

*Thoughts and prayers
for Clinical Pastoral
Care in hospitals*

**PASTORAL CARE IS A MINISTRY
OF BEING,
NOT MERELY OF DOING.**

1 CORINTHIANS 1:4

**WHO COMFORTS US IN ALL OUR AFFLICTIONS, SO THAT WE MAY BE ABLE TO
COMFORT THOSE WHO ARE IN ANY AFFLICTION, WITH THE COMFORT WITH WHICH
WE OURSELVES ARE COMFORTED BY GOD.**



**MICHAELA
SORENSEN**

THE MOST BASIC OF
ALL HUMAN NEEDS
IS THE NEED TO
UNDERSTAND AND TO
BE UNDERSTOOD

*Be completely humble and gentle;
be patient,
bearing with one another in love
Ephesians 4:2*

| EXPERIENCE THE FEELINGS OF ANOTHER |

Empathy is the foundation for all healing. It can be found wherever there is a relationship of trust between two people. To have empathy for another is to be fully present for them, to be genuinely listening to what is happening for them at that moment and to accept it. Being a presence of grace, we put aside our preconceived notions about what needs to be done and allow the other to discover what is truly needed. Empathy is way in which one person can lightly reach out to another and without words hold their soul so gently that they feel fully loved and supported.

| EXCERPT FROM "LETTERS TO A YOUNG POET" - RILKE |

How should we be able to forget those ancient myths that are at the beginning of all peoples, the myths about dragons that at the last moment turn into princesses; perhaps all the dragons of our lives are princesses who are only waiting to see us once beautiful and brave. Perhaps everything terrible is in its deepest being something helpless that wants help from us.

So you must not be frightened if a sadness rises up before you larger than any you have ever seen; if a restiveness, like light and cloudshadows, passes over your hands and over all you do. You must think that something is happening with you, that life has not forgotten you, that it holds you in its hand; it will not let you fall.

THIS IS THE CONFIDENCE WE HAVE IN APPROACHING GOD: THAT IF
WE ASK ANYTHING ACCORDING TO HIS WILL, HE HEARS US
1 JOHN 5:14

MAKE THE SPACE
SO THAT THE OTHER MAY
FEEL THEIR PRESENCE IS ACCEPTED

*And so we know and rely and
on the love God has for us.
God is love. Whoever lives in
love lives in God, and God in
them.
1 John 4:16*

| LISTENING |

"We think we listen, but very rarely do we listen with understanding, true empathy.

Listening, of this very special kind, is one of the most potent forces for change that I know."

Carl Rogers

THEREFORE LET US STOP PASSING JUDGMENT ON ONE ANOTHER.
INSTEAD, MAKE UP YOUR MIND NOT TO PUT ANY STUMBLING BLOCK
OR OBSTACLE IN THE WAY OF A BROTHER OR SISTER.
ROMANS 14:13

"Empathy is about standing in someone else's shoes, feeling with his or her heart, seeing with his or her eyes. Not only is empathy hard to outsource and automate, but it makes the world a better place."

Daniel H. Pink

| TO BE PRESENT |

Life is run at such a breakneck pace that there never seems to be enough time to be present for someone else. Truly present.

But, this is what is most needed. For a person to be able to express themselves, feel their feelings, to be safe and know they are not judged.

To be loving.

To be understanding.

To be present.

"Thy Will"

Hillary Scott



*Attend to the other,
choose to be silent, and
stay with them in their
hour of grief.*

| THE RELATIONSHIP |

Being in this place together is often a strange and sometimes uneasy dance.

I do not know you and you do not know me. And yet we are here. Not knowing which one of us is vulnerable and which one of us is holding the other. We sit awkwardly in the space at first, listening and waiting. Listening. And waiting.

The quiet can be difficult until one of us, you, begins to speak. Then, in the spaces between the words a small trust begins to develop, slowly and imperceptibly, before suddenly something intimate may be shared one to another.

The space begins to feel lighter, more open and we both know that in some small way the process of healing has begun.

*What does it mean to hold space
for another?*

| It means: |

To allow the other to exist as is
to honour the other to be as is
to validate the other to think as is
to witness the other to grow as is
to accept the other to live as is

See no lack and resist nothing

This can only occur when we hold this space for ourselves first.