



GESTALT PASTORAL  
CARE ASSOCIATES, INC.

# Annual Report

2025



# Table of Contents

**01**

Introduction

**02**

Our Story so far

**03**

Our 2025 strategy

**04**

Program highlights

**05**

Financial overview

**06**

GPC Leadership

**07**

Our hope for 2026

**08**

Acknowledgements

# Healing, Presence, and Growth in 2025

Gestalt Pastoral Care is both a religious and an educational organization. We practice and promote a Christian ministry of healing through the mode of Gestalt Pastoral Care. Founded by Rev. Tilda Norberg over 40 years ago, Gestalt Pastoral Care is a model of healing ministry that integrates gestalt growth work, spiritual companionship, and healing prayer. Gestalt Pastoral Care rests on the belief that God's healing grace is available to us and that God desires to heal holistically - body, mind, spirit, emotions and social context - in a way that is unique for each person. In the Gestalt Pastoral Care process we: share deep prayerful listening; give support to surrender what is in our way of growing into the person God created us to be; and witness God's grace that permeates the sacred places of despair, connection and contact.

The work of GPC is to provide education on the process blending of Gestalt therapeutic technique combined with spirituality and faith. Those who complete the coursework and internship become Gestalt Pastoral Care Ministers/Practitioners who provide individualized sessions and group retreats.

Over these 40 years we have touched many lives through our courses, retreats, events, and sessions. Our retreat model continues to affirm this work as participants share the transformative impact it has had on their lives. Many who attend an Opening to Grace retreat feel called to continue into our training program, eager to bring what they've experienced back to their churches, communities, and counseling practices. While recent global challenges required us to slow down and adapt, we transitioned our offerings to online formats and remained committed to meaningful connection. In 2025, we continue working in this expanded model without losing the depth of relationship that defines our community. We have been blessed by the hard work of our GPC Ministers, Training Associates, Trustees, and Administrator.



Our hope lies in the source of life who has brought us this far. This ministry, grounded in the healing ministry of Jesus, is open to all regardless of race, religion, ethnicity, gender identity, and sexuality. We seek to serve all who are desiring the wholeness and abundance of life. We honor and meet people where they are because we understand that each person is the discoverer of their own journey to healing. We are but the guides and companions along the way.





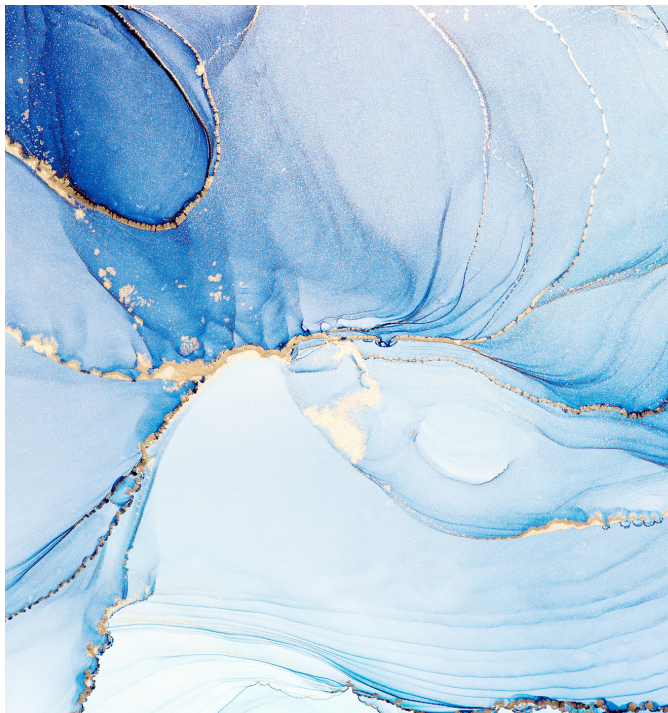
# Our story so far

## Our Mission

Rooted in the healing ministry of Jesus, Gestalt Pastoral Care uses gestalt perspectives to support persons as they discover and respond to God's vision for their wholeness. The mission of Gestalt Pastoral Care Associates, Inc. is to preserve the integrity of this ministry, extend its reach, and provide a sound financial foundation for its continued future. True to the vision of GPCA's founder, The Rev. Tilda Norberg, in Gestalt Pastoral Care we are called to be the healing presence of Christ for all persons, regardless of faith or creed, color or origin.

## Our Vision

A world where healing becomes an integrated process and skill set in our challenging and sometimes hurtful and hurting world. A world where GPC becomes a healing modality as commonplace as behavior therapy and prayer!



41

years  
of Gestalt Pastoral  
Care ministry





# Our 2025 Strategy

At Gestalt Pastoral Care Associates (GPCA), we believe that healing is not a one time event but an ongoing journey. Every day, people carry the weight of unresolved trauma that impacts their relationships, mental health, and overall well-being. Through our Gestalt Pastoral Care trained members and trainers, we offer guidance and support to help individuals process their experiences and find healing. Unaddressed pain can create a ripple effect in every aspect of a person’s life. That’s where GPCA steps in. Through the unique combination of Gestalt growth work and spiritual companioning, we offer individuals a safe, compassionate space to process their trauma, explore their inner struggles, and find healing. We are holistic. That is, we know that when we sit with someone in need of healing, we mustn’t simply focus on matters that might be labeled “spiritual.” We know that spirit is integrally entwined with emotions and body awareness and social context. We know that each person’s growth trajectory is dazzlingly unique, and involves every level of being.

NEW PROJECTS	DETAILS	OUTCOME
Donor Appreciation Event	Gathering our faithful donors in a moment of gratitude	Donors are better informed of where their donations go
2025 Board Challenge Grant	Targeted appeal to reengage previous Board members	Results will be shared soon
Workshops	Educational workshops open to the public and specific to the GPC community	People who would not know about GPC were exposed to our ministry

As one of our Gestalt Pastoral Care Ministers shared, *"We met monthly for three hours, reading and discussing Tilda's book, Consenting to Grace, sharing our life struggles with each other, and brainstorming ways to offer GPC to others. We invited Tilda to lead our Opening to Grace retreats in the Shenandoah Valley, where more than 100 people participated over five years. Through these retreats, as well as smaller Circle retreats in local churches, we've learned that healing is not an event, but a process, a journey toward wholeness. Every day, we have the choice to open ourselves to Grace and consent to God's work within us."*



# Our 2025 Strategy

## 19

### Total Opening to Grace retreats and mini-introductory events

**Goal:** Host Opening to Grace Retreats and mini-introductory event ten times a year both online and in-person. These events will be led by experienced advanced students, interns, ministers, and trainers. They will include targeted sessions for specific groups, such as men, immigrants, and those dealing with trauma, and will cover topics like dreamwork, generational healing, and faith imagination.

## 4

### Introduction of GPC presentations & conference attendance

**Goal:** Expand outreach efforts to boost enrollment in our courses by hosting "Opening to Grace" events, conducting informational tabling and presentations, and partnering with similar organizations. We will also actively participate in faith-based and mental health conferences two times a year to reach a broader audience.



### Building Collaborative Community

**Goal:** Engage all who are involved in GPC to have a voice and presence by invitation to attend Bot meetings

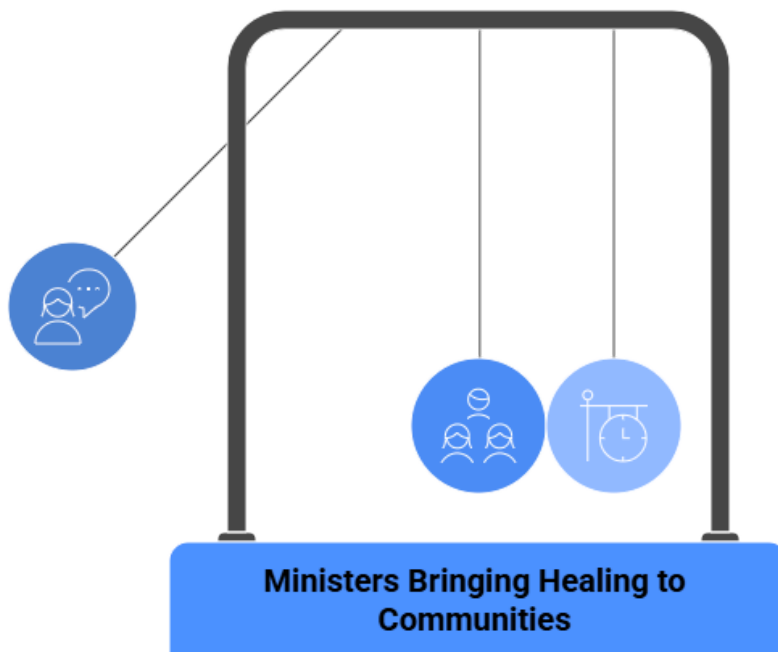


# Program Highlights

Like most nonprofit organizations, GPC's ministry is made possible through individual donations and the generous contributions of volunteers. Our Ministers and Trainers also support the organization through revenue sharing from retreats and training programs they facilitate.

This year, we focused on sustainable growth and meaningful connection:

- Shared Knowledge - Online workshops led by trainers and facilitators showcased GPC's diverse approaches to healing ministry
- Unified Giving - A Board Challenge Fund Drive strengthened Trustee engagement and inspired year-end donations
- Personal Connection - Trustees wrote personal thank-you letters and gathered online with donors to express gratitude
- Expanded Reach - GPC representatives attended conferences and events to introduce new communities to our work
- Strategic Clarity - Professional consultants helped us refine our vision and develop actionable goals
- Thriving Community - Monthly online Communities of Practice gatherings fostered connection and support



Individual Sessions

120 total sessions

Unique Individuals

40 individuals served

Session Hours

970+ hours of care

Made with  Napkin



# Testimony

From the moment I stepped foot into the retreat house, I felt welcomed into the presence of the group I would spend the week with, into the presence of the Holy Spirit and, for the first time in a long time, into the presence of myself.

In no time at all, I was sitting on a pillow in the middle of the living room across from the GPC Minister and doing the work that God was calling me to do. All I had to do was bring a willingness to feel whatever bubbled up from my center and process it in God's presence. It was like my soul was speaking to me truth that always lived inside of me. I just hadn't recognized it was there. GPC has taught me that the same quiet place I found on my retreat and in my sessions is a place I can return to as often as I need to converse with myself in the presence of my creator - especially when everything in me wants to hide a problem from those around me and from my God. That's exactly the place that God wanted me to visit him during my opening to grace retreat. We did dream work, we created artwork, there was time for intentional quiet and reflection, and times for fun where we could just be.

It's hard to live life when you're in the middle of it. being invited into and feeling called to step out of all that I have been existing in and into the waiting arms of my savior and the women at this retreat was exactly what my soul needed. I needed rest. I needed quiet. I needed to disconnect from technology. I needed to learn how to tune in to the sacred rhythm that is built into all that surrounds us and lean into everything healthy, beautiful nutritious inspirational and God-given gifts of life

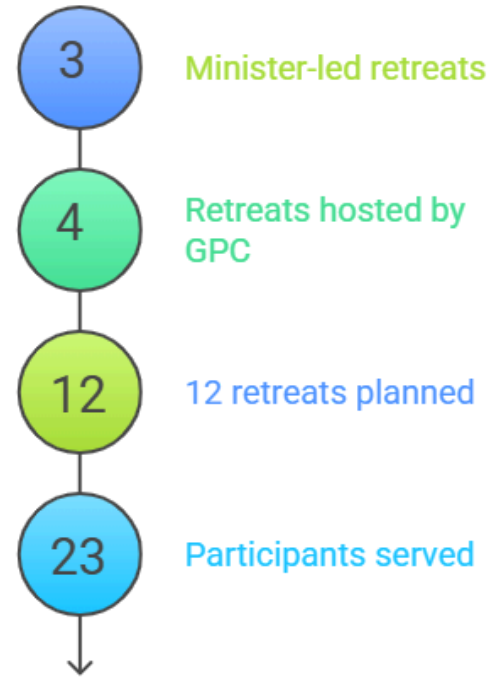
Katy Winslow, GPC Participant

# Program Highlights

Our signature program, the Opening to Grace retreats and workshops, provides a model of healing ministry that combines Gestalt growth work with spiritual companionship.

This year, we covered the following topics:

- Exploring Your Dreams
- Faith Imagination
- Contemplative Spirituality and Practices in the Black Church
- Generational Healing
- Supervision
- Trauma
- Feltense



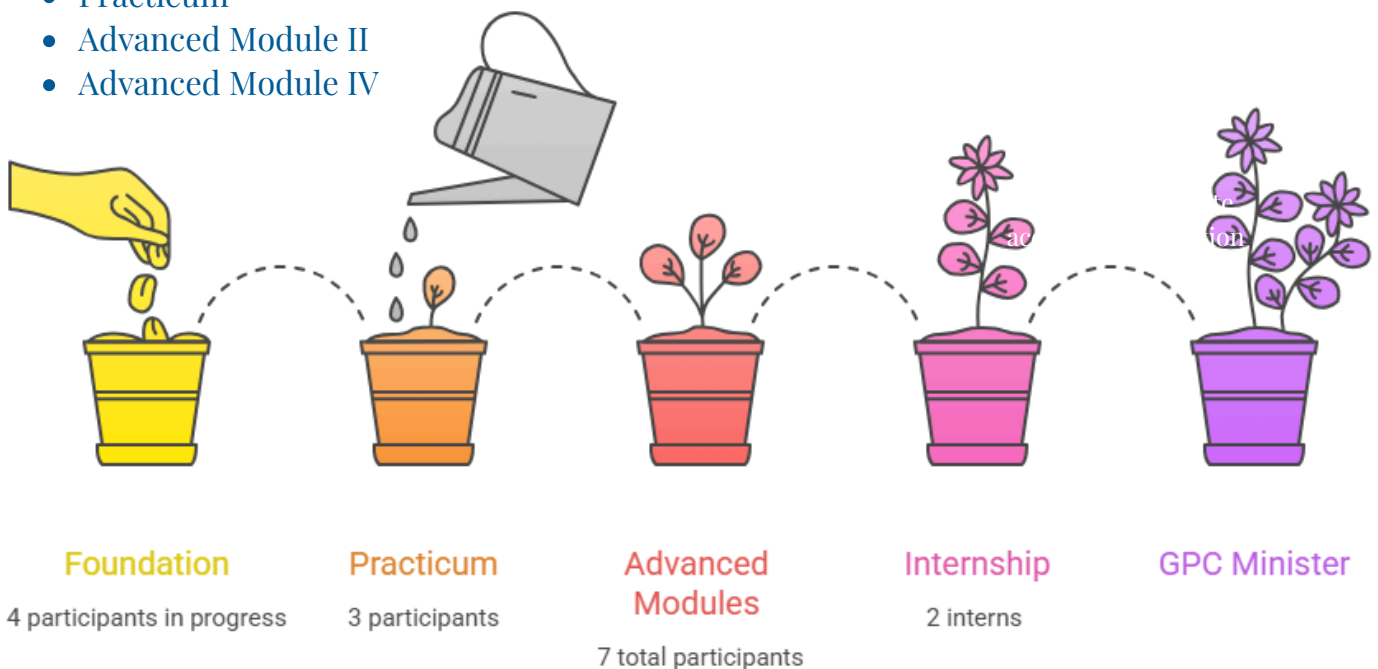
Made with  Napkin

## Courses

In 2025, 13 individuals committed to the journey of formation in Gestalt Pastoral Care. From first-time students discovering foundational practices to experienced practitioners deepening specialized skills, our training programs created sacred space for growth and transformation.

This year we offered:

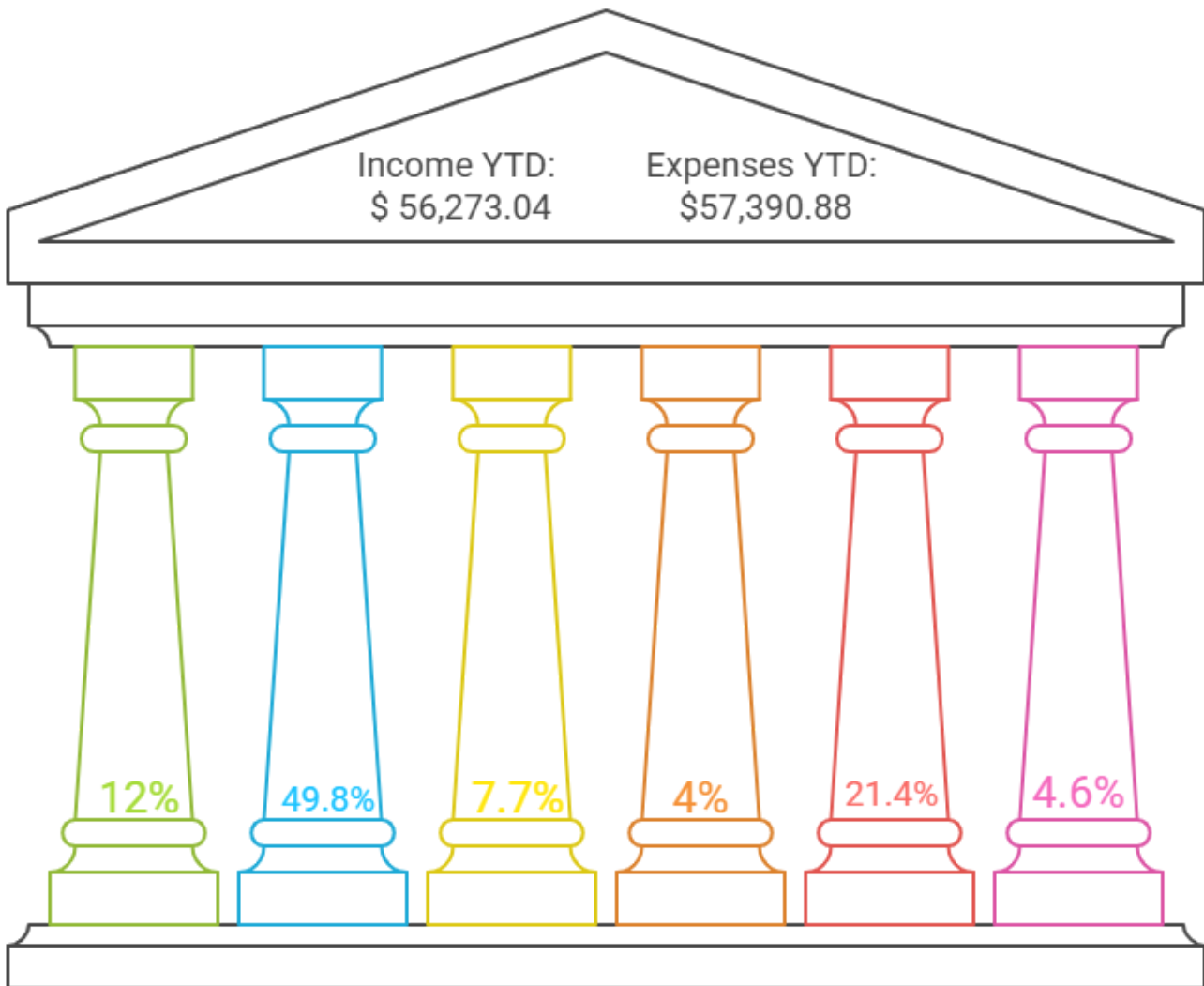
- Foundation Training
- Practicum
- Advanced Module II
- Advanced Module IV





# Financial Overview

Every gift to GPC is an act of faith and generosity. Your support makes it possible for us to serve, learn, and care for one another in ways that reach far beyond our walls. In 2025, your giving sustained ministries that touch lives every day - through outreach, education, music, mission, and compassion. We are deeply thankful for every donor, volunteer, and friend who chose to invest in this community. Your generosity keeps our mission alive and growing.



**Administrative Expense**

Costs associated with managing and operating the organization.

**Staffing**

Costs related to employee salaries and benefits.

**Development**

Investments in growth and innovation initiatives.

**EIDL**

Emergency Injury Disaster Loan.

**Program Expenditures**

Funds allocated to specific programs and services.

**Trustees & Officers**

Expenses for Board of Trustees.





# Financial Overview

## Gestalt Pastoral Care Fund

The Gestalt Pastoral Care Fund is a living expression of GPC's commitment to healing now and for generations to come. Established in 2019, the Fund is designed to strengthen the long-term sustainability of Gestalt Pastoral Care by supporting capital needs, outreach ministries, grants, new initiatives, and one-time projects not covered by the annual operating budget.

As of the end of 2025, the Gestalt Pastoral Care Fund stands at **\$27,192.24** a testament to the faithfulness and generosity of those who believe in this ministry's lasting impact. We invite you to prayerfully consider how the Endowment might become part of your own story of generosity: through estate plans, memorial gifts, celebrations of life's milestones, or other meaningful offerings.

To learn more about the Endowment Fund, including ways to give and planned giving options, visit [gestaltpastoralcare.org](http://gestaltpastoralcare.org), watch the Endowment video, or contact us.

## Grants

In 2025, GPC received \$231.33 from the PayPal Giving Fund, a contribution that helps us continue our outreach and community programs. We are thankful for every organization and platform that supports our shared mission. Looking ahead to 2026, we plan to pursue additional grant opportunities to expand our impact and sustain the ministries that matter most. Through continued partnership and faithful stewardship, we are committed to growing the resources that fuel our work and deepen our reach in the community.

# \$2,400

financial  
assistance  
awarded

**PayPal** Giving Fund

Grant  
\$231.33



# GPC Leadership

## 2025-2026 Board of Trustees

Susan Silhan – President  
Rev. Ann T. Few – Vice President  
Bishop Jane Middleton – Vice President  
Rev. George McClain  
Ron Rickard  
Rev. Tammie Wisniewski  
Gail Metzger  
Rev. Betty Voigt  
Rev. Debra Jameson  
Rev. Tilda Norberg

## GPC Ministers & Interns

### Ministers:

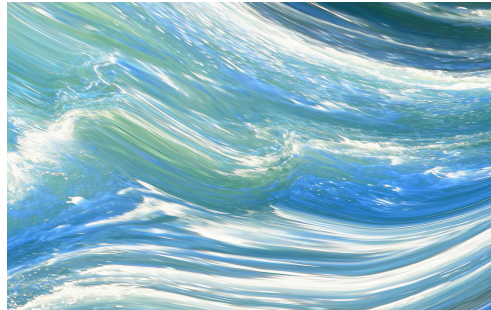
Yuri Ando  
Melissa Boyer  
Kathryn Dickinson  
Clarejean Hauray  
Donna Mast  
Darlene Meyers  
Susan Silhan  
Paula Stoltzfus  
Susan Vande Kappelle  
Betty Voigt

### Interns:

Robin Rio  
Julie Nutter

## GPC Staff

Amira Alexander- Administrator  
Barbara McGouran – Bookkeeper



### Donor Impact Story

Susan Roberts joined the Gestalt Pastoral Care (GPC) community in April 2022 after being invited to participate through her church, The Ephesus Project of Philadelphia. Initially unsure whether the program was right for her, she chose to move forward in faith. She describes her time with GPC as a God-ordained experience that stretched her in unexpected ways and opened the door to deep personal and spiritual growth.

Through her cohort, Susan built trusting relationships with people from diverse backgrounds and locations, forming a supportive learning community focused on healing. With the help of financial assistance, she was able to complete her training as a GPC minister and now actively uses GPC tools in her ministry work, including the Ephesus Project. She also applies what she learned in her own life, drawing on practices like dreamwork to support ongoing growth and healing for herself and others.





# Healing, Presence, and Growth for 2026

GPC is filled with hope for the coming year. We see the deep need for healing and consolation for individuals and communities. We also feel the presence of the Spirit who guides our work, journeying along with us as our strength and help. As we enter into 2026 we plan to listen deeply and discern where this ministry is needed.

The plans we have begun at the end of 2025 to move us forward are as follows:

- Continued online workshops open to all on topics such as Grieving, Dreamwork, Spiritual Direction, Clergy Care, and Welcoming Prayer
- Working with a professional to develop a strategic plan
- Providing Opening to Grace retreats in areas not currently served
- Planning online and in person gatherings to celebrate and share together our stories of GPC and the new advances we are making
- Adding a new training model to our Advanced Course on Trauma/Attunement/Attachment with an expert in the field of Neuroscience
- Grant -writing to support our new models and improvements to our Foundation training, as well as to provide financial support to those who seek to enter into training.
- Continue our Training Schedule with Foundation, Practicum, and Advanced courses and welcoming new Interns and Ministers with support for their ministries.
- Seeking out gifted individuals to serve as Trustees, specifically with marketing and financial experience

# Together, we carry grace forward.

## Acknowledgements

This year reminded us that GPC's greatest strength is its people. Every step forward in 2025 was made possible by the shared effort, faith, and generosity of this community.

**To our Donors and Supporters:** Every act of generosity, every contribution, large or small, helped GPC serve, grow, and care this year. Thank you for believing in our mission and for standing with us in faith and partnership.

**To our Ministers:** You are the doers, the planners, and the encouragers behind everything that happens here. Your messages, prayers, and presence have grounded us and lifted us through the year. You've kept our focus on what matters most: loving God and loving one another.

**To our Board Members:** Thank you for your steady guidance and deep care for this ministry. You've led with wisdom, faith, and integrity, helping us make choices that keep GPC strong and responsive to the needs of our community.

**To our Committees, Teams, and Task Forces:** Thank you for leading with heart. From outreach to care and operations, your teamwork turned ideas into real impact. Thank you for showing up, again and again, with commitment and love.

**To our GPC Interns:** You brought new energy, curiosity, and creativity to our shared work. Thank you for diving in, learning alongside us, and helping us see our ministry through fresh eyes. You are a gift to this community and a sign of hope for the future.

**To our Program Participants:** You are the reason our ministry thrives. Whether you joined a community of practice, attended a workshop, assisted a retreat or training, or simply showed up to grow in faith and fellowship, your presence matters. You brought life, conversation, and connection to every gathering, reminding us that community is built not just by leaders, but by everyone who takes part.

We are deeply grateful for each person who gave their time, talent, and heart to GPC in 2025.



**Gestalt Pastoral Care Associates,  
Inc.**

PO Box 171  
Kannapolis, NC 28082

[www.gestaltpastoralcare.com](http://www.gestaltpastoralcare.com)  
[info@gestaltpastoralcare.org](mailto:info@gestaltpastoralcare.org)