

Chaplaincy and Spiritual Care



A safe and non-judgemental listening service for patients and staff of all faith traditions and none.

This booklet contains prayers and words of comfort from different religious traditions which you may find useful.



Our Hospital Chaplains

The Reverend Paul White Head of Chaplaincy and Spiritual Care

Prospect Park Hospital..... Tel: **0118 960 5000** (switchboard)

The Reverend Simon Thorn Western Area Chaplain

West Berkshire Community Hospital and Wokingham Community Hospital..... Tel: **01635 273300** (switchboard)

The Reverend Ebenezer Omidiji Eastern Area Chaplain

Upton Hospital, St Mark's, King Edward VII and Heatherwood Hospital..... Tel: **0300 247 3000** (switchboard)

If you want to speak to any of the chaplains, they may be contacted via the ward or hospital reception desks.

If you require a chaplain from Hindu, Sikh, Muslim or Jewish faith traditions in particular, please contact the Head of Chaplaincy.

Prayers from the Christian Tradition

Father, into your hands, into your love, into your generous peace, we bring ourselves. Amen.

Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth! (Psalm 46.10)

Jesus said: "Peace I leave with you; my peace I give to you. Let not your hearts be troubled, neither let them be afraid." (John 14:27)

Cast all your anxieties on Him for He cares about you. (1 Peter 5:7)

You have made us for Yourself, O Lord, and our heart is restless until it rests in You. (St. Augustine)

Do not look forward in fear to the changes and chances of this life; Rather, look to them with full confidence that, as they arise, God, to whom you belong will in His love enable you to profit by them. He has guided you thus far in life, and He will lead you safely through all trials; and when you cannot stand it, God will bear you in His arms. Do not fear what may happen tomorrow; the same everlasting Father who cares for you today will take care of you then and every day. He will either shield you from suffering, or will give you unfailing strength to bear it. Be at peace, then, and put aside all anxious thoughts and imaginations. Amen.

(St. Francis de Sales)

God of the present moment. God who in Jesus stills the storm, and soothes the frantic heart; bring hope and courage to N. as s/he waits in uncertainty. Bring hope that you will make her/him the equal of whatever lies ahead. Bring her/him the courage to endure what cannot be avoided, for your will is health and wholeness; you are God, and we need you. (from the New Zealand Prayer Book)

Where you are (however unchosen) is the place of blessing.
 How you are (however broken) is the place of grace.
 Who you are, in your Becoming is your place in the Kingdom.

(Margaret Silf, Landmarks)

Thank you, my Lord Jesus Christ,
 for all the benefits you have given me,
 for all the pains and insults you have borne for me.
 O most merciful redeemer, friend and brother,
 may I know you more clearly,
 love you more dearly,
 and follow you more nearly,
 day by day. Amen.

(St. Richard of Chichester)

Where shall I go from your Spirit?
 Or where shall I flee from your presence?
 If I ascend to heaven, you are there!
 If I make my bed in the depths, you are there!

If I take the wings of the morning
 and dwell in the uttermost parts of the sea,
 even there your hand shall lead me,
 and your right hand shall hold me.

If I say, "Let only darkness cover me,
 and the light about me be night,"
 even the darkness is not dark to you,
 the night is bright as the day;
 for darkness is as light with you.

(From Psalm 139)



God, grant me the serenity to accept the things I cannot change,
 courage to change the things I can,
 and wisdom to know the difference. Amen. (Winnifred Crane Wygal)

Christ be with me, Christ within me,
 Christ behind me, Christ before me,
 Christ beside me, Christ to win me,
 Christ to comfort and restore me,
 Christ beneath me, Christ above me,
 Christ in quiet, Christ in danger,
 Christ in hearts of all that love me,
 Christ in mouth of friend and stranger.

(St. Patrick's Breastplate)

Grant, O Lord, to all those who are bearing pain
 your spirit of peace and hope of courage and endurance,
 cast out from them the spirit of anxiety and fear;
 grant them perfect confidence and trust in you,
 that in your light they may see light;
 through Jesus Christ our Lord. Amen.

(George Appleton)

And I said to the man who stood at the gate of the year: "Give me a
 light that I may tread safely into the unknown." And he replied: "Go
 out into the darkness and put your hand into the Hand of God. That
 shall be to you better than light and safer than a known way." So I
 went forth, and finding the Hand of God, trod gladly into the night.
 And He led me towards the hills and the breaking of day in the east

(M Louise Haskins, The Gate of the Year)

I believe in the sun even when it is not shining;
 I believe in love even when feeling it not;
 I believe in God even when he is silent.

(An inscription on the wall of a cellar in Cologne where a
 number of Jews hid themselves for the entire duration of the war)

Words of comfort from the Sikh Tradition



Guru Arjan Dev Ji – Raag Sorath – Siri Guru Granth Sahib Ji – Panna 619

ਸਸੋਰਠਮਿ: 5
ਗਏ ਕਲੇਸ ਰੋਗ ਸਭਿ ਨਾਸੇ ਪ੍ਰਭਿ
ਅਪੁਨੈ ਕਿਰਪਾ ਧਾਰੀ
ਆਠ ਪਹਰ ਆਰਾਧਹੁ ਸੁਆਮੀ ਪੂਰਨ
ਘਾਲ ਹਮਾਰੀ
ਹਰਿ ਜੀਉ ਤੂ ਸੁਖ ਸੰਪਤਿ ਰਾਸਿ
ਰਾਖਿ ਲੈਹੁ ਭਾਈ ਮੇਰੇ ਕਉ ਪ੍ਰਭ ਆਗੈ
ਅਰਦਾਸਿ ॥ ਰਹਾਉ ॥
ਜੇ ਮਾਗਉ ਸੇਈ ਸੇਈ ਪਾਵਉ ਅਪਨੇ
ਖਸਮ ਭਰੋਸਾ
ਕਹੁ ਨਾਨਕ ਗੁਰੁ ਪੁਰਾ ਭੇਟਿਓ ਮਿਟਿਓ
ਸਗਲ ਅੰਦੇਸਾ

sorath mehlaa 5.
ga-ay kalays rog sabh naasay
parabh apunai kirpaa Dhaaree.
aath pahar aaraaDhahu su-
aamee pooran ghaal hamaaree.
har jee-o too sukh sampat raas.
raakh lai hu bhaa-ee mayray ka-
o parabh aagai ardaas. rahaa-o.
jo maaga-o so-ee so-ee paava-o
apnay khasam bharosaa.
kaho naanak gur pooraa bhayti-
o miti-o sagal andaysaa.

My troubles are gone, and all my afflictions are dispelled.
God Himself has bestowed His Mercy.
Throughout the eight watches of the day, I dwell upon my Lord Master.
My works are brought to fulfilment; O Dear Lord –
You are the Treasure of Peace.
Save me, O My Beloved! O God, I offer this prayer unto you.
Whatever I ask for, that I receive.
On my Lord Master Himself I lean for support.
Says Nanak: I am devoted unto the Perfect Guru.
Meeting Him, all my fears were dispelled.

Words of comfort from the Hindu Tradition



Bhagavad Gita: Chapter 2, Verse 20

न जायते म्रियते वा कदाचि
नायं भूत्वा भविता वा न भूयः
अजो नित्यः शाश्वतोऽयं पुराणो
न हन्यते हन्यमाने शरी

na jāyate mriyate vā kadāchin
nāyaṁ bhūtvā bhavitā vā na bhūyaḥ
ajo nityaḥ śhāśhvato 'yaṁ purāṇo
na hanyate hanyamāne śharīre

The Spirit is neither born nor does it die at any time. It does not come into being or cease to exist. It is unborn, eternal, permanent, and primeval. The Spirit is not destroyed when the body is destroyed. (2.20)

Bhagavad Gita: Chapter 2, Verse 65

प्रसादे सर्वदुःखानां हानिरस्योपजायते
प्रसन्नचेतसो ह्याशु बुद्धिः पर्यवतिष्ठते

prasāde sarva-duḥkhānāṁ
hānir asyopajāyate
prasanna-chetaso hyāśhu
buddhiḥ paryavatishṭhate

By divine grace comes the peace in which all sorrows end, and the intellect of such a person of tranquil mind soon becomes firmly established in God. (2.20)

Bhagavad Gita: Chapter 2, Verses 223-24

नैनं छिन्दन्ति शस्त्राणि नैनं दहति पावकः
न चैनं क्लेदयन्त्यापो न शोषयति मारुतः
अच्छेद्योऽयमदाह्योऽयमक्लेद्योऽशोष्य एव च
नित्यः सर्वगतः स्थाणुरचलोऽयं सनातनः

nainam chhindanti śhastrāṇi
nainam dahati pāvakaḥ na
chainam kledayantyāpo na
śhoṣhayati mārutaḥ achchedyo
'yam adāhyo 'yam akledyo 'śhoṣhya
eva cha nityaḥ sarva-gataḥ sthāṇur
achalo 'yaṁ sanātana

Weapons do not cut this Spirit, fire does not burn it, water does not make it wet, and the wind does not make it dry. The Spirit cannot be cut, burned, wet, or dried. It is eternal, all-pervading, changeless, immovable, and primeval. Atma is beyond space and time. (2.23-24)

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Repeat the following du'a seven times:

أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيكَ

“ ‘As’alu Allah al ‘azim rabbil ‘arshil azim an yashifika.”

I ask Allah, the Mighty, the Lord of the Mighty Throne, to cure you.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

“Rabbana ‘atinaa fid dunyaa hasanat wafil aakhirati hasana taw wa qinaa azaaban naar.”

Oh Allah! Our Lord and Sustainer! Grant us good in this world and good in the Hereafter and save us from the Fire of Jahannam (Hell)

This du'a should be recited while the sick person places his or her right hand on the area of pain. The word “**bismillah**” should be repeated three times, and the entire supplication should be recited seven times:

أَعُوذُ بِعِزَّةِ اللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

“A'oozu bi'izzatillaahi wa qudratihi min sharri maa ajidu wa uhaaziru.”

I seek protection in the might of Allah and His power from the evil of what I am experiencing and of what I fear.

Prayers from the Islamic Tradition

Du'a (prayers) from the Quran

The Islamic prophet Ayyub is the same as Job in the Judeo-Christian Old Testament, and he suffered greatly and gracefully. This is his du'a, from the Quran:

وَأَيُّوبَ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ

“ ‘An-nee mas-sa-ni-yaD-Dur-ru wa ‘AN-ta ‘Ar-Ha-mur-raa-Hi-meen.”

Truly distress has seized me, but You are Most Merciful of those that are merciful. - Quran 21:83–84 (Du'as From the Sunnah)

When someone fell ill, the Prophet would recite one of these four du'as for them.

اللَّهُمَّ رَبَّ النَّاسِ مُذْهِبَ الْبَاسِ اشْفِ أَنْتَ الشَّافِي لَا شَافِيَ إِلَّا أَنْتَ شِفَاءً لَا يُغَادِرُ سَقَمًا

“Allahuma rabbi-nas adhhabal ba'sa, ashfi wa entashafi, la shifa' illa shifa'uka shifa' la yughadiru saqama.”

Oh Allah! The Sustainer of Mankind! Remove the illness, cure the disease. You are the One Who cures. There is no cure except Your cure. Grant us a cure that leaves no illness.



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מי שִׁבְרָךְ אֲבוֹתֵינוּ, אֲבֹרָהֶם יִצְחָק וְיַעֲקֹב, מֹשֶׁה וְאַהֲרֹן, דָּוִד וְיִשְׁלָמָה, הוּא יְבָרֵךְ וְיִרְפָּא אֶת הַחֹלֶה (פְּלוֹנִי בֶן פְּלוֹנִית). הַקְּדוֹשׁ בְּרוּךְ הוּא יִמְלֵא רַחֲמִים עָלָיו לְהַחֲלִימוֹ וְלִרְפְּאוֹתוֹ, לְהַחֲזִיקוֹ וְלְהַחֲיוֹתוֹ, וְיִשְׁלַח לוֹ מְהֵרָה רְפוּאָה שְׁלֵמָה, רְפוּאָת הַנֶּפֶשׁ וְרְפוּאָת הַגּוּף; וְנֹאמֵר אָמֵן

Mi she-bei-rach a-vo-tei-nu, Av-ra-ham, Yitz-chak, v'Ya-a-kov, v'i-mo-tei-nu Sa-rah, Riv-kah, Ra-chel, v'Le-ah, Hu yi-va-rech vi-ra-pei et ha-cho-leh/ha-cho-lah ____ ben/bat ____ Ha-Ka-dosh Ba-ruch Hu yi-ma-lei ra-cha-mim a-lav/a-lei-hah, l'ha-cha-li-mo/l'ha-cha-li-mah u-l'rap-o-to/u-l'rap-o-tah, l'ha-cha-zi-ko/ l'ha-cha-zi-kah u-l'ha-cha-yo-to/u-l'ha-cha-yo-tah V'yish-lach lo/lah bim-hei-ra r'fu-ah sh'lei-mah, r'fu-at ha-ne-fesh u-r'fu-at ha-guf, b'toch sh'ar cho-lei Yis-ra-el, hash-tah ba-a-ga-lah u-viz-man ka-riv, v'no-mar, Am-en!

May the One who blessed our ancestors Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel, and Leah, bless and heal the one who is ill: ____ son/daughter of ____ . May the Holy One, the fount of blessings, shower abundant mercies upon him/her, fulfilling his/her dreams of healing, strengthening him/her with the power of life. Merciful one, restore him/her, heal him/her, strengthen him/her, enliven him/her. Send him/her a complete healing from the heavenly realm, a healing of body and a healing of soul, together with all who are ill soon, speedily, without delay; and let us say: Amen!



Psalm 121

תְּהִלִּים

- | | |
|---|--|
| <p>א שִׁיר, לַמַּעֲלוֹת:
אָשָׂא עֵינַי, אֶל הַהָרִים
- מֵאֵין, יְבֵא עֲזָרִי</p> | <p>1. A Song of Ascents.
I will lift mine eyes unto the mountains: from whence shall my help come?</p> |
| <p>ב עֲזָרִי, מֵעַם יְהוָה-- עֲשֵׂה,
שָׁמַיִם וָאָרֶץ</p> | <p>2. My help cometh from the LORD, who made heaven and earth.</p> |
| <p>ג אֶל-יְתֵן לְמוֹט רַגְלִי; אֶל-
יְנוּם, שִׁמְרֵךְ</p> | <p>3. He will not suffer thy foot to be moved; He that keepeth thee will not slumber.</p> |
| <p>ד הִנֵּה לֹא-יְנוּם, וְלֹא יִישָׁן-
- שׁוֹמֵר, יִשְׂרָאֵל.</p> | <p>4. Behold, He that keepeth Israel doth neither slumber nor sleep.</p> |
| <p>ה יְהוָה שִׁמְרֵךְ; יְהוָה צִלְּךָ,
עַל-יַד יְמִינֵךְ.</p> | <p>5. The LORD is thy keeper; the LORD is thy shade upon thy right hand.</p> |
| <p>ו יוֹמָם, הַשֶּׁשֶׁשׁ לֹא-
יִכָּפֶה; וַיָּרַח בַּלַּיְלָה</p> | <p>6. The sun shall not smite thee by day, nor the moon by night.</p> |
| <p>ז יְהוָה, יִשְׁמְרֵךְ מִכָּל-
רָע: יִשְׁמַר, אֶת-נַפְשְׁךָ</p> | <p>7. The LORD shall keep thee from all evil; He shall keep thy soul.</p> |
| <p>ח יְהוָה, יִשְׁמַר צֵאתְךָ וּבואְךָ-
- מֵעַתָּה, וְעַד עוֹלָם.</p> | <p>8. The LORD shall guard thy going out and thy coming in, from this time forth and forever.</p> |

What is hospital chaplaincy?

How can hospital chaplains help?

They will:

- Listen to you
- Support you
- Provide 'Mental Health First Aid' when appropriate
- Offer prayers or sacraments
- Contact a leader of your own faith tradition if you wish
- Signpost you to other sources of support
- Provide training to staff on the aspects of spiritual care

What won't chaplains do?

They will not:

- Judge or criticise you
- Preach or force religion on you
- Pass on information unless you request it
- Outstay their welcome!

Do I need to be religious to see a chaplain?

No. Chaplains are trained to provide pastoral care, and spiritual and emotional support to people of **all faiths**, as well as to those who have **no religious beliefs**.

