

SOUL CARE

*Created by Chaplain's Office, Union Hospital
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-- A monthly publication for the caring employees of Union Hospital Health Group --

Copied

The ABC's of Living an Inspired Life

*Ask for what you want.
Be who you say you are.
Care about others.
Dare to live your dreams.
Ease through the day.
Find the best fit.
Give to another.
Hug a friend.
Inspire someone to greatness.
Jump over a boundary.
Kick a bad habit.
Leap across a fear.
Mention something uplifting.
Never say never.
Open your mind and heart.
Pursue your innermost passions.
Quit complaining.
Restore your smile.
Set your sights high.
Trust yourself.
Use all the day.
Value everything.
Work at making life fun.
Xpress yourself.
Yank weeds from your mental garden.
Zoom into the now.*

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Department Operations

Office Hours: 7:00 am – 3:30 pm

Office Phone: 812-238-7628

Evenings/Weekends: Dial “O”

Ask the operator to page the Chaplain’s Office.

Upcoming Events

Sept. 4 – L.O.S.S. session at Sycamore Manor – 6pm
7 – Open House for 40th Anniversary Celebration for the Chaplains Office-Green Room – 7am-4pm
10 – Ground Breaking for New Hospital – 10:30am
18 – L.O.S.S. session at Sycamore Manor – 6pm
26 – Wellness Fair

Quote of the Month

“Working hard overcomes a whole lot of other obstacles. You can have unbelievable intelligence, you can have connections, you can have opportunities fall out of the sky. But in the end, hard work is the true endearing characteristic of successful people.”

Marsha Johnson Evans

Editor’s Note

Contact Neva McFarland at the Chaplain’s Office for any comments or additions. 238-7628.

Primary Sacred Times for World Religions

September –

1 – Orthodox Christian – Church year begins.

4 – Hindu – Krishna Janmashtami – commemoration of the birth of Krishna.

13-14 – Jewish – Rosh Hashanah – New Year – a time of introspection, abstinence, prayer and penitence.

13 – Islam – Commemoration of Muhammad’s reception of the divine revelation recorded in Qur’an. The event begins when authorities in Saudi Arabia sight the new moon of the 9th month. It is the holiest period of the Islamic Year. There is strict fasting from sunrise to sunset.

15 – Hindu – Ganesa Chaturthi – festival honoring the god of prosperity, prudence and success.

21 – Wicca/Neo Pagan – Fall Equinox – celebration of the change of the seasons.

22 – Jewish – Yom Kippur – Day of Atonement. This holiest day of the Jewish year is observed with strict fasting and ceremonial repentance.

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Union Hospital Chaplain's Office – making a difference in the Wabash Valley