



UPSTATE
UNIVERSITY HOSPITAL

Center for
Spiritual Care

Words of Hope

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**Center for
Spiritual Care**

Room 1224
First Floor Lobby
750 East Adams Street
Syracuse, NY 13210

315-464-4687

www.upstate.edu/uH/spiritualcare

09.394.0110 3M UBC

SYRACUSE, NEW YORK

Dear Friends,

Being in the hospital may be a difficult time for you, your family and your friends. Feelings might range from fear and loneliness, to relief and even joy. During your stay with us, we want to assure you of our prayers and concern for you and those you love. Please have your nurse contact us or call and contact us directly at the Center by calling hospital extension 4-4687. In case of an emergency, please dial “0” for the operator and request a chaplain.

The Center for Spiritual Care is staffed by clinically-trained and certified chaplains, spiritual care volunteers, Jesuit novices and Clinical Pastoral Education Chaplain Interns. There is at least one chaplain in the hospital daily and there is always a chaplain or on-call clergy available twenty-four hours a day.

Our prayers are with you.

Blessings,

The staff, volunteers, and interns
of the Center for Spiritual Care.

www.upstate.edu/uhs/spiritualcare
315-464-4687 (main office)

The Center is located in Room 1224 on
the first floor lobby of University Hospital

*With special gratitude to the Advocates of Upstate Medical
University for their continual support of Spiritual Care at
University Hospital.*



INTERFAITH CHAPEL

Always open for prayer and meditation, the Chapel is located on the first floor lobby of University Hospital.

WEEKLY WORSHIP SCHEDULE

Sunday

10:30 am: Ecumenical Worship

11:30 am: Ecumenical Worship,
held on 4B

noon: Catholic Mass

Monday noon: Catholic Mass

Tuesday noon: Weekly Prayer Service

Wednesday noon: Rev. Weez's and friends
Storytime

Thursday noon: Chaplain Intern weekly
devotions

Friday noon: Shabbat Program

1:15 pm: Jum'ah (Muslim
community prayer)

Saturday 4 pm: Catholic Mass

**All services are broadcast from the
Chapel on in-house television Spiritual
Care Channel 40 without charge.**

VIRGINIA MOSES HOSPITALITY ROOM

Located within the Center for Spiritual Care, this sacred space is available for you or your family to meet with a Chaplain or your own clergy.

MUSIC MINISTRY

The Upstate Choir, composed of volunteer singers and musicians from the hospital staff and community, sing regularly on patient floors, at special services and upon request.

PRAYER BLANKETS ‘LOVE COVERS’

Partners in ministry from our community knit, crochet and sew special coverings full of prayers for your healing. Offered upon request.

SPECIAL RELIGIOUS NEEDS

We are happy to assist you in meeting your specific religious needs to strengthen your spirituality, such as receiving Holy Communion, Bibles, other religious literature, rosaries. Offered upon request.

SPIRITUAL CARE VOLUNTEERS

We are fortunate to have caring volunteers from our community assist us in this ministry. They have special gifts and give their time freely to minister alongside the professional chaplaincy staff.

CLINICAL PASTORAL EDUCATION

We are the only hospital in Central New York that offers an accredited Clinical Pastoral Education training program. Seminarians, clergy and qualified laity serve as Chaplain Interns and offer pastoral visitation on patient floors and in the Emergency Department.

FOR THOSE OF THE ISLAMIC (MUSLIM) FAITH

We are fortunate to have a relationship with the Islamic Society of Central New York. The Imam and his Associate are available to visit upon request.

VERSES OF COMFORT FROM THE KORAN

Koran 2.45 Fortify yourselves with patience and prayer. This may indeed be a hard thing, but not for the devout who know they will meet their Lord and that to him they will return.

Koran 7.205 Remember the Lord deep within your soul humbly and reverently with a soft voice; remember Him in the morning and the evening and do not be negligent.

Koran 8.9 When you prayed to your Lord for help, He answered you, saying: “I will assist you with a thousand of the angels following one another”.

Koran 2.286a God does not impose upon any soul more than it can bear.

Koran 42.43 To endure with patience and to forgive is the duty of all. These most truly are deeds of courage.



A PRAYER FOR PATIENTS

Eternal God, source of healing,
Out of my distress I call upon You.

Help me to sense Your presence
At this difficult time.

You have already sent me gifts of Your
goodness:
The skill of my physician,
The concern of others who help me,
The compassion of those to come.

I pray that I may be worthy of all these,
Today and in the days to come.

Help me to banish all bitterness;
Let not despair overcome me.

Grant me patience when the hours
are heavy:
Give me courage whenever there is hurt
or disappointment.

Keep me trustful in Your love, O God.
Give me strength for today, and
hope for tomorrow.

To Your loving hands I commit my spirit
When asleep and when awake.

You are with me: I shall not fear.
Help me, O God, in my time of need.

Author Unknown

VERSES OF COMFORT FROM THE PSALMS

Thou hast ever been my help;
Cast me not off nor forsake me,
O God of my salvation. — Psalm 27:9

God is the Healer of the broken hearted and the
One who binds their sorrow. — Psalm 147:3

Cast your burden on the Lord and He will
sustain you; He will never permit the righteous to
be moved. — Psalm 55:23

In peace I will both lie down and sleep; for you
alone, O Lord, make me dwell in safety.
— Psalm 4:9

I waited patiently for the Lord; He inclined to me
and heard my cry. — Psalm 40:1

Out of my distress I called on the Lord; the Lord
answered me and set me free. The Lord is with
me, I do not fear. — Psalm 118:5-6

PSALM 23 (traditional)

The Lord is my shepherd; I shall not want. He
makes me to lie down in green pastures; He leads
me beside the still waters. He restores my soul.

He leads me in the paths of righteousness for
His name's sake.

Yea, though I walk through the valley of the
shadow of death, I will fear no evil; for
You are with me; Your rod and Your staff,
they comfort me.

You prepare a table before me in the presence
of my enemies; You anoint my head with oil;
My cup runs over.

Surely goodness and mercy shall follow me all
the days of my life; and I will dwell in the house
of the Lord forever.

OJIBWA PRAYER

Oh Great Spirit, whose voice
I hear in the winds

And whose breath gives life to everyone,
Hear me.

I come to you as one of your many children;

I am weak...I am small...I need your
wisdom and your strength.

Let me walk in beauty, and make my eyes
ever behold the red and purple sunsets.

Make my hands respect the things
you have made,

And make my ears sharp so I may hear
your voice.

Make me wise, so that I may understand
what you have taught my people, and

The lessons you have hidden in each leaf
and each rock.

I ask for wisdom and strength,

Not be to superior to my brothers
and sisters,

But to fight my greatest enemy, myself.

Make me ever ready to come before you
with clean hands and a straight eye.

So as life fades away as a fading sunset,

My spirit may come to you without shame.



Hope in the Lord;
Be strong and let
your heart take
courage; Yea,
hope in the Lord.

(Psalm 27:14)

For Roman Catholics

Holy Communion

We invite you to receive Holy Communion during your hospital stay. Please ask your nurse to notify Spiritual Care if you wish to receive and have not been visited.

Anointing of the Sick

Anointing is available to all sick or injured adults and children. It is especially beneficial before surgery, for the elderly and seriously ill patients, as well as the person especially in need of healing. Only an ordained Roman Catholic priest can administer this Sacrament.

Viaticum

Communion as sacred food for the journey is available upon request as one approaches the end of life.

Reconciliation/ Confession

This sacrament is for those desiring to draw closer to God through confession and forgiveness of sins. If you wish to go to confession, please ask to see a Priest-Chaplain.

Act of Contrition for Confession

Oh my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishment; but, most of all, because they offended you my God who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance, and to amend my life. Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with thee.
Blessed are you among women, and
Blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God, pray for us sinners
Now and at the hour of our death.
Amen.

For Protestants

There are many different Protestant denominations and traditions. We have ordained Protestant clergy on our chaplaincy staff who can serve Holy Communion, anoint, baptize and provide spiritual counseling with you and your loved ones.

For Christians of Other Denominations

We are fortunate to have relationships with the Hospital Liaison Committee of the Jehovah Witnesses, the Church of Jesus Christ of the Latter Day Saints, the Friends (Quakers), as well as numerous other groups. We are happy to help connect you to your faith community.

For Orthodox Christians

In the Syracuse area, there are Armenian, Antiochian, Greek, Russian, Macedonian, Ukrainian, Eastern and Western Orthodox churches. Sacraments include Penance, Holy Eucharist, and anointing with Holy Oil by a priest. We can assist you in contacting a priest.

An Orthodox Prayer of General Intercession

Be mindful, O Lord, of thy Holy Orthodox Catholic and Apostolic Church; confirm and strengthen it, increase it and keep it in peace, and preserve it unconquerable forever; Be mindful, O Lord, of our Metropolitan N., and of every Bishop of the Orthodox; of Priests and Deacons and all the Clergy of thy Church, which thou hast established to feed the flock of the Word; and by their prayers have mercy upon me and save me, a sinner.

The prayer Jesus taught his disciples

Our Father, who art in heaven, hallowed by Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory for ever. Amen.

FOR THOSE OF THE JEWISH FAITH

A Rabbi serves as an Associate Chaplain as part of the professional chaplaincy staff. He is available to facilitate religious observance, to provide spiritual guidance, and to offer ongoing support for you and your family during your hospitalization. Kosher meals are available to Jewish patients upon request from the hospital's food service department. The Center for Spiritual Care makes available on loan in your hospital room electric Sabbath candlesticks for Friday night observance, as well as an electric yahrzeit lamp.

Prayers for comfort and healing

May He who blessed our ancestors, bless and heal.....who is ill. May the Holy One, Praised be He, show him/her the fullness of compassion by restoring him/her to health and vigor. May He speedily send perfect healing of body, mind and spirit to all who are ill. And let us say, Amen.

Heal us, O Eternal, and we shall be healed. Save us and we shall be saved, for You are our praise. Grant a perfect healing to all our wounds, for You are a faithful and compassionate God, King and Healer. You, the Eternal One, who is the Source of all blessing, are the Healer of the sick of Your people Israel.

Shema Yisrael, Adonai Eloheynu, Adonai Ehad.

Hear, O Israel: The Lord our God, the Lord is one.

Praised be His glorious kingdom for ever and ever.



FOOTPRINTS IN THE SAND

One night I had a dream —
I dreamed I was walking along the beach
with the Lord and
Across the sky flashed scenes of my life.
For each scene I noticed two sets of
Footprints in the sand; one belonging
to me, the other to the Lord.

When the last scene of my life flashed before
me I looked back at the footprints in the
sand. I noticed that many times along the
path of my life

There was only one set of footprints.
I also noticed that it happened at the very
lowest and saddest times of my life.

This really bothered me and I questioned
the Lord about it.

“Lord, you said that once I decided to follow
you, you would walk with me all the way,
But I have noticed that during the most
troublesome times of my life,

There is only one set of footprints.

I don't understand why, in times when I
needed you most, you would leave me.”

The Lord replied, “My precious, precious
child, I love you and I would
never, never leave you.

During your times of trials and suffering,
when you see only one set of footprints,
It was then that I carried you.”



“Prayer is good medicine.”

— *Larry Dossey, MD*



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INTENSIVE PRAYER CIRCLE.

You are invited to write your prayer request to be prayed for by University Hospital's Intensive Prayer Circle (IPC). The IPC is made up of a number of area religious congregations who join with us weekly to pray for your special prayer intentions. For your privacy, confidential details or names do not have to be included. Please fill out the area below and place in the prayer box in the Chapel, or give to your chaplain or nurse. Prayer requests can also be called in the Center for Spiritual Care's main number at **315-4644687**, or through our website at **www.upstate.edu/uhs/spiritualcare**.

[illegible]

tear off

Your name and date (optional)