

Church Vs. State



Andy Horton and Holly Rasmussen repair a chapel on a mission trip to Orangeburg in 1995.

SPECIAL TO THE GAMECOCK

AMY SBARDELLA Staff Writer

Should spirituality be incorporated into the USC curriculum? What is the best way to counsel a student in the throes of a tumultuous relationship?

These, and other issues, are on the minds of USC ministers who are members of the Chaplains Association, a ministry of 11 chaplains representing 7 major religious groups and three interdenominational Christian organizations. Baptists, Lutherans, Catholics, Episcopalians, those of the Jewish faith, Methodists, and Presbyterians are specifically represented in the group.

Five of the ministries reside at four locations on campus. The PALM Center on Pickens, home to both Lutheran and Methodist ministries, appears to be a place that does not know stress. Walking in the back door through the kitchen, long-lost luscious smells of home cooking linger.

Creaky stairs lead up to an open, window-lit room with inviting couches and chairs.

There's room for rancousness, too. Next door at the Baptist Student Union, a pool table sprawls in a spacious game room. Games, TVs and VCRs are common fare in most ministerial sites.

The chaplains are attuned to the specific needs of students. Meeting every Wednesday morning at 9 a.m., they further their objectives of supporting one another in their ministries and planning cooperative student activities.

"We discuss racial problems, relationships and cults," said Greg Von Williams, an interdenominational chaplain.

Some cooperative activities planned include summer orientation, and programs in residence halls, which are trying to incorporate spiritual events.

But other items are on the table. Tom Wall became a chaplain "because I realized how

powerful religious questions are and need to be addressed in the lives of students." As Methodist Campus minister, Wall would like to incorporate spirituality into the USC curriculum.

In fact, University 101 is moving toward a more "holistic" educational approach that enhances all aspects of a healthy lifestyle: intellectual, physical and emotional. The religious or spiritual aspect is the only facet of human experience not included.

"They are approaching the issue now more in terms of ethics," Wall said. "There is a conflict between teaching religion in a state school. How do you address it?"

Some students may find the openness of the chaplains surprising and refreshing. Wall, Baptist minister Jane Poster and Catholic Chaplain Michael McCafferty are not inordinately phased when some students, overwhelmed with newfound freedom, abandon religious activities and plunge headlong into unfettered bacchanalia.

"Some students say 'Whoopie!' and head out and have a wonderful time, and maybe two years down the road need to talk. Others are very careful. Others say 'Do you have a minute?' and when that happens, you never know where you're going to end up," Poster said.

"With students who make bad decisions, you do your best to evaluate what happened and rebuild," she said.

"We give them the freedom to wonder and let them know they are welcome to come back," said Wall.

The Methodist, Baptist and Catholic ministries offer workshops and programs on sexuality, some of which are led by students. PALM Center provides brochures on safe sex and issues of identity.

Regarding the safe-sex brochure, Wall said, "You'd be burying your head in the sand to think

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Father Mike McCafferty

this was not an issue. With the issues of sex, we must give students options.

"Students are having sex, they're not married, and that's a fact," he said. "If you clam up about it, they won't feel free to ask questions."

An old house on Greene Street, just down from the Russell House in the midst of student domiciles, is the home of Catholic Campus Ministries.

Father Mike McCafferty said most students attending programs at the Catholic Center agree in general with the church's pro-life stance, with one exception: "They are not buying the whole teaching on birth control."

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Poster has been at USC 24 years, and has seen many student-faith conflicts as well as general problems.

"Some students come here having dealt with some issues thought as typically college," Poster said. "They deal with drugs, sex and alcohol in middle school."

"But there is one major difference," she said. "They are making decisions without parental support, with nobody to check up on them."

Ministers sponsor programs to assist students in acquiring decision-making skills. The Navigators, an interdenominational discipling ministry, assists students in making the transition from college to "real life," and applying Christianity to the workplace. Greg Von Williams, the ministry's chaplain, is a former USC student who said his experiences as a student inspired him to join the association of chaplains.

"When I was in high school, I wasn't prepared for college, and when I was in college, I was not prepared for working," Von Williams said. "There were a lot of things college did not teach me about once I graduated. Students have never had such a large paycheck before. And they don't know what to do with it."

To remedy such educational voids, Navigators holds workshops on finding a church, budget development and maintenance, marriage, family and time management.

"We suggest that it might be better to pay off that large credit card debt instead of financing their dream car," Von Williams said.

Faith and worship are always central issues. The Navigators revived Von Williams' Christianity. He was impressed with the genuineness and sincerity of the people involved, and appreciated being part of a smaller group.

Many worship services are enhanced by contemporary music, skits, talks and interpretive dance — all performed by students. Heart to Heart, sponsored by the Baptist ministries, is a popular forum combining a talk, discussion groups and refreshments, and is held Thursday nights at the BSU Center on Pickens Street. An average of 72 students attend each week.

Wall said in one sense, church attendance and student religious participation is on the rise all over the country. Wall encourages students to draw up their own "faith testament," in which

students define what faith means in their lives.

Father McCafferty said students are attracted to the simple but profound Catholic ritual of mass, and the rich tradition and strong church stand on ethical issues. Mass at 11 a.m. Sunday morning has a standing room-only crowd.

Poster is specifically interested in getting her students to earnestly attempt to apply religious principles to everyday life issues. And it is not that her students aren't trying.

Her concern lies in a conflict between the values of society and the values of faith. "I'm dealing with issues as minor as copying a videotape," she said. "We have gotten so used to compromise that we don't stop and think about what is right."

The ministers realize many students often enter university life with conflicting or even negative attitudes about previous religious experiences, but see that abandoning spiritual needs is not the answer. Wall and Poster said college gives students opportunities to seek answers through many subjects and activities, including worship services.

After exploring social life, psychology, and even traditional worship practices, they said students find they need to go "deeper."

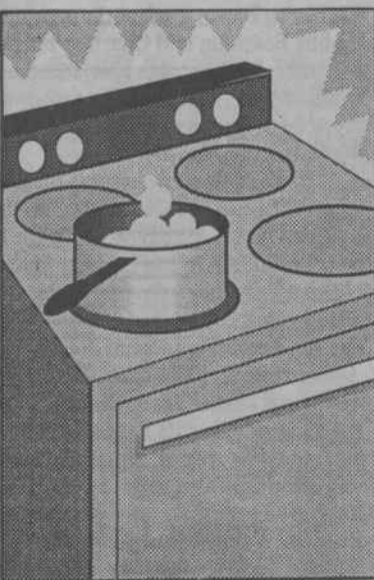
"Students often grow out of traditional religion meeting their needs, but they still have a spiritual component," Wall said.

Campus ministers want to help students cross over into a deeper religious awareness.

Poster sees in campus ministries a rare opportunity for students, providing "a last chance to make serious changes in yourself before getting out into the real world."

Let's Get Cookin'

Provided by Health and Wellness Programs



on each noodle. Roll tightly, place seams side down in a 9-inch baking pan. Pour sauce over roll-ups. Bake covered at 375 degrees F for 30 minutes. Garnish with grated cheese.

Yield: 6 servings — 200 Calories, 3.5 grams fat

Penne Pasta with Tomato Cream

6 ounces penne pasta, uncooked
Vegetable cooking spray
4 ounces Canadian bacon, chopped
3/4 cup chopped red pepper
1/4 cup chopped onion
1 clove garlic, minced
14-ounce can whole peeled tomatoes (no salt added) drained and chopped
1 teaspoon sugar
1/2 teaspoon dried basil
1/4 teaspoon ground pepper (black)
1/4 teaspoon salt
2 teaspoons all-purpose flour
1/4 cup evaporated skim milk
Fresh basil sprig

Cook pasta according to package directions, omitting salt and fat. Drain and set aside. Coat a large non-stick skillet with cooking spray; place over medium-high heat until hot. Add Canadian bacon, red pepper, onion and garlic and saute until vegetables are tender. Add tomatoes, sugar, basil, pepper and salt. Bring mixture to a boil. Cover, reduce heat and let simmer 10 minutes.

Combine flour and milk; stir well. Add flour mixture to tomato mixture and

cook over medium heat, stirring constantly until slightly thickened.

Add pasta, stirring well. Cook over medium heat 2 to 3 minutes or until thoroughly heated. Transfer mixture to a serving bowl and garnish with sprig of fresh basil if desired.

Yield: 4 servings — 257 calories, 3.1 grams fat, 2.2 grams fiber

Penne-Pea Salad

16 ounces penne pasta, cooked, cooled
1 1/2 cups peas, cooked
1/2 cup sliced green onions
1 large red pepper, sliced
1 cup skim milk
1/2 cup red wine vinegar
1/2 cup fat-free mayonnaise
1/4 cup minced parsley
1 tablespoon artificial sweetener
2 teaspoons peppercorns, crushed
Salt & pepper, to taste

Combine pasta, peas, green onions and pepper in salad bowl. Mix milk, vinegar, mayonnaise, parsley, sweetener and peppercorns in a small bowl or cruet. Pour dressing over salad and toss; season to taste with salt and pepper.

Pasta Seafood Salad

Dressing:

1/2 cup low-fat lemon-flavored yogurt
1/4 cup fat-free mayonnaise
1/4 cup chopped red onion
2 tablespoons skim milk
1/2 teaspoon dill weed
1/2 teaspoon grated lemon peel
1/2 teaspoon coarse-ground black pepper
8 ounces imitation crabmeat
3/4 cup reduced-fat cheddar cheese
4 ounces rotini, cooked, drained
1 cup pea pod pieces
1/2 cup matchstick cut red pepper

Mix yogurt, mayonnaise, onion, milk, dill, lemon peel and black pepper in large bowl.

Add remaining ingredients; toss lightly. Refrigerate for several hours.

Yield: 4 servings — 330 calories, 38 grams carbohydrate, 21 grams protein, 10 grams fat

Tuscan-Style Pasta Salad

4 ounces spinach fettuccine, cooked
2 tablespoons celery, diced
2 tablespoons zucchini, diced
2 teaspoons red onion, minced
1/2 teaspoon dried basil
1/2 ounce part-skim mozzarella
3 tablespoons garbanzo beans
2 tablespoons sweet red pepper, diced
2 Italian tomatoes, chopped
1/2 clove garlic, minced
pinch of ground black pepper
1 teaspoon Parmesan cheese

1 teaspoon white wine vinegar
1 teaspoon water
1/2 teaspoon prepared mustard
1 teaspoon balsamic vinegar
2 teaspoons onion, minced
1/2 teaspoon olive oil

Mix all the salad ingredients. Combine dressing ingredients and then toss with salad.

Vegetable Lasagna

15 ounces reduced-fat ricotta cheese
1/4 teaspoon garlic powder
2 1/4 cups spaghetti sauce
6 lasagna noodles, cooked
1 1/2 cups reduced-fat mozzarella cheese
1 package chopped broccoli, thawed, squeezed dry
1 cup shredded carrots
2 tablespoons grated Parmesan cheese

Heat oven to 350 degrees.

Mix ricotta cheese and garlic powder.

Pour 1/4 cup spaghetti sauce in bottom of 9-inch square baking dish. Layer 3 noodles, 1/2 of ricotta cheese mix, 3/4 cup mozzarella cheese, 1/2 each of the broccoli and carrots. Repeat layers.

Top with remaining 1/2 cup of mozzarella cheese; sprinkle with Parmesan cheese.

Bake 45 minutes. Let stand 10 minutes before serving.

Yield: 6 servings

Lentil and Pasta Soup

4 cups low-sodium chicken broth
4 cups water
1 cup dry lentils
28-ounce can whole tomatoes, chopped (with juice)
6 ounces can tomato paste
1 cup each sliced carrots and chopped celery
1/4 cup red wine vinegar
9-ounce package frozen Italian-style green beans
1 large onion
3 cloves garlic
1 cup uncooked small pasta
1 bay leaf
1/2 teaspoon each basil, oregano, thyme, black pepper and marjoram

In a large pot, combine broth, water, lentils, tomatoes, tomato paste, vegetables and garlic.

Bring to a boil. Lower heat. Cover and let simmer for 30 to 45 minutes. Add about 2 more cups of water, pasta, spices and vinegar. Simmer for about 30 minutes more. Remove bay leaf before serving.

Yield: 14 cups, approximately 126 calories, 23 grams carbohydrate, 8 grams protein, less than a gram of fat