

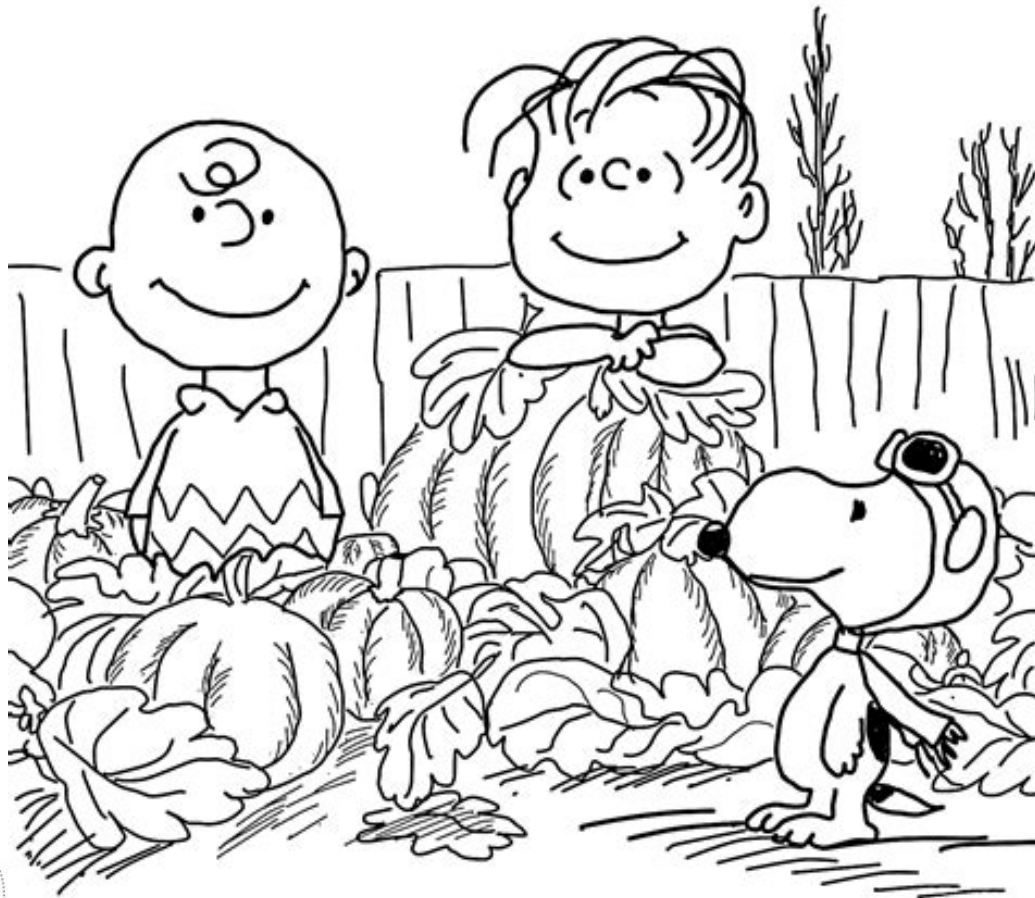
THE JOURNEY JOURNAL



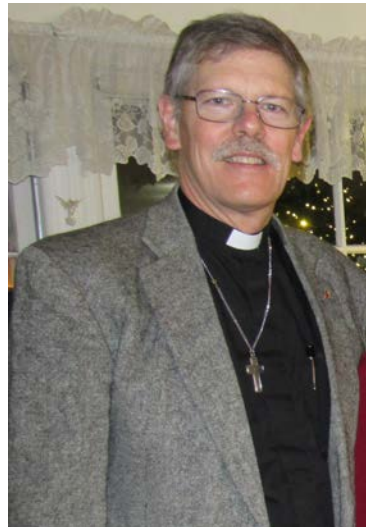
October 2021 Edition

Welcome to the October 2021 Edition of The Journey Journal! October is Clergy appreciation month. Thank you to all our Clergy and Spiritual Counselors, especially Carol Hutchison, Journey South Chaplain and Rick Vossler, Journey North Chaplain.

Coloring



What is a Hospice Chaplain?



Pictured are Pastor Carol and Pastor Rick

A hospice chaplain, or hospice spiritual counselor, is the hospice team member who provides comfort and spiritual strength to the patient, the family, and the caregivers, as the patient goes on his or her end-of-life journey. The hospice chaplain is available to help patients and families cope with the significant spiritual issues that often arise during terminal illness. These services include regular spiritual care visits. Chaplains are great listeners and encouragers regardless of faith background.

Chaplains are able to coordinate care such as Sacrament of the Sick with your local Priest, if you wish. Chaplains provide companionship offering comfort through a variety of ways. A few examples are we may provide music for those who find peace in music, reading poetry to others, sharing in the Rosary and other prayers with others, Scripture readings, or daily devotions, participating in guided meditation or reflection.

What is a Hospice Chaplain?

All of these services and more are provided to patients and family members as needed. Chaplains also are conversation starters with family members.

Chaplains assist patients in finding what brings them peace and this goes for family members. We support the patient and the family from the first day of service as an integral part of the hospice team.

It is important to note that the spiritual care the chaplain provides is based on a high respect of the patient's personal faith and belief, as well as that of the family and the caregivers. As such, the chaplain does not impose his or her personal belief system on others, nor does he or she seek to change the beliefs of other people.

As the patient enters the final stages of his or her life's journey, certain spiritual questions and concerns may arise. These may include what happens when someone dies, unresolved conflict with a family member, or concern for a relative or friend after the patient dies. The hospice chaplain, in consultation with the family clergy/spiritual advisor, can help the patient make sense of what is and will happen, and experience a feeling of peace for the final journey ahead.

In all of this, the hospice chaplain is a valuable part of the hospice team, available to help patients and family members.

October 2020 Edition

Pray With Us

I said a prayer for you today.
And know God must have heard.
I felt the answer in my heart,
Although he spoke no word.

I didn't ask for wealth or fame,
I knew you wouldn't mind.
I asked Him to send treasures
Of a far more lasting kind.

I asked that he'd be near you
At the start of each new day
To grant you health and blessings
And friends to share your way

I asked for happiness for you
In all things great and small
But it was for His loving care
I prayed the most of all.

(author unknown)

Praying for each of you,
Pastors Carol and Rick

Spirituality & Religion

Spirituality is defined in many ways. Definitions include: believing in a higher power, how a person finds meaning and purpose in life, a sense of being connected to others and ways of finding meaning, hope, comfort and peace.

A person's spirituality can be expressed in many ways:

- Reading books,
 - Music,
 - Dance,
 - Storytelling,
- Practicing complementary therapies such as tai chi, reiki, healing touch,
- Physical activity like nature walks, gardening or some other form of physical activity,
 - Prayer, meditation, guided imagery,
- Using items of special meaning rosary, prayer beads, chant box.

Religion is multidimensional like spirituality. Religion provides a person with a sense of identity. It requires believers to practice a particular form of religious expression. Religion joins people together with a community of people who share their same values and belief system.

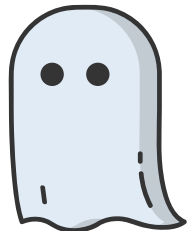
- Religion is centered around regular communal worship and sacred writings whereas, spirituality is often centered around symbolic ritual and personal and communal experiences of spiritual engagement with the whole, while still honoring the importance of sacred writings.
- Spiritual well-being is having a sense of connection and inner strength, comfort, love and peace.
- Spiritual distress can affect a person's entire being. It can cause disruption in one's beliefs or value system.

Riddles & Games

E K B P R E T Y P V H L S K E L E T O N
 R M P Q L L M V N C E B R F A H B W T I
 T H U P B P G Y T A V T C F N C O R N T
 L P A T Y P D I V H W H V D X L I L N F
 Z O Q L S A W E Y N O O M T V C N J J E
 G S H R L O S V R L M F Q Z K V O Z Q P
 T G T H G O C Z S E J D T K P L M J O O
 Q U W K O F W G F M L B P H U V K J K W
 J G H Y H L V E A A T Z M U J J P P E A
 X N D E K K B S E M H Y O R W J I L K I
 L K J L J U F L N N H S O S I M J I L O
 U F U W M F H J B L E R R X D Z D J U C
 U Y C N R S I H Q Z F M B V O F C F O I
 S R A R G C B X A B B O S X V Z D D F X
 B X W S Q H H M M B Y P K U G S F G A R
 B V M A X Z G G F W H L W X N Y C H I I
 S A N Q S T Y J Z V X G O X W S A O B K
 T A T U R T A E R T E R C E O U N S A Z
 F A F S M M X V D Y M D K V L G D T C B
 A B C S H R G Z E P U M P K I N Y S L Z

Word Search

- Apple
- Bats
- Broom
- Candy
- Cat
- Corn
- Costume
- Ghosts
- Halloween
- Leaves
- Mazes
- Moon
- Pumpkin
- Skeleton
- Treat
- Trick
- Witch



Math Squares

Fill in the missing numbers

The missing values are the whole numbers between 1 and 9.

Each number is only used once.

Each row is a math equation.

Each column is a math equation.

Remember that multiplication and division are performed before addition and subtraction.

	-		-		-5
×		+		×	
7	+		-		8
+		×		-	
1	+		-		2
15		57		27	