



MATER HOSPITAL

A FACILITY OF
ST VINCENT'S
HEALTH AUSTRALIA

PASTORAL & SPIRITUAL CARE
at the Mater

Pastoral and Spiritual Care

at the Mater Hospital

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

Pastoral and Spiritual Care staff are qualified employees who 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 and Spiritual 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”

“...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.”

Our Supportive Guide for nearing death and after death care can be accessed from the Mater website. www.mns.org.au

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* Tues, Wed, Thurs

Communion Ministers

Visit all Catholic patients to offer:

- Communion
- Baby blessings (Maternity)

Please contact the Pastoral and Spiritual Care Team for alternative denominational ministers on 8385 or 9900 7688.

TV Channel Programs

Channel 305 – Documentaries

- 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 and 307 – Relaxation Programs

A 30 min/24hr loop to help alleviate anxiety and help improve sleep.

The Mater Hospital has developed two audio-visual relaxation programs - Mindful Relaxation and The Stillness Within - as part of our holistic approach to healthcare. Often the experience of being in hospital can be unsettling. The relaxation programs can help to enhance sleep, provide an improved sense of inner wellbeing and self-worth. The programs can also be downloaded free from the Pastoral and Spiritual Care section of our website.
www.mns.org.au

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 and/or Spiritual Care please call (02) 9900 7688,
or 8385 from your bedside phone, or ask your nurse to contact
the Pastoral and Spiritual Care Team on your behalf.**



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