

CARING
with strength



HEALING
with heart



As you prepare to lead these reflections, consider these tips:

Relax

Take two or three deep breaths. Center and ground yourself while sitting or standing.

Show up with your whole self

You've done your best to prepare. Now, let go of expectations and be present to the experience.

Focus on your colleagues

Before you begin the reflection, ask the group to quiet themselves and be present.

Speak meaningfully

Use your normal speaking voice, pausing at commas and stopping at periods.

Listen to understand

Demonstrate curiosity as your colleagues share their insights.

Adapt where you see fit

These words are helpful guides, but if other words or images come up from your mind or your heart, share them where appropriate.

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Today we connect to our **Value of Creativity:** Courageous innovation

Isabel Allende, Chilean-American writer, once said: “We don’t even know how strong we are until we are forced to bring that hidden strength forward.”

FOR REFLECTION AND DISCUSSION

What challenges have revealed your inner strength? How has claiming that strength helped you grow in confidence and compassion?

CALL TO ACTION

When challenging times arise, remember past successes, believe in your great potential and do your best to exceed expectations.

PRAYER

God of unfolding revelation, fill us with the spirit of Creativity.
As we courageously innovate in personal and professional settings,
may we be free from fear and explore possibilities beyond what we can imagine.
With open hearts, we pray. Amen.

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Today we connect to our Value of Service of the Poor: Generosity of spirit, especially for persons most in need

Saint Teresa of Calcutta, Albanian-Indian Catholic nun, once said: “There is a tremendous strength that is growing in the world through sharing together, praying together, suffering together, and working together.”

FOR REFLECTION AND DISCUSSION

Recall a time when teamwork made a difference – whether in a patient’s outcome or on a shared project. How did you grow stronger through this collaboration?

CALL TO ACTION

Increase the strength of your team by serving together. Affirm colleagues as they contribute to your team’s goals.

PRAYER

O God, You are our strength and shield. Fill us with the Spirit of Integrity. As we serve faithfully and engage fully in our shared work of healing, may our words and actions demonstrate a peaceful presence and collaborative spirit. With confidence, we pray. Amen.

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Today we connect to our **Value of Service of the Poor:** Generosity of spirit, especially for persons most in need

The Dalai Lama, Buddhist monk and promoter of peace, once said:
“It’s in our interest to take care of others. ... To help others takes courage
and inner strength.”

FOR REFLECTION AND DISCUSSION

Recall a time when you drew from your inner strength to serve another. What challenges did you overcome to provide the support needed?

CALL TO ACTION

Engage in acts of service to contribute to the common good, especially for those who are most vulnerable.

PRAYER

God who hears the cry of the downtrodden, fill us with a spirit for Service of the Poor. As we offer compassionate care for those in most need, may we honor each person's inherent dignity and encourage their flourishing in body, mind and spirit. With humble hearts, we pray. Amen.

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Today we connect to our **Value of Reverence:** Respect and compassion for the dignity and diversity of life

Charles Dickens, English author and social critic, once said: “Have a heart that never hardens, a temper that never flares and a touch that never hurts.”

FOR REFLECTION AND DISCUSSION

Who responds in an even-tempered manner when things get tough at work? How does it impact the way your team responds and performs?

CALL TO ACTION

Listen to your heart and stay grounded especially when times get tough.

PRAYER

God of peace and all good things, fill us with the spirit of Reverence. As we offer compassion to all those who are poor and vulnerable, may we be instruments of your healing love and restorative presence. With hopeful hearts, we pray. Amen.

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Today we connect to our **Value of Dedication:** Affirming the hope and joy of our ministry

Maya Angelou, poet and civil rights advocate, once said: “The quality of strength lined with tenderness is an unbeatable combination.”

FOR REFLECTION AND DISCUSSION

Call to mind someone who demonstrates a balance of strength and tenderness. What do these qualities make possible?

CALL TO ACTION

Embody the powerful combination of strength and tenderness in your life. Notice how it fosters trust with others.

PRAYER

God, our source of courage and strength, fill us with the spirit of Dedication. As we bring extraordinary quality and excellence to our shared ministry, enkindle in us a generous heart as we tend to those you have entrusted to our care. With eager hearts, we pray. Amen.

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Today we connect to our Value of Service of the Poor: Generosity of spirit, especially for persons most in need

Donna Wilk Cardillo, inspirational writer, speaker and nurse, once said:
“Nurses hold their patients in their hands and in their hearts.”

FOR REFLECTION AND DISCUSSION

Reflecting upon one of our Service Commitments, where have you seen kindness extended to others? How did an action honor the diverse needs and desires of an individual?

CALL TO ACTION

Rededicate yourself to being a healing presence to others. Bring your generous spirit to every encounter.

PRAYER

O Source of all healing, fill us with a love for Service of the Poor. As we extend kindness to those we serve and those who serve beside us, may we be fully present to the challenges of the most vulnerable in our midst. With gratitude, we humbly pray. Amen.



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Today we connect to our **Value of Integrity:** Inspiring trust through personal leadership

Edward Albert, American actor, once said: “The simple act of caring is heroic.”

FOR REFLECTION AND DISCUSSION

How have your small acts of caring contributed to someone else's well-being?
How do those simple and selfless acts enhance your own being?

CALL TO ACTION

Extend kindness and compassion to someone in need. Notice how that encounter fosters bonds of trust.

PRAYER

God, our faithful companion, fill us with the spirit of Integrity.
As we support the flourishing of all people — our patients, community members and colleagues — may we ensure integrity in our actions and our words.
With grateful hearts, we pray. Amen.