

What If You Encounter a Crisis of Faith?

"HOW COULD this happen to me?" It's a question many people who speak to hospice counselors get around to. If they speak specifically with a chaplain, it often comes out as "How could God permit this?" or "Why did God do this?"

The loss that you are experiencing is already an emotional and personal crisis. When you find yourself asking such spiritual questions it leaps up to a crisis of faith,



heaping on more sorrow and pain.

If you consider yourself very religious and turn to your faith to support and bolster you, this crisis may surprise or even shock you. Actually, the stronger you identify as a believer, the sharper the sting can be. Your very faith in God is being challenged.

What do you do? If you're battling with these tough questions, raise them with your religious advisor or leaders, or address God directly in your prayers. Do you feel that this isn't right in some way? Then, remember that faith can be a complex matter. And it's never more important than during the hard times in your life.

Don't wait. There's no need to "put things in order" before addressing this issue with God. Express your anger or fear. Welcome God into your state of doubt. Investigate it with God. And if you need to talk about your crisis of faith with someone, our hospice chaplain is specifically trained to discuss such matters. ■

Integrated

Adjective

/ in-ti-grey-tid /

1. Combined into a whole; united, undivided.

2. Combining or coordinating separate elements so as to provide a harmonious, interrelated whole.



IPH Integrated Palliative & Hospice

Integrated Palliative & Hospice is a company founded by nurses. The care we give is grounded in nursing philosophy and values.

Our vision is to promote the physical, emotional and spiritual well-being both of our patients and their families.

Our mission is to provide an exceptional quality of care to our patients and their families who are dealing with a life-limiting illness. Our staff is committed to the hospice philosophy of patient choice and dignity.

A Newsletter to Help You Through the Year

SOON AFTER THE PASSING of each of our patients, Integrated Palliative & Hospice delivers the first of five issues of our bereavement newsletter, *Coping With Grief*. It is then followed by four quarterly issues in . . .

- ❖ early February,
- ❖ early May,
- ❖ August, and
- ❖ the early weeks of the holiday season.

If you feel that anyone else who is close to your loved one would appreciate receiving this newsletter, you merely need to contact us and we will add them to our mailing list.

Each issue is designed to address

matters that fit the time of year as well as a range of general pieces to help you through bereavement. Moreover, the copy of the newsletter you get will

include an article that we hope will help you at your particular stage of the process. This is our "Through Your 1st Year" series. It's labeled with a bronze medallion like this one.

Integrated Palliative & Hospice has many other resources as well — written materials, counselors and therapists, and a large accumulated knowledge about services in the area that can help you. Don't hesitate to call us at 847-549-0588. ■

