

This bimonthly newsletter, produced by Pastoral Care Services/Office of Diversity & Inclusion will highlight some of the spiritual and religious beliefs held by patients and their families, providers and others in the MUSC community. It will offer strategies for staff self-care as well information to better address the spiritual needs of the diverse patients and families that we serve.

Interfaith Calendar

Highlights

- June 6. **Ramadan begins** (Islam). Month-long commemoration of Muhammad's reception of the divine revelation recorded in the Qu'ran. Fasting observed from sunrise to sundown.
- June 12-13. **Shavuot** (Judaism). Celebration of Moses's descent from Mt. Sinai with the ten commandments.
- June 20. **Solstice/Litha** (Wicca/Paganism). Celebration of the sacred marriage in which energy of the gods is poured into the service of life.
- July 7-9. **Eid al Fitr** (Islam) Festival of thanksgiving to mark the end of Ramadan.
- July 13-15. **Obon** (Shinto Buddhism). Festival to honor deceased ancestors.
- July 19. **Asalha Puja Day** (Buddhism). Observance of the day when Gautama Buddha made his first public proclamation.

Source: <http://www.interfaithcalendar.org>

Pause the Game!

by Chaplain Frank Harris

Not long ago, I was playing basketball in the backyard with my sons when one of them shouted, "Pause the game!" It took me a moment to realize what he was saying. I'm used to hearing, "Time out!" It dawned on me that my kids' generation has grown up playing video games more than playing outdoors. They are used to "pausing the game" by pushing a button to make the action stop.

No matter what we're engaged in, we all need to "pause the game" for rest. This is especially true for those so mindful of caring for others that they forget to care for themselves. The acronym R.E.S.T can be a reminder to make sure that we are not depleted of our spiritual, emotional, and physical resources.

R: Reflect. Reflection provides an opportunity to refresh ourselves psychologically. This can be done through journaling, reading, or listening to

something that stimulates our thinking.

E: Exercise. I recently saw this quote: "Exercise may be the most underutilized anti-depressant." I don't know about that, but I do know that my problems seem much smaller after a good workout.

S: Share with others. Cultivating a supportive network of family, friends, or faith community can go a long way in helping us find rest emotionally. No one needs to (or can) carry the whole load alone.

T: Offering Thanks, whether privately or in community, reminds us that we have a unique and creative connection to the Transcendent. We have much to offer because much has been offered to us. Whether you say "time out" or "pause the game," make sure you find time to R.E.S.T.

May this summer be a season of replenishment for all who sacrifice so much in the service of others.

Health Care Theater



Each day providers join with families, chaplains, and other care team members to make difficult health care decisions. These decisions can elicit tears, fears, sadness, or guilt and can have far-reaching implications for how we approach and support family members or colleagues who may be facing similar situations. This monthly program will

provide a forum for MUSC health care team members to debrief difficult cases and share strategies to support families, colleagues and themselves. Program participants may be called upon to play a role in these case studies.

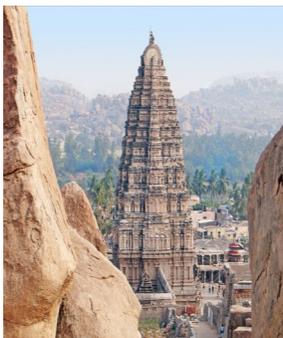
One hour of Diversity Education training will be provided. Registration required via MyQuest.

July 12 th 1:00 pm - 2:00 pm
300 Clinical Science Building (CSB)
Topic: "Breaking Bad News"



Carolina wren

**Chaplains
are available
24/7/365**



**A Hindu temple in
Karnataka, India**

Hope Is the Thing with Feathers

by Chaplain George Rossi

Below is the poem “Hope is the thing with feathers” by Emily Dickinson. I have shared this poem with some of my hospital patients in the past and will continue to share it in the future when I feel like it would help a person to cope with illness. Hopelessness is a powerful, devastating feeling and spiritual condition that is not beyond the chaplain’s therapeutic skill set and abilities. All clinicians have the big task of helping to alleviate spiritual distress that can be caused by illness and hopelessness. Hopelessness can appear in people’s spiritual and emotional states as people from all faith traditions deal with cancer, traumatic injury from motor vehicle crashes, and injuries from recreating on the water or exercising for fun and fitness on the weekends. Truly, HOPE can be the thing that chirps on patient’s shoulders encouraging them to push on-ward toward healing, cure, and a sense of recovered wellness. HOPE can keep the soul warm through the storms of life caused by illness or injury. HOPE doesn’t ask for anything, yet it is

always ready to give its crumbs to feed the soul. Clinicians are true HOPE-bearers and HOPE-givers. Sometimes just a poem, or a scripture or a prayer can be the gift that keeps patients and families hopeful.

A poem from Emily Dickinson

“Hope” is the thing with
feathers -
That perches in the soul -
And sings the tune without
the words
And never stops - at all -
And sweetest - in the Gale -
is heard -
And sore must be the storm
-
That could abash the little
Bird
That kept so many warm -
I’ve heard it in the chilliest
land
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me.

**DO YOU HAVE
IDEAS/
SUGGESTIONS
FOR FUTURE
ISSUES?**

Do you have topic ideas for future issues or would like to provide general feedback about the newsletter? If so, send an email to:

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Compliments, complaints or other acknowledgements about Pastoral Care Services should be directed to:

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Or

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Spirituality Spotlight: Hinduism *by Chaplain Terry Wilson*

Hinduism is a conglomerate of diverse beliefs and traditions. The following list should not be seen as exhaustive or universal, but are some traditional aspects of the religion that may be helpful to know if you are caring for a Hindu patient:

- Humankind’s goal is to break free of this imperfect world and reunite with God.
- Personal hygiene is very important and bathing is required every day, but bathing after meals may be viewed as harmful.
- The atmosphere around a dying person must be peaceful.
- The last thoughts or words are of God; the Gita (scripture) is recited to strengthen the person’s mind and provide comfort.
- Religious chanting before and after death may be continually offered by family, friends, and priest.
- Preference is to die at home, as close to mother earth as possible.
- Immediately after death, a priest may pour water into the mouth of the deceased and family may wash the body.
- It is customary for the body not to be left alone until cremated.
- Autopsy and organ donation are acceptable.

Source: www.healthcarechaplancy.org

Handbook of Spiritual & Cultural Values for Healthcare Professionals