

# spiritual care

## A MUSLIM PRAYER OF HEALING

*(The Holy Koran, Chapter 11: 153-157)*

*O God,  
You are my hope –  
How can I be disappointed?*

*You are my trust-  
How can I ever despair!  
Our eyes cannot discern you,  
Hidden as you are in the cloak of your glory.  
But our hearts perceive your majesty,  
visible as it is in the perfection of your  
splendor.*

*You are ever manifest –  
How can you be hidden!*

*You are ever present –  
And constantly watch over us –  
How can you be absent!*

## A JEWISH BLESSING

*May the Holy One, Blessed be God, be  
merciful to you, and cure, heal, strengthen and  
revive you. May God help you towards  
wholeness, a healing of both your body and  
your soul.*



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*A*t Jefferson Regional

Medical Center, we recognize that being a provider of quality health care is not only about medical treatment; it's also about the human spirit, the compassion shown to a person in need, and the heart and soul of caring.

Because of this belief, we are one of a few area hospitals to provide a dedicated Spiritual Care Department.

Members of the department assist people through the trauma often associated with hospitalization, and also offer crisis ministry, memorial services, in-services, patient and family care and staff support.

The chaplains are available to ALL patients, to provide emotional and spiritual support. If you would like to arrange for a visit from from the hospital chaplain or a faith leader in your denomination, please call Spiritual Care at 412-469-5855.

## PSALM 23

*The Lord is my shepherd; I shall not want.  
In verdant pastures, he gives me repose;  
beside restful waters he leads me;  
He refreshes my soul.  
He guides me in right paths  
for his name's sake.*

*Even though I walk through the  
valley of the shadow of death,  
I fear no evil for You are at my side  
with Your rod and staff that give me  
courage.*

*You spread the table before me  
in the sight of my foes;*

*You anoint my head with oil,  
my cup overflows.*

*Only goodness and kindness follow me  
all the days of my life;*

*and I shall dwell in the house  
of the Lord for years to come.*

## THE SERENITY PRAYER

*God, grant me  
The serenity to accept the things  
I cannot change,  
The courage to change the things I can,  
And the wisdom to know the difference.*

Located on the first floor of Jefferson Regional Medical Center, the Spiritual Care Department provides the following services:

### Private Consultation

- Spiritual care for patients, families and staff
- Counseling for ethical issues
- Information regarding Advance Directives

### Programs for the Hospital Community

- Weekly Catholic Mass is televised live from the Echement Family All Faiths Chapel on Thursdays at 9:30 a.m. (Channel 7 on patient room TVs)
- Weekly meditation and reflection services are televised live from the chapel on Tuesdays from 10:00 a.m. to 10:15 a.m.
- Patient memorial services are held three times annually.

### Patient Services

Dial-A-Prayer is available by calling extension 4848.

Holy Communion is distributed to Roman Catholic patients throughout the week.

Communion also is available to patients of any denomination, call 412-469-5585, or ask the nurse to notify Spiritual Care.

Assistance is available to clergy and religious leaders at the Spiritual Care Office, Monday through Friday, 8:00 a.m. to 4:00 p.m.

### The Echement Family All Faiths Chapel

Located outside the Spiritual Care office on the first floor of the hospital, the Echement Family All Faiths Chapel is always open for prayer and reflection. The chapel is named for John R. Echement, a long-time board member and healthcare leader, in appreciation for his monetary gift to the medical center Foundation.

The following staff members serve in the Spiritual Care Department:



Judi Pasino, M.Div., NACC Cert., is the director of spiritual care at Jefferson Regional Medical Center. She is a Catholic laywoman who is board-certified by the National Association of Catholic Chaplains.

Rev. Paul C. Edwards, D.Min., BCC, chaplain, is an ordained minister with the American Baptist Church USA. Rev. Edwards is board certified by the Association of Professional Chaplains.

For more information about Spiritual Care at Jefferson Regional Medical Center, call (412) 469-5855.

## A HINDU PRAYER

*O God, you are omnipresent, omnipotent, and omniscient. You are everything and nothing is beyond you. You are our mother and our father, and we are all your children.*

*Whatever you do is for our good. You are the ocean of mercy and you forgive our errors. You are our teacher and you guide us to righteousness.*

*May all be happy, may all be free from disease, may all realize what is good, may none be subject to misery.*

*Peace, peace, peace be unto all.*

## A CHRISTIAN PRAYER OF HEALING

*based on the Prayer of St. Francis (by Judith Kubish)*

*Lord God, make me an instrument of your healing; when I am weak and in pain, help me to rest; when I am anxious, help me to wait; when I am fearful, help me to trust; when I am lonely, help me to love; when I place you apart from me, help me to know you are near.*

*Healing God, grant me not so much to demand everything from myself as to let others help me; not to expect others to cure me as to do my own part towards getting better. Grant me not so much to seek to escape, as to face myself and learn the depths of your love. For it is in being uncertain and not in control that we find true faith, in knowing the limits of mind and spirit, and in passing through death that we find life that lasts forever.*