

## LOOK ON THE SUNNY SIDE

There are always two sides,  
the good and the bad,  
The dark and the light,  
the sad and the glad.  
But in looking back over  
the good and the bad,  
We're aware of the number  
of good things we've had.  
And in counting our blessings,  
we find when we're through,  
We've no reason at all  
to complain or be blue.  
So thank God for good things  
he has already done;  
And be grateful to Him  
for the battles you've won.

And know that the same God  
who helped you before  
Is ready and willing  
to help you once more.  
Then with faith in your heart,  
reach our for God's hand,  
And accept what he sends,  
though you can't understand.  
For our Father in heaven  
always knows what is best,  
And if you trust in His wisdom  
your life will be blessed.  
For always remember  
that whatever betides you,  
You are never alone  
for God is beside you.

*Helen Steiner Rice*

### **Prayer for Healing**

Dear Lord, You are the great physician. I turn to you in my sickness, asking you for help. I put myself under Your loving care, praying that I may know your healing grace and wholeness. Help me to find love in this strange world and to feel Your presence by my bed both day and night. Give my doctors and nurses wisdom, that they may understand my illness. Steady and guide them with your strong hand. Reach out Your hand to me and touch my life with Your peace. Amen.

*Hospital of the University of Pennsylvania*



## Spiritual Care at CGH Medical Center

Spirituality means different things to different people. CGH offers spiritual support that is respectful of each individual's spirituality, religious beliefs, privacy and dignity. For many people, spirituality and religious faith give comfort in times of health and illness.

### Chaplaincy Services at CGH

- Daily calls to churches to inform them of new patient admissions (with patient's permission).
- Monday – Friday visits of newly admitted patients by specially trained Barnabas Auxiliary volunteers. These volunteers verify church (or other organization) notification and offer prayer, if appropriate.
- Coordinate daily communion with area Catholic churches.
- Area clergy serve as on-call chaplains.
- There is a chapel on the first floor near the east entrance.

### Contacting the Chaplaincy Office

- You may ask a nurse to call
- Outside the hospital:  
(815) 625-0400, ext. 5727

[www.cghmc.com](http://www.cghmc.com)

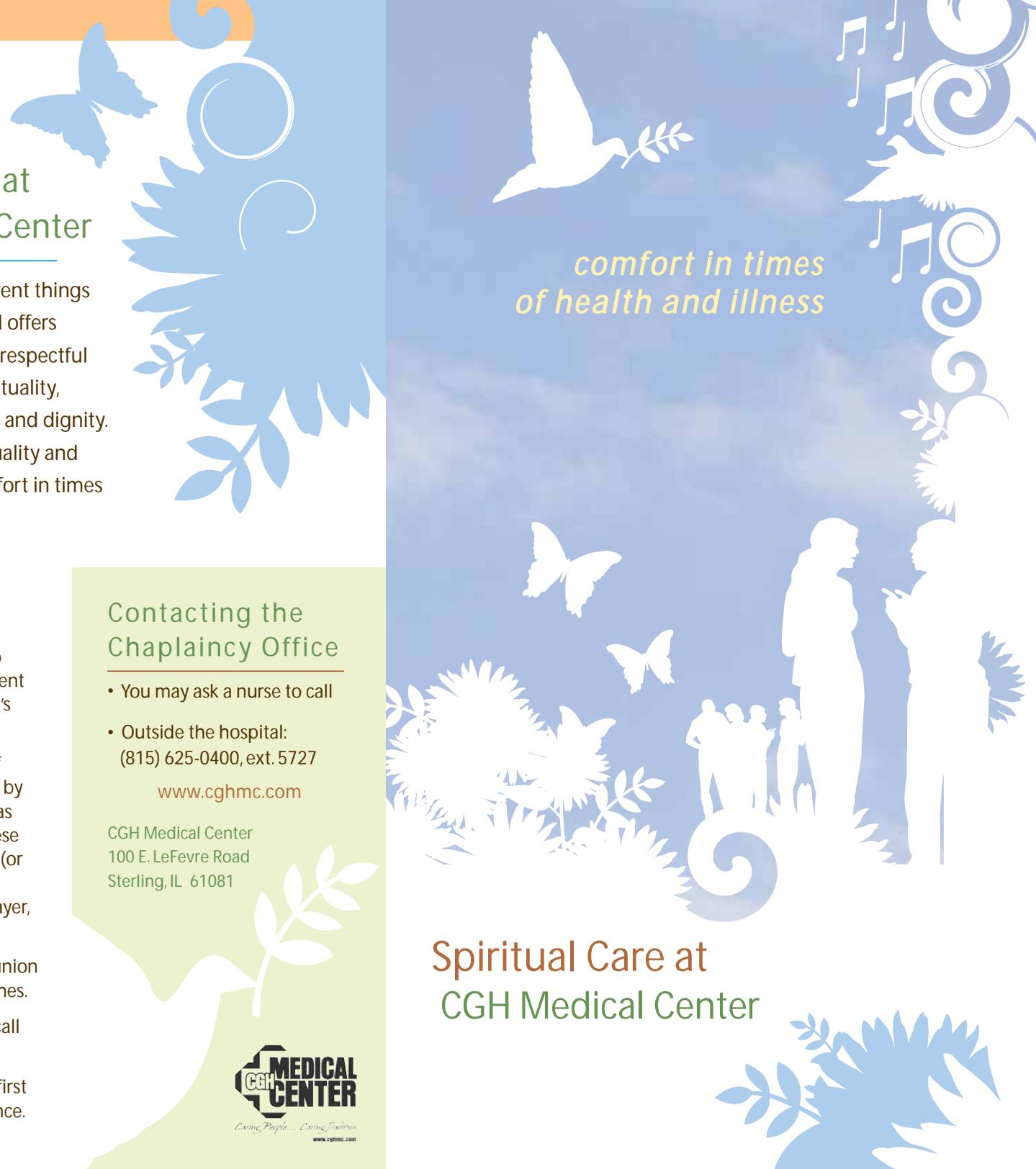
CGH Medical Center  
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*comfort in times  
of health and illness*

**Spiritual Care at  
CGH Medical Center**



# Invitation to Prayer

Let us open our minds and hearts to the place of quiet, to the silent prayer for the healing of pain, and the soft, gentle coming of love.

*Singing the Living Tradition,  
Beacon Press*

## Promises

God hath not promised  
    Skies always blue,  
Flower-strewn pathways  
    All our lives through.  
God had not promised  
    Sun without rain,  
Joy without sorrow,  
    Peace without pain.

But God hath promised  
    Strength for the day,  
Rest for the labor,  
    Light for the way.  
Grace for the trials,  
    Help from above,  
Unfailing sympathy,  
    Undying love.

*Author Unknown*

## In Illness

Father in heaven,  
Hear me.  
Have mercy.  
Help me.  
Have mercy.  
Heal me with  
Your peace.

Father,  
I am in Your  
hands.  
Have mercy.  
Give peace.  
Amen.

*Lutheran Book of Prayer*

## Before Surgery

Dear Father in heaven,  
go with me to surgery.  
Guide my doctor's  
hands so that his work  
may be done skillfully  
and quickly. As my  
Great Physician, grant  
that all my trust may be  
in You and that I may  
have no fear.

Receive me now as Your  
forgiven child, and bring  
me safely through these  
next hours. In the name  
and for the sake of Jesus  
Christ, my Savior. Amen.

*Lutheran Book of Prayer*

## Prayer for Caregivers

Loving God, I commit  
myself with deep faith  
and trust into your  
caring and tender  
hands. Guide and bless  
the minds and hands  
of all who care for me.  
Through their efforts  
may your healing  
presence restore me  
to strength and health.  
Bless my loved ones as  
they journey with me  
during these days of my  
illness. Give us strength  
sufficient for whatever  
we have to face. Amen.

*Mayo Medical Center*

## Mental and Emotional Pain

Understanding one,

I am raw with my inner struggles and pain. You know what I am going through.

You understand my agony and distress. The storms that overtake me are endless.

Ease my wrestling mind and hurting heart. Cast out my fears and needless worries.

Chase away all that feeds my turmoil.

Help me to believe in the best of myself and to find good in those around me.

Guide me to make the changes I can and to accept what is unchangeable.

Do not let me be overpowered with negative thoughts and emotions.

Relax the tensions that press against me. Be my calming peace and my serenity. Amen.

*Catholic Book of Prayers*

## When News is Bad

O Lord, again today  
there seems to only be  
discouragement and  
uncertainty. I have heard  
it said that "it could be  
worse," and while I know  
this to be true, this lack of  
improvement is nearly more  
than I can bear. Extend Your  
hand of mercy as I wait for  
Your deliverance from my  
fears. Let the assurance  
of Your presence be for  
me the comfort that I so  
desperately need; through  
Jesus Christ, my Lord. Amen.

*Concordia Publishing:  
Strength for the Day*

## For the Sick

O Father of mercy and  
God of all comfort, our  
only help in time of need,  
look with favor upon  
Your servants. Assure us  
of Your mercy, comfort  
us with the awareness of  
Your goodness, preserve  
us from the temptations  
of the evil one, and give us  
patience in our tribulation.  
If it pleases You, restore  
health and give grace  
to accept this affliction;  
through Jesus Christ, our  
Lord. Amen.

*Concordia Publishing:  
Strength for the Day*

## Prayer When in Pain

Jesus, sometimes my  
pain consumes me so  
intensely that I do not  
feel your presence,  
nor can I always reach  
out to you in prayer.  
You also knew pain,  
loneliness and a sense  
of abandonment.  
Therefore I ask you:

- be with me even  
when I am not aware  
of your presence.
- join me in bringing  
my suffering to God  
just as you did in  
Gethsemane.
- help me to place  
myself in God's hands  
as you did on the  
cross; "Father, into  
your hands I entrust  
my spirit." Amen.

*Mayo Medical Center*