



MATER HOSPITAL
A FACILITY OF
ST VINCENT'S
HEALTH AUSTRALIA

PASTORAL CARE
at the Mater

Pastoral Care *at the Mater Hospital*

The Mater Hospital acknowledges that being in hospital can be an emotional as well as a physical experience. Pastoral care staff provide a professional and confidential space where your experience of illness and hospitalisation can be shared and understood.

Pastoral care staff are qualified employees that are part of the Mater interdisciplinary team. Every patient, as well as close family, are offered thoughtful, sensitive and relevant emotional and/or spiritual support.

Pastoral care staff can listen to your fears, worries, hopes and dreams and can provide support during times of grief and loss. They can help you find meaning in your situation and help with any practical matters.

“...I had no idea until I sat with a pastoral carer that I was so anxious, I felt so much more settled after we talked”

**For pastoral care please call
8385 or (02) 9900 7688**

Or ask your nurse to contact the pastoral care team on your behalf.

Other Services

Chapel

The chapel is open 24 hours a day and all are welcome to visit. The chapel entrance is located on the ground floor near the main hospital reception.

Mass is in the chapel at 9am	Tues, Wed, Thurs & Sun
-------------------------------------	------------------------

Mass services are telecast live on Channel 305 in your room

We also offer:

- Sacrament of the Sick ■ Reconciliation
- Baby Blessings ■ Catholic Priest ward visits - available Tuesday, Wednesday & Thursday.

Communion Ministers

Visit all Catholic patients to offer:

- Communion ■ Baby blessings (Maternity)

Please contact the pastoral care team for alternative denominational ministers on 8385 or 9900 7688.

TV Channel Programs

Channel 305 <i>Documentaries</i>	The History of the Mater Hospital & The History of St Vincent's Hospital
Channel 305	Mass live telecast from the comfort of your room. 9am Tues, Wed, Thurs & Sun
Channel 306 <i>Mindful relaxation</i>	A 30 min/24hr loop to help alleviate anxiety and help improve sleep. <i>You may also purchase this DVD at reception for \$20</i>
Channel 307	'The Power of the Heart' & 'The Connection'. <i>Two inspirational and uplifting movies on a 24hr loop that investigate the power of the heart and mind in healing.</i>

Relaxation Programs

Reiki relaxation	Individual 20 mins, <i>limited availability</i> (to book call 8389 or 99007688)
Group mindful relaxation	Please consult your nurse before attending. Fri 3pm, McAuley Lounge, Ground Floor.

“...waiting for my operation, mindful relaxation settled me down considerably; I would have been more emotional without it. It helped me pre and post-surgery.”

Blessing on the day

On the day when the weight deadens
on your shoulders and you stumble,
may the clay dance to balance you.
And when your eyes freeze behind
the grey window and the ghost of loss
gets in to you, may a flock of colours,
indigo, red, green, and azure blue
come to awaken in you a meadow of delight.
When the canvas frays in the currach of thought
and a stain of ocean blackens beneath you,
may there come across the waters a path of
yellow moonlight to bring you safely home.
May the nourishment of the earth be yours,
may the clarity of light be yours,
may the fluency of the ocean be yours,
may the protection of the ancestors be yours.
And so may a slow wind work these words
of love around you, an invisible cloak
to mind your life.”

Celtic Blessing – unknown author

A Prayer for Today

Every day I need you Lord
But this day especially
I need strength
To face whatever will be
This day more than any day
I need to feel you near
To fortify my courage
And to overcome my fear
By myself, I cannot meet
The challenge of the hour
There are times when humans help,
But we need a higher power
To assist us bear what must be borne
And so dear Lord I pray
Hold onto my trembling hand
And be near me today

For pastoral care please call 8385 or (02) 9900 7688

Or ask your nurse to contact the pastoral care team on your behalf.



MATER HOSPITAL
A FACILITY OF
ST VINCENT'S
HEALTH AUSTRALIA