



The Rev. Dr. Mashona Walston is a pastor, chaplain, speaker, veterans advocate and neurotheologian. Most recently she served as pastor of the Reformed Church of Cortlandtown in Montrose, New York. For more than seventeen years she provided pastoral care and counseling for veterans at the New York State Veterans Home in Montrose. She has been called by the Joint Boards to serve as the Senior Minister of the First Church in Albany.

Dr. Walston received a Bachelor of Arts, cum laude from Adelphi University, and a Master of Divinity and Doctor of Ministry degree from New Brunswick Theological Seminary. She has also earned five units of clinical pastoral education, including a chaplain residency at Westchester Medical Center (a Level I trauma center).

Dr. Walston served in the United States Army Reserves, completing basic training in Fort Jackson, South Carolina, and advanced training at Fort Benjamin Harrison, Indiana. She was a member of the chaplain candidacy corps.

The Rev. Dr. Walston has provided pastoral leadership in both the African Methodist Episcopal Church and the Reformed Church in America, serving at Warwick, Bay Shore, Tarrytown, and Montrose, New York. She has implemented her philosophy of faith groups making a difference in their communities through local partnerships, outreach and volunteerism. In her recent 2019 mission trip to Ghana, Dr. Walston was able to share her research with, and offer preaching and support to the teachers and students at a local school. She received a citation from the pupils and staff of the Ho Bankow E.P. Primary School for her work.

A proponent of neuroscience and prayer as a means of fostering resilience, the Rev. Dr. Walston's doctoral research combined psychology, brain science, and theology. One example of her approach is in teaching individuals how to use centering prayer as a source of healing and refuge. Dr. Walston is a speaker, presenter and spiritual director for young women, addressing matters of career, education, dating, marriage, and motherhood. She also works ecumenically with men and women of all ages in dealing with their grief over the loss of a spouse through separation, divorce, or death. Dr. Walston feels called to work with individuals, faith groups, and community partners for stronger and more positive relationships on the local, national and global scenes.

In her free time, Dr. Walston enjoys music, reading, and participating in local theater. She lives with her son, Chance and their dog, Wonder.

*Biography supplied by the Rev. Dr. Mashona Walston and updated and edited for publication in the "First Church Family" newsletter.*