experiences that led you to workplace chaplaincy.**

The thought of the ministry was on my mind in high school, but I was firmly told that "girls" were not ministers . . . so I became a teacher. I loved teaching, but something was missing . . . so I went off to study law. I moved to Madison and began another profession at the State Bar of Wisconsin, where I started and directed the Lawyers' Assistance Program for 21 years. The program was open to all lawyers, judges, law students, and their families, and it was used frequently. We worked with stress, addictions, depression, and most any bump in life that came along. After being retired for a few years, I saw an article written about Steve Cook and Capital Chaplains, and I was hooked.

### **What types of life issues do you have the most experience helping others with?**

Through my years on earth and the types of positions I have held, there are few "life issues" that I have not dealt with although some key areas include: parenting, divorce, re-marriage, death of a spouse, retirement, stress, depression, multiple addictions.... The list goes on. I am an expert in none of these issues, but when they happen, it is always easier to walk the journey when you have someone by your side!

### **What do you like most about being a workplace chaplain?**

For most of my work life I have been gifted with positions of assisting. As a chaplain, I have been able to take this gift to a higher level, one that allows me, if requested, to walk a spiritual journey with others.

