



**Charlene Carthen**  
**A Widow's Journey**  
**The Hope, Healing & Help Radio Program**

On September 25, 2013, Charlene Carthen's day began as usual. She saw her husband, Bishop Shurwood Carthen, off to work as usual. Later in the day, however, she received word that her husband had collapsed during a meeting and she must immediately go to the hospital. There she was told that her husband had suffered a massive heart attack and was unable to be revived. Charlene's life was changed that day.

During the weeks and months to come, she transitioned from being the wife of a prominent pastor in Sacramento, to the life of a widow who must now seek new areas of ministry as well as employment. During her interview on Hope, Healing and Help, Charlene shares about things she has learned during her journey since her husband's death. She also shares about the church's involvement in caring for her as their pastor's widow.

Charlene Carthen is a recent graduate from the University of California, Berkeley where she obtained her Bachelor of Arts degree in Religious Studies with an emphasis on Near Eastern religions. For over 16 years she has worked in the community as a spiritual leader, as a mentor to countless youth, and as a conference speaker. She is passionate about educating, encouraging, and empowering those within her community to reach their highest potential.

In 2002, she alongside her husband the late Sherwood Carthen planted one of the fastest growing multicultural churches in Northern California, Bayside of South Sacramento (BOSS). For the first few years, she was the Worship Leader, Women's Ministry Facilitator, and Prayer Team Leader. Out of her passion to serve women, she created a ministry called The Well. This bi-monthly gathering allowed women to worship together, to provide support to each other, and to address issues that largely affect women. She also authored on the go devotionals called Seasonings for your Soul. Although his passing a few years ago has left a huge void in the city and in her heart, she continues to serve the community that they both loved.

She is currently working with Courage World Wide (CWW), which is a non-profit organization whose mission is to provide help, hope, and healing to girls under age 18 who have been victims of sex trafficking. As an Ambassador for CWW, she helps bring awareness of the issue of sex trafficking to the religious community in urban areas. As a mentor for CWW, she provides the girls with spiritual guidance, a listening ear, and educational planning. Charlene also works part-time at Cosumnes River College as a Teacher's Assistant in the English Department.

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