



# Spiritual Care

Strathroy Middlesex General Hospital

*« When we seek for connection,  
we restore the world to  
wholeness.*

*Our seemingly separate lives  
become meaningful  
as we discover how truly  
necessary we are »*

# What is Spiritual Care?

## Definition

That care which **recognizes** and **responds** to the needs of the **human spirit** when faced with trauma, ill health or sadness and can include the **need for meaning**, for **self worth**, to **express oneself**, for **faith support**, perhaps for rites or prayer or sacrament, or simply for a sensitive listener. Spiritual care **begins** with encouraging human contact in compassionate relationship, and moves in **whatever direction need requires**.

The Volunteer Spiritual Care Providers at Strathroy Middlesex General Hospital are important members of our healthcare team, providing emotional and spiritual care to patients and their families, as well as our staff. They draw upon religious tradition, ritual, prayer, scripture, and sacraments to assist persons in meeting their particular needs. Our Volunteer Spiritual Care Providers will talk with patients and families directly, or help them find a spiritual leader from their own unique faith needs and traditions.



At Strathroy Middlesex General Hospital, we have a quiet space available 24/7. We also have a small chapel available to all for prayer, meditation and quiet reflection. Both of these areas are wheelchair accessible.



In accordance with the Smoke-Free Ontario Act, all areas of the Hospital are smoke free, except as under the Exemption for Traditional Use of Tobacco by Indigenous Persons. Arrangement for this exemption can be requested by first speaking with your Nurse.

# Our Spiritual Care Team

Caring for the Human Spirit



**Cheryl Bolton is an ordained minister in the United Church of Canada. My pastoral charge Glen-coe/Appin is a two point charge within the United Church of Canada. Both churches are located within the municipality of Southwest Middlesex.**

**Joan Golden a United Church Minister serving since 2015 Moraviantown United Church, Delaware Nation and also Oneida United Church, Oneida of the Thames. I am married to Rev. Richard Golden, we live in Melbourne. I have also served in Brussels and Ethel United Churches in Huron Country (2000-2005) and St. Andrew's United in St. Thomas, ON (2005-**



**Richard Golden a United Church Minister serving communities of North Ekfrid and Melbourne since 2003 and Wardsville since 2008, married to Rev. Joan Golden, have 2 children, 2 grandchildren and 1 grandpuppy, grew up in the Kingsville area, worked several years for the Town of Kingsville, and have served as minister in Englehart, Charlton, Earlton and later Monkton**

# Our Spiritual Care Team

Caring for the Human Spirit



**Rev. Brad Morrison, D.Min., R.P. (CRPO) is an ordained minister serving Strathroy United Church. He is a Registered Psychotherapist with a doctorate in pastoral counselling and marriage and family studies. Brad is assistant professor at Huron University (UWO) teaching counselling.**

**Pastor Doug Watson has served on the team of Volunteer Chaplains at SMGH since October 1998. He has been married for 40 years and has lived in Strathroy for 22 years. He has 4 daughters and 8 grandchildren. He loves helping people and providing spiritual care and comfort to those in need. Much of his work as a Pastor over the last 40+ years has been with children and seniors. A favourite Bible verse is: "Whatever you do, work heartily, as for the Lord and not for men." ( Colossians 3:23, ESV)**

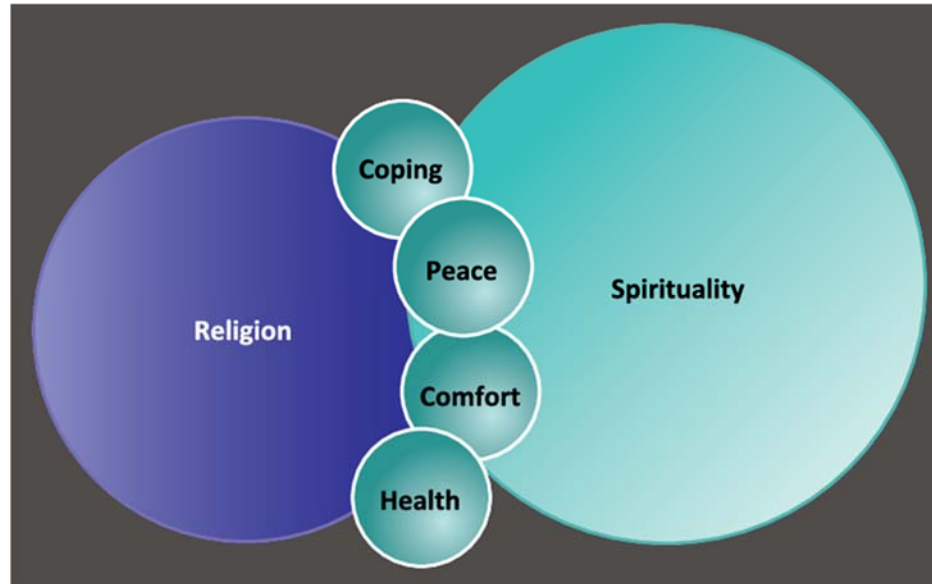


*Patients and families may recognize some of the difficult issues caused by emotional/spiritual distress:*

- ⇒ Questioning the meaning of life and/or suffering
- ⇒ Feelings of anger or hopelessness; not feeling heard
- ⇒ Difficulty sleeping and/or stressful dreams
- ⇒ Breakdown in communication; inability to talk about what you're experiencing
- ⇒ Feelings of depression/anxiety; e.g. fear of death; reluctance to discuss mortality
- ⇒ Questioning beliefs or experiencing sudden doubts about spiritual or religious beliefs
- ⇒ Asking why this situation occurred; perhaps feeling punished
- ⇒ Needing spiritual help or guidance; e.g. feeling abandoned

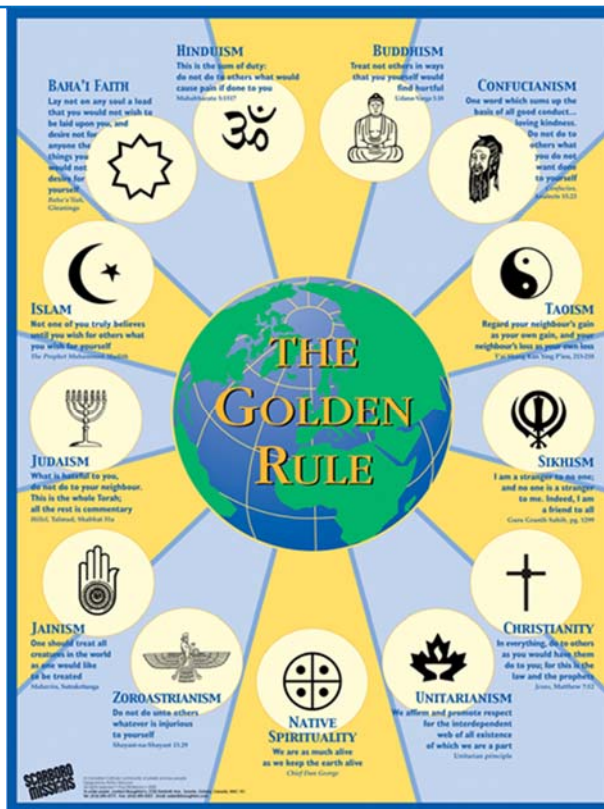


Spiritual Care Ministry



*You might benefit by having a non-judgemental, non-medical professional provide some guidance, so that you can cope with whatever is ahead:*

- ⇒ Having your feelings acknowledged and validated
- ⇒ Redefining a sense of hope in the midst of despair
- ⇒ Working with family conflict as it relates to your palliative journey
- ⇒ Helping to make peace with your life story; finding forgiveness and acceptance
- ⇒ Discovering resilience in the face of your life-limiting illness
- ⇒ Finding ways for you and your family to cherish memories (legacy work)
- ⇒ Defining meaning, purpose and value on your journey
- ⇒ Addressing any rituals that bring inner peace



**STRATHROY MIDDLESEX  
GENERAL HOSPITAL**  
395 Carrie Street  
Strathroy, Ontario  
(519) 245-5295

**To contact any of our On Call Spiritual Care Providers:**  
**Call 519.245.5295**  
**and request the On Call Spiritual Care Provider be**  
**contacted on your behalf.**

The staff member will need to know which of our Spiritual Care providers you would like to have contact you. You will be asked to provide your name, and telephone number.