

## Spiritual Care Services

Spirituality refers to the ways we seek and express meaning and life purpose. It also refers to the ways that we experience feeling connected to what is happening to us, to our relationships with ourselves and others, and to the sacred. Spirituality and faith can be an important source of support and comfort when dealing with a diagnosis such as cancer. We encourage you to maintain a connection with your faith community throughout the treatment process if that is a source of support for you. For some, this is the first time that spiritual issues arise. Many patients report that spiritual practices such as prayer and/or meditation are a source of spiritual and psychological well-being. Some patients report an increased awareness of spiritual or existential needs, challenges, questions, and insights as they undergo treatment. Some patients simply need to explore why this is happening to them. Talking about these issues can be a helpful part of the healing process for many.

It may also be helpful to meet with a University of Colorado Hospital chaplain while you are in the hospital, whether in-patient or attending one of our out-patient clinics. Chaplains...

- Provide support in coping with spiritual issues that may arise during your treatment.
- Help you to draw on your own inner resources, and facilitate whatever external resources are available to you, to help you cope with your illness, treatment and healing.
- Are available for family meetings or to meet individually with your family members or children.
- Work with the religious, spiritual and ethical issues that may arise for you and your family.
- Provide pastoral conversation, prayer and religious rites as needed.
- Respect your beliefs and will meet you where you are in your spirituality or faith.
- Are available to you whether or not you are related to any faith group or denomination.
- Assist you in contacting a particular faith group representative upon your request.

If interested in speaking with a chaplain...

- Inform your nurse who can call the Spiritual Care Office 720-848-4063 for you.
- Chaplains are available 24/7.
- Our chapel is located on the first floor of AIP1 and provides a reflective atmosphere for prayer, meditation and worship.
- A weekly non-denominational chapel service is led by our chaplains every Wednesday at 11:00am.