

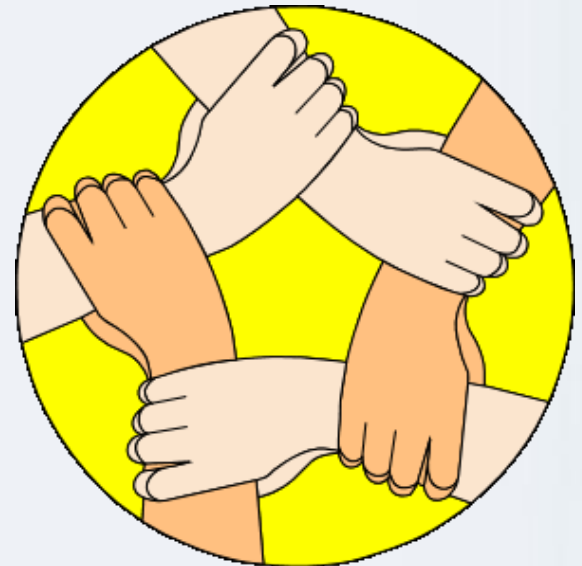
Spirituality – Religion and Beyond

*Rev Petro Hryziuk
Lead Chaplain*



Looking at:

- Death – our attitude and approach
- Understanding what is a religion
- Spirituality – people of faith (religious needs)
 - people of no faith (spirituality)
- Understanding spirituality and spiritual needs
- Addressing spiritual needs together





DEATH?

or



kicked the bucket

Lost him/her

Snuffed it!

s/he's died

Gone to meet his Maker

s/he has pegged out

Faded away

Pushing up the daisies

s/he is six feet under

croaked

To meet his/her maker

At peace

Give up the ghost

Counting worms

Gone to play a harp on a fluffy cloud

Gone to a better place

Departed this life

Gone to be a star in the sky

At rest

To join the heavenly choir

Not with us anymore


Bit the dust

Passed away

Popped his/her clogs



• Patients needs  Religious

 Spiritual

Religious needs can involve the 'Last Rites' with anointing of the patient. This can be done when the patient is alive or after death.



Spiritual needs may not always be expressed within a religious framework. It is important to realise that all human beings are spiritual beings who have spiritual needs at different times of their lives. Although spiritual care is not necessarily religious care, religious care, at its best, should always be spiritual.

[Association of Hospice & Palliative Care Chaplains '03]



What is religion?

A defined framework:-

- Contains a system of faith, beliefs & values
- Has codes of conduct, agreed rituals & values
- Expresses an underlying spirituality
- Declares what the particular religion understands by 'God'
- Has a view on ultimate reality.

And has a total world view of a community which has sprung from a founding revelation.



Religious needs include:

- Individual & corporate prayer and worship
- Rituals connected with birth, life and death.
- Religious rites, blessing, sacraments
- Meditation & contemplation
- Assurance of forgiveness
- Seeing a representative of religious/faith community
- Using holy items (Bible, Koran, rosary, holding cross)



SPIRITUAL AND RELIGIOUS NEEDS OF PATIENTS



These guidelines are intended to inform Hospital Staff and help them address the Spiritual and Religious needs of Patients in their care.

(Particularly if no immediate family members are available.)

Wherever possible views of the individual patient should be sought.

Contents (in Alphabetical Order)

- **Baha'i Faith**
- **Buddhism**
- **Chinese**
- **Christianity**
- **Christian Scientists**
- **Hari Krishna**
- **Hinduism**
- **Humanism**
- **Islam – Muslims**
- **Jain**
- **Jehovah's Witnesses**
- **Judaism - Jews**
- **Mormon – Church of the Latter Day Saints**
- **Pagans**
- **Plymouth Brethren**
- **Quakers**
- **Rastafarianism**
- **Romany**
- **Seventh Day Adventists**
- **Sikh**
- **Spiritualists**
- **Unitarianism**
- **Zoroastrian**



Buddhism

Buddhism is a way of life. It is the thought and practice associated with Buddha (The Enlightened) who lived in India in the 5th/6th century.

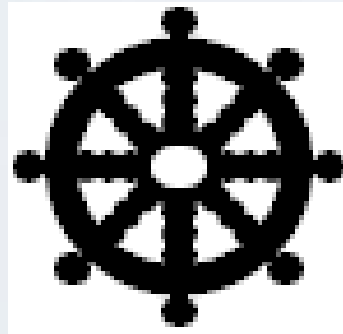
- There are various forms of Buddhism.
- Buddhist way of life involves:
- Keeping of special festivals.
- Pilgrimage to Buddhist sacred places.
- Social responsibility.
- Buddhism is divided into different schools. Since attitudes to a manner of things will vary e.g. Dietary rules, disciplines and customs; it is important to find out from which school a Buddhist comes from. *The individual, or family will normally explain what is required.*
- Normally there would be no physical contact across the genders.
- Buddhists would appreciate a visit from a Buddhist Monk or Sister (this can be arranged through the Chaplaincy team.)
- Peace and quiet for meditation and chanting would be appreciated.
- Buddhists have NO conflicts with modern medicine.

Food and Diet

Due to their respect for all life, many are *vegetarians*.

For further info:

<http://www.bbc.co.uk/religion/religions/buddhism/>



Care of the dying and what to do after death

- A side room would be appreciated where possible, as they require as much time as possible for meditation.
- Buddhists would like to have full information about their imminent death to enable them to make their own preparation for death.
- Buddhists consider that dying is a very important part of life. It should be approached positively and in as clear and conscious state of mind as possible. This may mean a reduction of certain drugs which reduce consciousness.
- Post mortem and organ transplantation – there are unlikely to be any objections as helping others is fundamental to the Buddhist belief.
- It is important that the body is wrapped in a sheet, without emblems.
- After death cremation is generally preferred.

Christianity

- Christians believe that God became man in the person of Jesus Christ. He was crucified, rose from the dead and ascended to heaven. Most Christians are baptised either as babies or when they are old enough to profess their own faith. Some people profess themselves as Christian in what they do, but do not go or agree with the structures of a church. There are many different Christian churches with differing structures, beliefs and rituals but the concept of one God who reveals Himself as a Father, a Son and a Holy Spirit (the Trinity) is central to all Christian teaching. Easter and Christmas are the most important Feast Days.
- Christian churches include:
 - Anglican/Church of England
 - Roman Catholic (RC)
 - Free Church – Baptists, Methodists, Pentecostal, Quakers, Salvation Army, United Reformed Church, Church of Scotland etc
- Patients may wish to see a Chaplain before an operation so that they can be prayed for and receive Holy Communion. They may request a Bible and wish to attend services in the chapel.
- There is no religious objection to the giving or receiving of blood or organs, nor to the donation of the body for teaching or research.
- RC patients will almost certainly wish to be visited by a Priest whilst in hospital.

- RC doctrine FORBIDS termination of pregnancy.

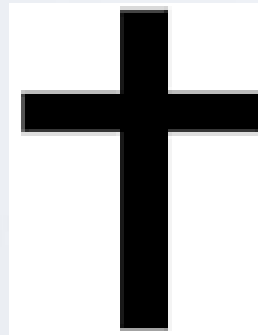
Food and Diet

There are no general dietary requirements, but some 'high' (who may describe themselves as Anglo-Catholics) may wish to observe the traditional meatless Friday.

Those awaiting Holy Communion may prefer to fast until after they receive the sacrament.

For further info:

<http://www.bbc.co.uk/religion/religions/christianity/>



Care of the dying and what to do after death

Anglican/Church of England/RC

Enquire if patient/family would like '**last rites**' - prayers at the bedside for the anointing and committal of the patient – contact Chaplain or Priest (if RC) via switchboard.

Baptism for babies and young children should be offered. Holy Communion may be required before death. There is no requirement of fasting before the Sacrament is given.

The Sacrament of reconciliation or Confession may also be required.

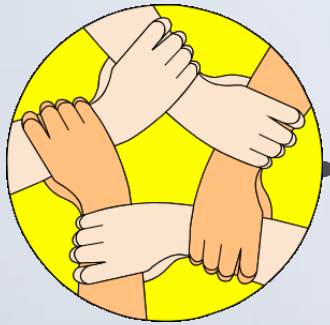
Free Churches

Free Church patients will welcome prayers but will not normally expect a sacramental ministry. Visit from the Chaplain (contact Switchboard) or their own minister may be required.

No religious objection to post mortem or transplants.

Spirituality – what is it?

- My concept of spirituality will be different from yours.
- A bit like a butterfly – many different understandings.
- Many definitions of spirituality and ways of experiencing our spiritual selves as there are individuals (Parkinson 2006)
- Being concerned with how an individual understands the purpose and meaning of their existence (Woof and Nyatanga 2000)
- Concerned with meaning and purpose in life, interconnectedness & harmony with other people & their universe & a right relationship with ultimate reality (Twycross 2003)



McSherry (2009)

Definition of Spirituality

Spirituality is universal, deeply personal and individual; it goes beyond formal notions of ritual or religious practice to encompass the unique capacity of each individual. It is at the core and essence of who we are, that spark which permeates the entire fabric of the person and demands that we are all worthy of dignity and respect. It transcends intellectual capability, elevating the status of all of humanity.



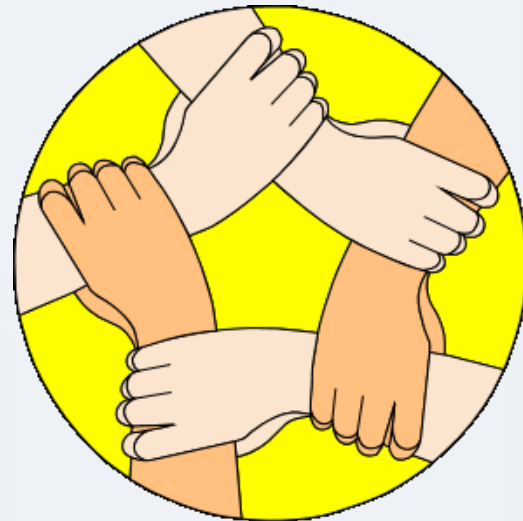
Spirituality involves:

- The essence of what it means to be human
- The search for meaning in any situation.
- Ultimate concerns, questions, values
- Deepest relationships with self & others.
- All that gives meaning and purpose & worth in my life
- My inner map – not necessarily anchored in religion.
- My own personal wavelength – human & ultimate
- The core of my being and the ‘other’ (however defined)



My view of spirituality

- Spirituality is what is important to the patient (trains, football teams, family, types of music etc). The essence of what it means to be human which affects our outlook and all that we say and do.
- We are called to meet these needs together.



Spiritual needs include:

- Love – to love and to be loved
- Holding a hand, touch
- Meaning, purpose and worth in life
- Self-esteem, integrity, identity
- Hope
- Finding forgiveness & acceptance
- Fulfilling relationships, expressions of sexuality
- Need for trust



- Need to be listened to with respect
- Need to be able to express personal beliefs & values
- Work, creativity, leisure
- Fullness of life, flourishing



What feeds/nurtures the spirit/spiritual

- Loved ones, family, pets
- Achievements
- Love of nature/scenery/wildlife
- Own space/environment
- Clothes
- Art, Music, Hobbies (Trains!!)
- Religious practices
- Holidays
- Something very simple that gives meaning to an individual (Love of Marmite??)



Recognising Spiritual Need

- Anger – at God or other people
- Bitterness – what have I done....?
- Regret – If only.....
- Guilt/punishment – must have done wrong
- Doubt – about God, purpose for existence
- Fear – not sure about life after death
- Isolation/feelings of abandonment
- Loss of hope – “I see no future...”
- Tearfulness
- Questions/meaning of suffering/life/death
- Nightmares/sleep disturbance
- In denial
- Withdrawn – “s/he’s turned his/her face to the wall”



Giving Spiritual Need

- Being there – standing alongside – sharing the journey. “Presence ministry”
- Listen & hear (attentive & with acceptance)
- Facilitate exploration (be aware that meaning cannot be found by another but by the person themselves).
- Provide privacy, respect & secure environment
- Provide good symptom control
- Provide the opportunity to explore deeper issues



Are you listening?



- Provide reassurance about physical care and pain control
- Respect for patient's integrity, worth & values
- Support for the family/carers
- Meeting religious needs if there are any
- Helping with unfinished business. Is there anything they need to do or say?



Spiritual Care Is.....

- Giving complete attention to a patient
- “a common human activity that takes place at many levels. It can include anything from a simple “Hello” to a hug, or from a chat about football to prayer. It is about being with people offering them your support and giving them complete attention”

Nursing Management Volume 12 No.6 Oct 2005



give a hug. get a hug.



We can all do this individually and
TOGETHER



Thank you!!

