

# **Caring for My Spirit**

**A gift for my  
family and friends**



**Prepared by  
Headwaters Health Care Centre  
Pastoral Care  
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## **To my family and friends**

There may come a time when, due to illness or injury, I am unable to communicate with those I love. We have discussed my wishes for physical care if this should happen. I have complete trust that you will abide by the wishes I have previously expressed.

However, you might still have a sense of helplessness in the hours you spend with me. You will want to connect but may feel unsure about how to do this.

I want to give you a gift. In the pages that follow I share what presently brings me spiritual and emotional comfort. I hope that this booklet will be a resource if I am ever unable to tell you what I need.

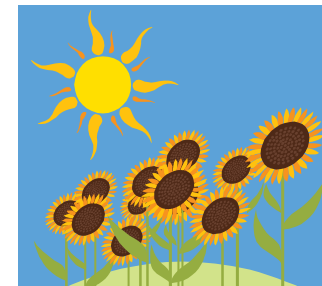
Thank you for being with me. May there be many sacred moments for us all.

*"We are not human beings on a spiritual journey.  
We are spiritual beings on a human journey."  
~ Stephen Covey~*

*"Sometimes people get the mistaken notion that  
spirituality is a separate department of life, the  
penthouse of existence. But rightly understood, it is a  
vital awareness that pervades all realms of our being."  
~David Steindl-Rast~*

*"Happiness cannot be traveled to, owned, earned,  
worn or consumed. Happiness is the spiritual  
experience of living every minute with love,  
grace and gratitude."  
~Denis Waitley~*

*"A friend knows the song in my heart  
and sings it to me when my memory fails."  
~Donna Roberts~*





**Spiritual & Religious Practices**

*"Let your religion be less of a theory and more of a love affair."*

*~G.K. Chesterton~*

Religious observances that are important to me:

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My request for prayers and meditations:

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Visits from clergy or spiritual care provider:

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Phone Number: \_\_\_\_\_

Other Comments:

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**Conversation & Memories**

*"We do not remember days;  
we remember moments."*

*~Cesare Pavese~*

Include me in the conversation, even if I give no indication that I hear what is being said. Share good memories from your heart. Conversations about the following have always nurtured my spirit:

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**Other Suggestions**

(Movies or programs on TV/ room lighting/  
personal grooming /visits from pets)

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**The Written Word**

*"Reading gives us someplace to go when we have to stay where we are."  
~ Mason Cooley~*

I appreciate the following Scriptures/Sacred Readings:

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Favourite books:

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Poetry that speaks to my spirit:

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Other Comments:

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**Music**

*"Music expresses feeling and thought, without language...it is above and beyond all words"  
~Robert G. Ingersoll~*

Types of music I enjoy:

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Artists & singers I appreciate:

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Special CD's:

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Other Comments:

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