

Meet the chaplains . . .



Sarah Binger

How would you describe your personality and communication style?

I like to work hard, play hard, and relax hard. I jump into things with both feet, especially if I get to learn something new. I am compassionate. I love to listen and to learn about people. I value connection, community, and confidentiality.

Tell us about your family/friends/kids/pets?

I live with 2 fabulous housemates and their 2 cats. One of my housemates has been a close friend for almost 35 years! I recently returned from Guatemala doing a humanitarian aid trip with my mother, and that gave me memories I will cherish for life.

How would others describe you?

I'm fun, easy to talk to, non-judgmental. I also hear the word "quirky" a lot. I'm still trying to figure that one out. I love nature, music, books, and experiencing new things.

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

I am not the expert on your life. But I can be a mirror for what you are trying to work through. We are partners; I'm not here to judge you. I will respect you and would like to earn your trust.

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

If I could have all the money AND time to do it, besides being a world traveler, I would also own an organic, sustainable farm and spin my own wool. I do have my own spinning wheel. Others might say the most interesting thing about me is that I hiked 2000 miles from Georgia to Maine on the Appalachian Trail.

Tell us about your career, education, and experience that led you to workplace chaplaincy.

I have two Bachelor's – in English and Theology – and a minor in Greek. That random combination was because I didn't know what I wanted to be when I grew up, so I ended up in a corporate job for several years. When I was introduced to life coaching and Stephen Ministry, I finally found the right fit for me. I realize the power of a listening ear and a compassionate mind to help someone going through a tough time.

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

I have experience assisting others with issues ranging from marriage, divorce, parent/child/step-child relationships, debt, foreclosure, mediation of relationships, depression, job transition, controlling and abusive relationships, unrealistic expectations, loss, grief, suicide, and rediscovering one's self.



What do you like most about being a workplace chaplain?

What I look forward to most is the relationships I can develop with people and the help and encouragement that I can help people find.

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