



Health
Mid North Coast
Local Health District

Chaplaincy Service

Mid North Coast Local Health District

Your Hospital Chaplain

Being sick or injured can be frightening and emotionally draining. In addition to your medical care, our hospital makes available emotional and spiritual care for you and your loved ones.

Pastoral Care is concerned with the well being of the human spirit.

Our Chaplaincy Service offers emotional and spiritual support during times of change and challenge that is sensitive to, and respectful of, each person's individual needs.

Your Chaplain is available to listen, to comfort, and to help you draw upon your religious or spiritual strength. Chaplains are available on request.

Your hospital chaplain respects your religious tradition and personal experiences.

Our Chaplains are here to provide a range of supports:

- Having someone to pray with
- Helping you through grief and loss
- Helping you explore your spirituality
- Bringing Sacramental support.

We also welcome the involvement of your home clergy while you are being cared for in the hospital. We will be glad to help you contact clergy of any faith to visit and comfort you and your family.

Pastoral services are available on request at all local hospitals including:

- Bellinger River District Hospital
- Coffs Harbour Health Campus
- Dorrigo Health Campus
- Kempsey District Hospital
- Macksville District Hospital
- Port Macquarie Base Hospital
- Wauchope District Memorial Hospital.

Please ask the staff to contact a Chaplain or Pastoral Worker on your behalf.

Morning Prayer

This is another day, another fresh start. Thank you Lord, I don't know what it will bring, but help me use it well. Give me faith to meet its demands, friendliness to share the pain and joy of others. Help me this day to accept love, to not give up hope and to have strength for what this day might bring.

Be with me this day.

Amen

Evening Prayer

Thank you Lord, for this day, for all those who are looking after me, for those who came to see me.

Grant me restful sleep that I may wake tomorrow stronger in body, more serene in mind, and ready for the precious gift of a new day.

Amen

Serenity Prayer

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.

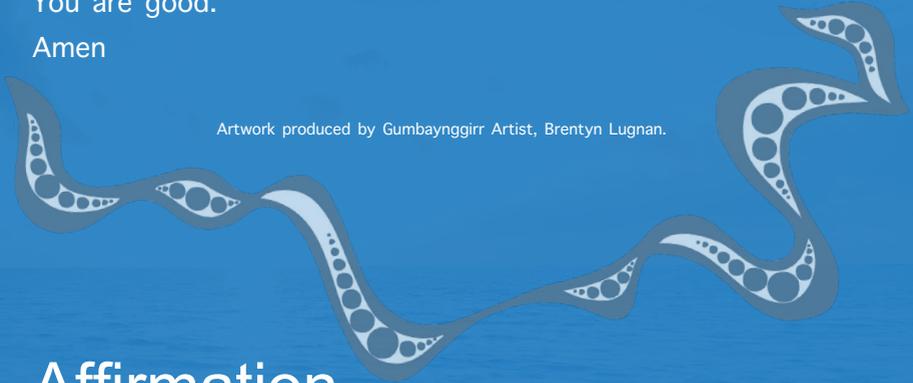
Amen

Aboriginal Lord's Prayer

You are our Father, You live in Heaven. We talk to You, Father, You are good. We believe Your Word, Father, we are your children. Give us bread today. We have done wrong, we are sorry. Help us Father, not to sin again. Others have done wrong, to us And we are sorry for them, Father today. Stop us from doing wrong, Father. Save us all from the evil one. You are our Father, You live in Heaven. We talk to You, Father, You are good.

Amen

Artwork produced by Gumbaynggirr Artist, Brentyn Lugnan.



Affirmation

May you be safe and protected from danger
May you be happy and peaceful
May you be healthy and strong
May you have ease and well-being
May you be free of stress and anxiety
May you accept yourself just as you are
May you be full of joy
May you be well.

Spirituality

Spirituality means different things to different people. Religion and faith might be part of someone's spirituality, but spirituality isn't always religious.

Everyone has spiritual needs throughout their lives whether they follow a religion or not. Spiritual needs can include:

- The need for meaning and purpose in our lives
- The need to love and feel loved
- The need to feel a sense of belonging
- The need to feel hope, peace and gratitude
- The need to connect or reconnect to faith.

People do different things to meet these spiritual needs, depending on what's important to them. What's most important to someone can change over their life time. Often when people or their loved one is in hospital there is a need to have Spiritual care and support.

The pastoral care team made up of Chaplains, visiting clergy and the pastoral visitors aim to ensure an effective provision of care. They are available to help, to be with you and care for you.

Contact

Chaplain Coffs Harbour 0422 916 082
Chaplain Port Macquarie 0467 796 395

The smaller hospital clergy can be contacted
by a staff member on your behalf.

Celtic Prayer

Deep peace of the running waves to you,
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the shades of night to you,
Moon and stars always giving you light,
Deep peace of the divine, the prince of
peace to you.



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