

## Prayers

Lord, I ask you to help me now,

May I know your presence with me and your love for me.

Thank you for this hospital and those who care for us here.

Give those who work here skill and strength.

Thank you for the love of my friends and family.

Keep me aware of the needs of others and show me how I can help.

*God made me*

*God loves me*

*God keeps me*

*God says:*

*I will strengthen you*

*I will help you*

*I will uphold you.*

*God is our refuge and our strength,*

*Always ready to help*

*in times of trouble.*



Christ be with me, Christ within me,  
Christ behind me, Christ to win me,  
Christ to comfort and restore me,  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in the hearts of all that love me  
Christ in the mouth of friend and stranger

## Footprints in the Sand

One night I dreamed I was walking along the beach with the Lord. Many scenes from my life flashed across the sky. In each scene I noticed footprints in the sand. Sometimes there were two sets of footprints, other times there were one set of footprints.

This bothered me because I noticed that during the low periods of my life, when I was suffering from anguish, sorrow or defeat, I could see only one set of footprints.

So I said to the Lord, "You promised me Lord, that if I followed you, you would walk with me always. But I have noticed that during the most trying periods of my life there have only been one set of footprints in the sand. Why, when I needed you most, have you not been there for me?"

The Lord replied, "The times when you have seen only one set of footprints, is when I carried you."

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## WEEKLY SERVICES

### UHW

Wednesday Mass - 2pm

Sunday Service – 2pm

### UHL

Weekdays Mass – 2pm

Wednesday Mass – 10am

Please check noticeboards or contact the Department for any changes



## University Hospital of Wales



## Introducing The Chaplaincy Team

## The Chaplaincy Team

We are here to help anyone who asks – patients, relatives, carers or staff. We are part of the hospital team and are here to help care for you during your time in hospital.

### Confidential Support and Comfort

Spiritual does not always mean the same thing as religious. You don't have to feel you are a 'religious' person or be a regular worshipper to make use of our services.

#### Contact details:

Chaplaincy Office: 02921 843230

Or via switchboard: 02920 747747

In an emergency, contact switchboard who will page the Duty Chaplain

Email: [spiritual.careteam@wales.nhs.uk](mailto:spiritual.careteam@wales.nhs.uk)

Coming into hospital for any sort of investigation or treatment, or visiting somebody who is in pain or distress can raise all kinds of questions, anxieties and fears. You may find it helpful to share these feelings with someone who is not actively involved in the medical treatment and care, but has experience of hospitals and the effects they can have on people. Chaplains are always ready and willing to listen in confidence, and are trained to help you in your search to understand and make sense of all that is happening to you.

*Our main aim as Chaplains is to help care for people*

### The Chaplaincy Team:

**Revd Jason Tugwell**  
Chaplaincy Manager  
(Free Church – Elim)

**Fr Peter Davies**  
*RC Chaplain*

**Revd Christine Powell**  
(Free Church – Baptist)

**Revd Catherine Brobbey**  
(Free Church – Methodist)

**Fr David Prichard**  
(RC Chaplain)

**Revd Rachel Lewis**  
*Anglican*  
(Church in Wales)

**Revd. Caroline John**  
*Anglican*  
(Church in Wales)

**Multifaith Chaplains also available**

### How can you find us

Members of the Chaplaincy team visit the wards, so please give us a wave or call if you would like a chat. We work as a team, and Chaplains are happy to speak with anyone. Equally, we can pass on a message to someone of your own particular faith or denomination, requesting them to visit if that is your wish.

We always aim to ensure there is a Chaplain available during the day, and at night Chaplains offer an emergency on call service. The nursing staff will know how to contact us, but please make it clear if you feel your request is urgent.

### The Hospital Sanctuary (Chapel)

The hospital Sanctuary and Chaplain's office is situated on level 5 in B block opposite ward B5. This space of prayer and peacefulness is open at all times for quiet and prayer.

You are very welcome to use it regardless of your beliefs. It is there for you, and we welcome any suggestions you may have to help us provide what you most value.

Bibles and religious literature are available in the Sanctuary for your use.

There is also a prayer request book where you can write your prayers for the person you are visiting, or someone who is special to you.



**Sunday:** *Bedside Holy Communion & Prayer Services*

**The Chaplains are always happy to bring Holy Communion to you at the bedside or share in a prayer service with you. Please inform the nursing staff or ask a relative to contact us or leave a message in the Chapel.**