

Your Spiritual Comfort

At this very vulnerable time, you may find yourself wishing to deepen your spiritual connections — to search for the sacred and explore the meaning and purpose in life. For those who are religious, this may mean turning to a faith community. For others, spirituality can be found in nature, art, music, or the meaningful moments experienced every day.

Whatever your spiritual inclinations, HospiceCare chaplains, who are specially trained in death and dying issues, are here to lend assistance to you and your family. If you're receiving help from a faith community, your chaplain will reinforce that connection while also offering his or her own compassionate, non-judgmental support on your end-of-life journey.

How a HospiceCare Chaplain Can Help

Now more than ever, you may feel you're on an emotional rollercoaster and that life is out of your control. Voicing your feelings to your HospiceCare chaplain can relieve some of your stress and help bring you peace of mind. There is no need to withhold anything you're thinking: Your HospiceCare chaplain is someone with whom you can be completely honest about your fears, angers, doubts, and regrets, as well as your joys and gratitude. He or she will listen to your concerns and discuss the questions that may matter to you now, including:

- How has my life had value?
- What has been important to me in my life?
- What do I have left to do before I die?
- Who is important to me?
- What do I believe will happen after I die?
- Do I need forgiveness?
- How can I deal with my fears about dying?

Rather than addressing these large issues, some hospice patients simply want to talk with a chaplain about their life story. Perhaps you will, too. Life review can be a meaningful experience, and HospiceCare chaplains are compassionate, supportive and accepting listeners.

At your request, HospiceCare chaplains will also provide you with devotional materials and/or arrange for religious and sacramental services such as prayers and communion in your home, anointing, baptism, marriage, and funeral/memorial services.

© 2006 HospiceCare of Boulder and Broomfield Counties

