

# Caring for Each Other

Living Mission toolkits are provided to help you facilitate formation experiences. Use whatever combination of behaviors, discussion questions, activities or talking points that will create a meaningful formation experience for your team.

## OBJECTIVES

- Understand the elements of spiritual care
- Enable and enable co-workers to compassionately care for one another and others

## FORMATION52: Mercy Values on Deck

Mercy Formation cards **Dignity 2, 4, 11 Service 3, 6, 9 Justice 2,** and **Stewardship 10** align with the Mercy Formation: Path to Excellence content.

### Pray

Use this or another prayer with your team

*Loving God, grant us the gift of our name. Pour your Mercy and love on us to bring us joy and life. Pour your Mercy and love on us to bring us wholeness and forgiveness. May we be your joyful, loving, and merciful presence each day. Amen.*

### Reflect

Use the talking points below to introduce the concept to your team

- Spiritual care attends “the needs of the human spirit... 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.” Understanding what gives meaning and purpose to others, acting with compassion, and attentively listening are ways we answer our call to spiritual care.
- The Sisters of Mercy did more than soothe illnesses and tend wounds in their hospitals and clinics. They provided listening ears and sympathetic spirits to those who were ill. By praying and sitting with patients the Sisters of Mercy honored the dignity in each person and contributed to holistic healing.
- We all have a limit to the spiritual care we can provide. Mercy Chaplains are here when a situation is out of our depth. Professional board-certified chaplains are a critical part of a health care team that focuses on the whole person. Chaplains are trained to help people tap into the resources of their own spirituality.

### Share

Use these questions to explore Mercy Culture with your team

1. How does your spirituality connect to Mercy’s ministry and your work?
2. What can you do to ensure the spiritual care needs of those around you are met?
3. What does spirituality mean to you?
4. Who has cared for your spirit in a time of crisis?
5. What does compassion look like for you?

### Serve

Use these behaviors to bring Mercy Culture to life with your team

- Acknowledge the importance of each person
- Affirmations in the moment
- Being attentive to all dimensions of patients and their families: body, mind, and spirit
- Celebrate professional and personal accomplishments with your team
- Create a culture of encouragement by recognizing hard work and effort not just end products
- Encourage co-workers to make use of quiet places in your building when necessary (chapel, meditation room, break room, etc.)



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## Optional Activity - Praying For Others: The Best of Intentions

*Praying together is a wonderful form of spiritual care and a part of Mercy culture and tradition. However, it can be hard to begin a practice of prayer if your team hasn't had one before. Praying for the needs and intentions of others is called intercessory prayer. The following activity is one you can use over and over again at meetings or in huddles. It is a quick way to connect to your team on a deeper level.*

You may want to begin with the Sign of the Cross, *In the name of the Father* (touch your forehead) *and of the Son* (touch your breastbone) *and the Holy Spirit* (touch both shoulders crossing left to right). *Amen.*

Invite the group to take a moment to breathe, center themselves, and recall we are always in God's loving presence. [Allow time enough for two deep breaths.]

Ask if anyone has any intentions or special needs for the day they would like to lift up in prayer for the group. Some groups will be very quiet and might not readily share. If you think this might be the case with your team, ask each person to share one thing they are most in need of that day (humor, grace, patience, productivity, joy, focus, etc).

- **Don't rush through this part.** It takes some time for people to think of and get the courage to say something in prayerful settings. Although it may feel awkward or be tempting to jump right in yourself, hold the prayerful space for people and count to seven before assuming no one has anything to share.

Close the prayer so everyone knows it has ended. You might say something like:

- May the Spirit of God grant us what we need this day and every day. Amen.
- We thank You God for our blessings and ask that you be with us in our needs. Amen.
- We pray all of this in Jesus' name. Amen.

*Other ways to grow a culture of prayer would be to start a team prayer book or board where people could write down their intentions and others pray for them. Those groups who transition from day to night shift could share intentions with the co-worker taking over their patients or responsibilities.*

## Optional Activity - Blessing of Hands

*Our mission involves bringing to life the healing ministry of Jesus, and we believe we are the hands and feet of Jesus in healthcare today. No matter what co-workers do with their hands - importing data, emptying bedpans, answering phone calls, soothing fevers - they are helping bring to life the healing ministry. This activity can stand on its own or as an introduction or conclusion.*

You may lead the entire prayer or split it up among your group. Invite your team to turn their hands palms up in front of them, and take a few moments to breathe, centering themselves in God's presence. Pray the prayer below:

*Loving God you have called us to this moment and this ministry shared among all of us. We ask you for a special blessing upon our hands outstretched before you, that their touch may be your touch, their caring actions may be your caring actions, their compassion be your own compassion.*

*Blessed be these hands that have touched life, have felt pain, and been compassion for those in need.*

*Blessed be these hands that clean rooms, administer medicines, and deliver food.*

*Blessed be these hands that type memos, sign forms, and answer phones.*

*Blessed be these hands that bring comfort to a troubled co-worker or clap in celebration.*

*Blessed be these hands that reach out in the spirit of Catherine McAuley.*

*Blessed be our hands, O God, for they are the work of Your hands.*

*Ever present and Eternal God in your loving kindness you send your Spirit to be our guide, comforter, and companion. Help us to know your presence in our lives and in the work of our hands. Send your blessings down on us as we continue to reach out to those in need whether they be patients, families of patients, or co-workers. Continue to bless our work and may your Spirit uphold us always.*

*Amen.*

*The simplest and most practical lesson I know is to resolve to be good today and better tomorrow.  
Catherine McAuley*

## Additional Resources

- Mercy chaplains also assist staff members who need individual or group support through grief, loneliness, health and relationship issues, and other life challenges from a spiritual or emotional perspective. To request a chaplain call Pastoral Services, place an IP consult to Pastoral Services through Epic, or reach out using E-chaplaincy <https://www.mercy.net/echaplain>. *Wherever you are in Mercy, chaplains are there for you.*
- Life has its ups and downs. That's one of the reasons why Mercy provides an Employee Assistance Program (EAP) benefit. EAP is a **free**, confidential support service for you and your immediate family members to help with everyday problems. We now have a single Mercy EAP program across our ministry. Contact EAP or get more information by visiting; [www.mbh-eap.com/members](http://www.mbh-eap.com/members) or call 1-855-MERCYEAP.
- For more information about The Mercy Experience and what it entails, visit: <https://baggotstreet-old.mercy.net/mercy-experience>, or navigate to Baggot Street, click the **Hubs** tab, and then under the **Living Mercy**, click on **Mercy Experience**.
- The Mercy Prayer Book, <https://baggotstreet.mercy.net/hub-page/mercy-prayer-book>, is a resource of ready prayers, or contact a chaplain for more prayer resources to support your team.

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