

Chaplains Corner



Finding Peace in Uncertainty

Uncertainty has a way of unsettling us. A new diagnosis, an upcoming procedure, or the unknowns of recovery can stir questions we never expected to ask: ***What will happen? Will I be strong enough? Am I alone in this?***

As a chaplain, I often meet people at these very crossroads. I've seen how fear can weigh heavily, but I've also witnessed remarkable moments of peace emerge in the middle of life's storms. That peace rarely comes from having all the answers. More often, it grows from small practices of grounding, trust, and connection.

Spiritual Anchors

- **Breath Prayer:** Try a simple rhythm: inhale with a word like peace, exhale with a word like trust. This slows the heart, centers the mind, and reminds us we do not carry our burdens alone.
- **Sacred Words:** Many traditions offer passages of comfort. For many, Psalm 23 from the Hebrew Bible whispers hope: *"Even*



*though I walk through the darkest valley, I
fear no evil, for You are with me.*" Others may
draw strength from wisdom in their own scriptures, poetry, or songs that steady the
soul.

- **Stillness:** In silence, peace often finds us. A few quiet minutes with a journal, a candle, or simply noticing your breath can create an opening for clarity and calm.

Walking Together

Peace does not mean the absence of fear—it means discovering a presence greater than our fear. You are not meant to face uncertainty alone. Whether through prayer, a listening ear, or quiet presence, our chaplaincy team is here to walk with you.

If you find yourself waiting, worrying, or wondering what's next, I invite you to reach out. Together we can seek that still point in the storm where peace takes root, even when the path ahead is not yet clear.

I consider it a privilege to serve the patients, families and staff at San Antonio Regional Hospital. We are here to provide a supportive presence during what can often be the darkest hour of their lives. We encourage anyone, irrespective of their spiritual or religious affiliation, or lack thereof, who needs additional support while in our hospital to reach out to the Spiritual Care Department. **You can contact the Spiritual Care Department by dialing "26326" from any hospital phone or by making a request through your nurse.** We look forward to serving you!

Blessings,

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