

## A Blessing for Our HSS Caregivers

Almighty Lord, send our HSS caregivers to be messengers to bring Your divine help to those in need.

May their hands bring healing. May their voices sow peace. May their presence bring you comfort.

Bless them that they may flourish and confirm them in their commitment to serve those in need.

Strengthen their skills, sharpen their minds, and bless their hands to be instruments of Your healing. Amen.

## Prayer for My Doctor

Thank you, O Lord, for my doctor.

Give her/him insight that she/he may be compassionate and understanding. Steady her/his hand and guide her/him by your strong hand. Look over her/his shoulder, O Lord and endow her/him with power to heal. Amen.

## Think of Others

Keep your heart  
free from hate,  
your mind free from worry.

Live simply, expect little,  
give much.

Fill your life with love.  
Scatter sunshine, forget self.  
Think of others, and  
Do as you would be done by.

## FROM YOUR CHAPLAINS

We hope your stay at Hospital for Special Surgery will help to make you physically strong and healthy.

A time of illness is also a good time to strengthen yourself spiritually – a time when you can think again about life, “Why are we here? Where are we going?”

This is our prayer for you.

May the Lord bless and keep you.  
May His face shine upon you, and  
may He give you strength of body  
and peace of soul.

## CONTACT US

The Chaplains of this hospital are at your service. To arrange to see one of us, call extension 1757.

To page the on-call Chaplain, please call the Page Operator at 212.606.1188.

For further information, call Sr. Margaret Oettinger, OP, at 212.606.1757

## DAILY MASS

7:00 am and 5:15 pm at  
St. Catherine of Siena Church  
68<sup>th</sup> Street Between York and First Ave

[Come Visit Our Chapel on the 1st Floor, Room 1W-021](#)

HOSPITAL  
FOR  
**SPECIAL  
SURGERY**

WHERE THE  
WORLD COMES  
TO GET BACK  
IN THE GAME

# Spiritual Care



Spiritual Care Department  
Hospital for Special Surgery  
9th Floor, 9W-105  
TEL: 212.606.1757

## The Serenity Prayer

God, give me grace to accept with serenity  
the things that cannot be changed,  
Courage to change the things which should be  
changed, and the Wisdom to distinguish  
the one from the other.

Living one day at a time,  
Enjoying one moment at a time,  
Accepting hardship as a pathway to peace,  
Taking, as You did,  
This sinful world as it is,  
Not as I would have it,  
Trusting that You will make all things right,  
If I surrender to Your will,  
So that I may be reasonably happy in this life,  
And supremely happy with You forever in the  
next. Amen.

## Prayer When Worried

Dear Lord, I'm worried and full of fear. Anxiety  
and apprehension fill my mind. Could it be that  
my love for You is weak and imperfect and as a  
result I am plagued by worry?

I have tried to reassure myself that there is  
nothing to worry about. But such reassurances  
do not seem to help. I know that I should just rest  
myself confidently upon Your loving care and  
guidance. But I have been too nervous even to  
rest.

Touch me, dear Lord, with Your peace and help  
my disturbed mind to know that You are God  
and that I need fear no evil. Amen.

## Prayer for Self When Ill

Dear Lord, you who are the great physician, I turn to  
You in my sickness asking You to help me.

Put Your hand upon me as You did long ago and let  
health and wholeness come into me from You.

I put myself under Your care and affirm my faith  
that even now Your marvelous healing grace is  
making me well and strong again.

I know that I ask more than I deserve, but You never  
measure our benefits on that basis. You just love  
us back into health. Do that for me, I earnestly ask,  
and I will try to serve You more faithfully. Amen.

## Before an Operation

Loving God, I entrust myself to Your care this day;  
guide with wisdom and skill the minds and hands of  
those who heal in Your name, and grant that every  
cause of illness being removed, I may be restored  
to soundness of health and learn to live in more  
perfect harmony with You and all people. Amen.

## After an Operation

God, I thank You that this operation is safely past,  
and now I rest in Your abiding presence, relaxing  
every tension, releasing every care and anxiety,  
receiving more and more of Your healing life into  
every part of my being. In moments of pain I turn  
to You for strength, times of loneliness I feel Your  
loving nearness, grant then that Your life and love  
and joy may flow through me for the healing of  
others. Amen.

## In the Evening

The Lord is my shepherd, I shall not want. . .  
I will fear no evil, for You are with me; Your rod  
and your staff comfort me.

Into Your hands I commend my body and  
soul. Amen.

## Morning Prayer in a Hospital

Today, O Lord, I begin a new day in the  
hospital and I'm just a little afraid and  
nervous about it.

Help me to realize that this hospital has  
been built to help me in this time of need.

May I also realize that the doctors and  
nurses desire to help me get well. May I find  
in this strange world of sickness much love  
and perhaps many new insights.

But above all may I hear Your footfalls  
along the hospital corridors and feel Your  
presence by my bed day and night.

So I stay in the hospital without fear and in  
perfect confidence. Amen.

## Prayer for Energy

Dear Lord, I need more energy and strength.  
I seem drained and tired. I do not possess  
the vitality to do all that I must do.

I have been told, O Lord, that the wrong kind  
of thoughts can make one tired. Change my  
thoughts that they may be in harmony with  
Your Divine power.

Keep me in close contact with You who are  
the source of energy, the energy that never  
runs down. I accept this great new energy  
now, and give You thanks. Amen.

