



# Faith, Spiritual Care and Mourning Rituals

7<sup>th</sup> July 2021





Poll 1:

Which region are people from?



## Poll 2:

What kind of work are people involved in?





Poll 3:

What are you hoping for today?






About us....






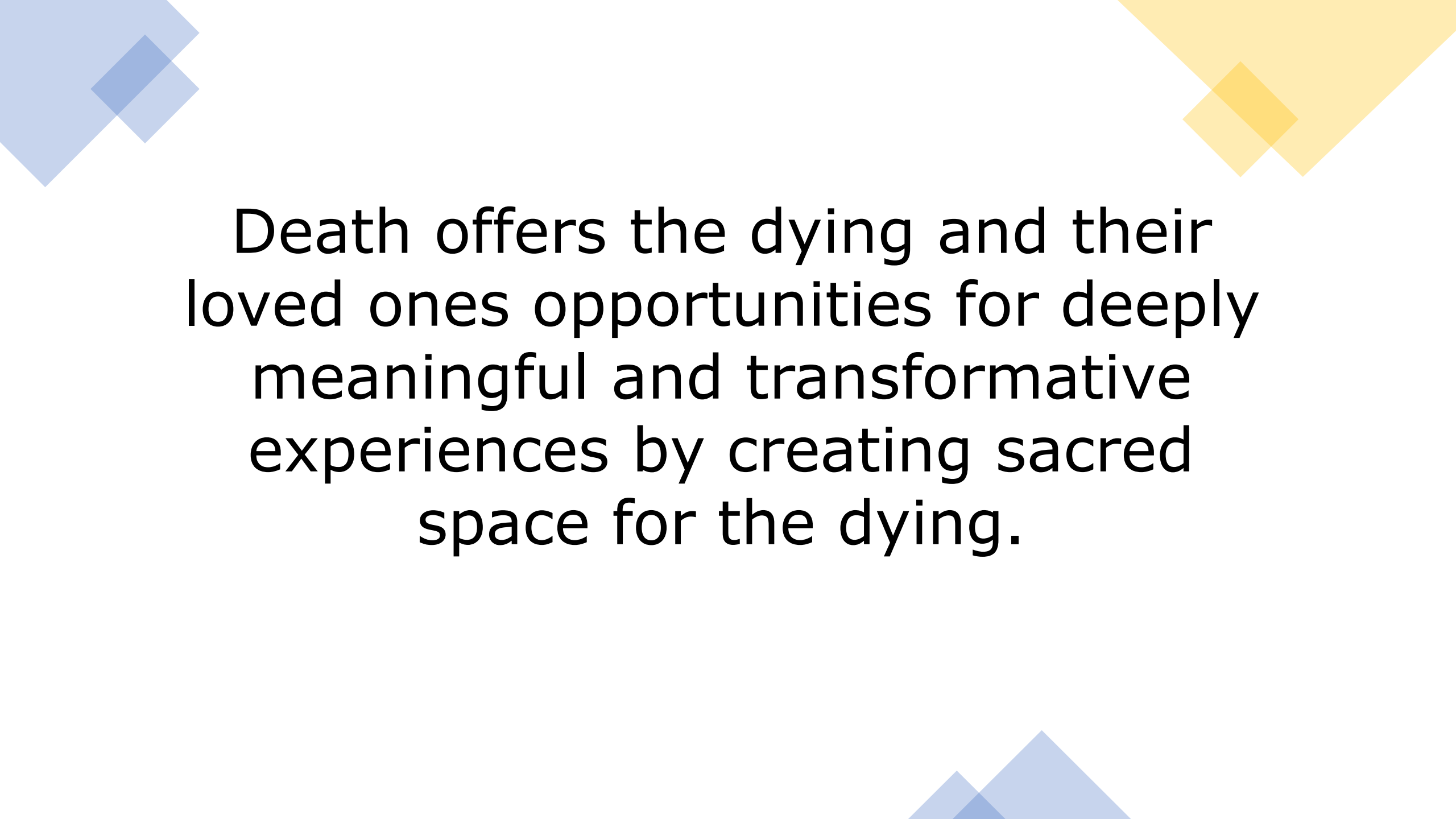
# Introduction to Spiritual Care in Scotland



Health is not just the absence of disease, it is a state of physical, psychological, social and spiritual well-being.

World Health Organisation, Precis of discussion,  
1948



The slide features decorative geometric shapes in the corners. The top-left corner has two overlapping blue squares. The top-right corner has two overlapping yellow squares. The bottom-center has two overlapping blue squares.


Death offers the dying and their loved ones opportunities for deeply meaningful and transformative experiences by creating sacred space for the dying.





Conscious dying has a place within  
the sacred fullness of life.

Spiritual Care has a place within  
conscious dying.



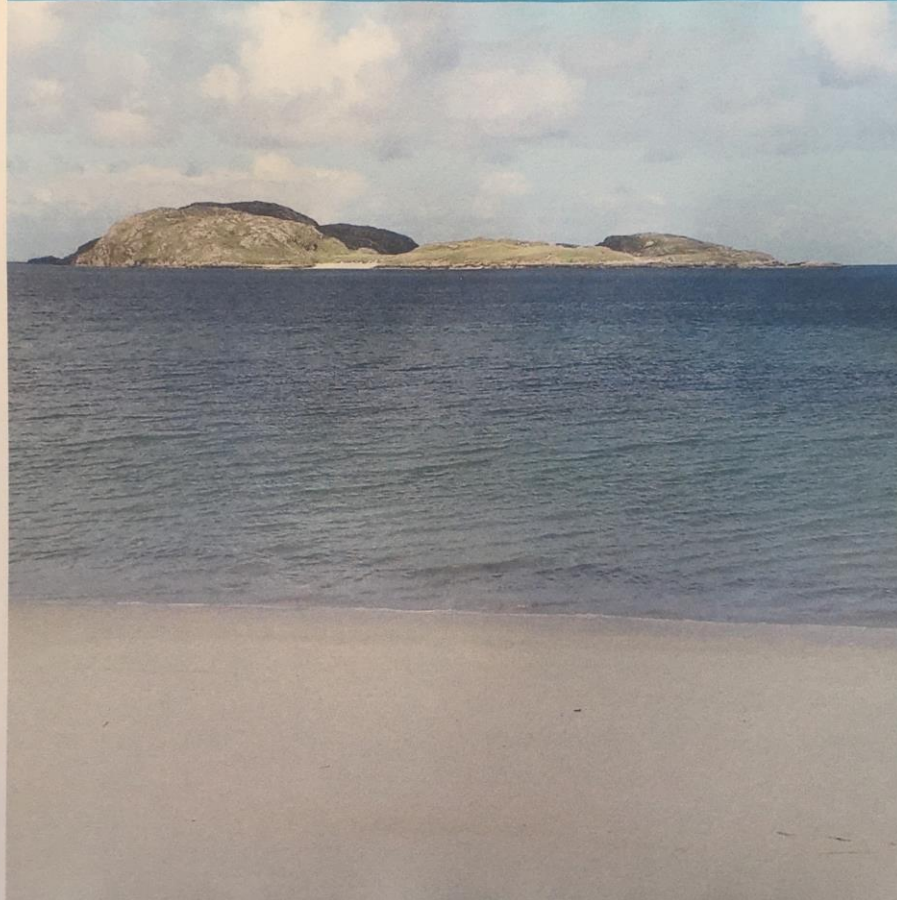


# Resources






**SPIRITUAL CARE MATTERS**  
AN INTRODUCTORY RESOURCE  
FOR ALL NHSSCOTLAND STAFF



# Spiritual Care

A multi-faith resource for healthcare staff



May 2021

**Introduction**

02

**Bahá'í  
faith**

08

**Brahma  
Kumaris**

12

**Buddhism**

15

**Chinese  
faiths**

21

**Christianity**

25

Church of the  
Latter-day Saints

**Mormon**

28

**Hinduism**

31

**Humanism**

35

**Islam**

38

**Jehovah's  
Witnesses**

42

**Judaism**

45

**Paganism**

51

**Sikhism**

54

**Appendices**

58

## Information areas

Key beliefs

Religious practices

Birth customs

Blood transfusions, transplants and organ donation

Death customs

Attitudes to healthcare staff and illness

Washing and toilet

Ideas of modesty and dress

Fasting

Family planning

Diet

### Washing and toilet

Muslims attach great importance to cleanliness. They must have running water (from a tap or poured from a jug) in toilets, as they consider toilet paper inadequate. If a bedpan is used a container of clean water should accompany it. Muslims prefer to wash in free-flowing water, and cannot accept the idea of a bath. After menstruation women must wash their whole bodies.

It is regarded as unclean to eat or perform religious ceremonies using the same hand that is used for toileting purposes.

### Religious practices

One of the most important religious practices for Muslims is five daily prayers (Salat). The times are broadly as follows: dawn (Fajar), just after noon (Zuhur), afternoon/evening (Asr), following sunset (Maghrib), night time (Isha).

Muslims welcome privacy/a quiet space during prayer times, and they must face the Qibla (the sacred direction), the direction of the Kaaba shrine in Mecca (south-south east in the UK). Ablution (if possible using free flowing water) before each prayer is necessary. They wash their hands, face, arms and feet, cleanse their mouth, nostrils and ears, and run wet hands through the hair—each of these three times. Muslims will also wash before eating, and the Muslim holy day is Friday.

### Death customs

A dying Muslim will wish to lie on their right-side facing Mecca. Familiar people can give comfort by reading to the patient verses from the Qur'an. Where possible, a dying person will repeat a declaration of faith (the Shahada) as their last utterance.

It is an important religious duty to visit the sick and dying, so a large number of visitors may arrive at all hours. It is customary among Pakistanis and Arabs to express their emotion freely when a relative dies. Whenever possible you should give them privacy to do so, whilst explaining the need to avoid disturbing other patients by their mourning.

It is usual for the next of kin to want to ritually wash and wrap the body in a white shroud before burial. If there are no relatives available to do this, staff should wear gloves when washing the body. The eyes should be closed and the lower jaw gently bound with cloth to the top of the head. The deceased is laid out with their arms placed straight down the side of the body.

In Islam the body must be buried as quickly as possible, preferably within 24 hours (cremation is forbidden). A post mortem must be avoided if legally possible, as this is not allowed and causes considerable distress; organs should all be buried with the body.

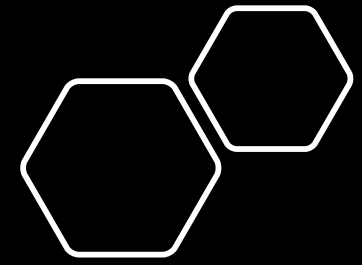
Should a baby die at or after four months of pregnancy or soon after birth, he or she will be named, washed, shrouded and buried in the usual manner. If the foetus dies before four months of pregnancy, then it should be wrapped in a clean cloth and buried.



Spiritual  
Care  
Teams









## Poll 4:


What was the largest faith & belief group in the 2011 Census in Scotland?





## Poll 5:

32% claimed membership of the Church of Scotland in 2011 Census – what % were actual members?

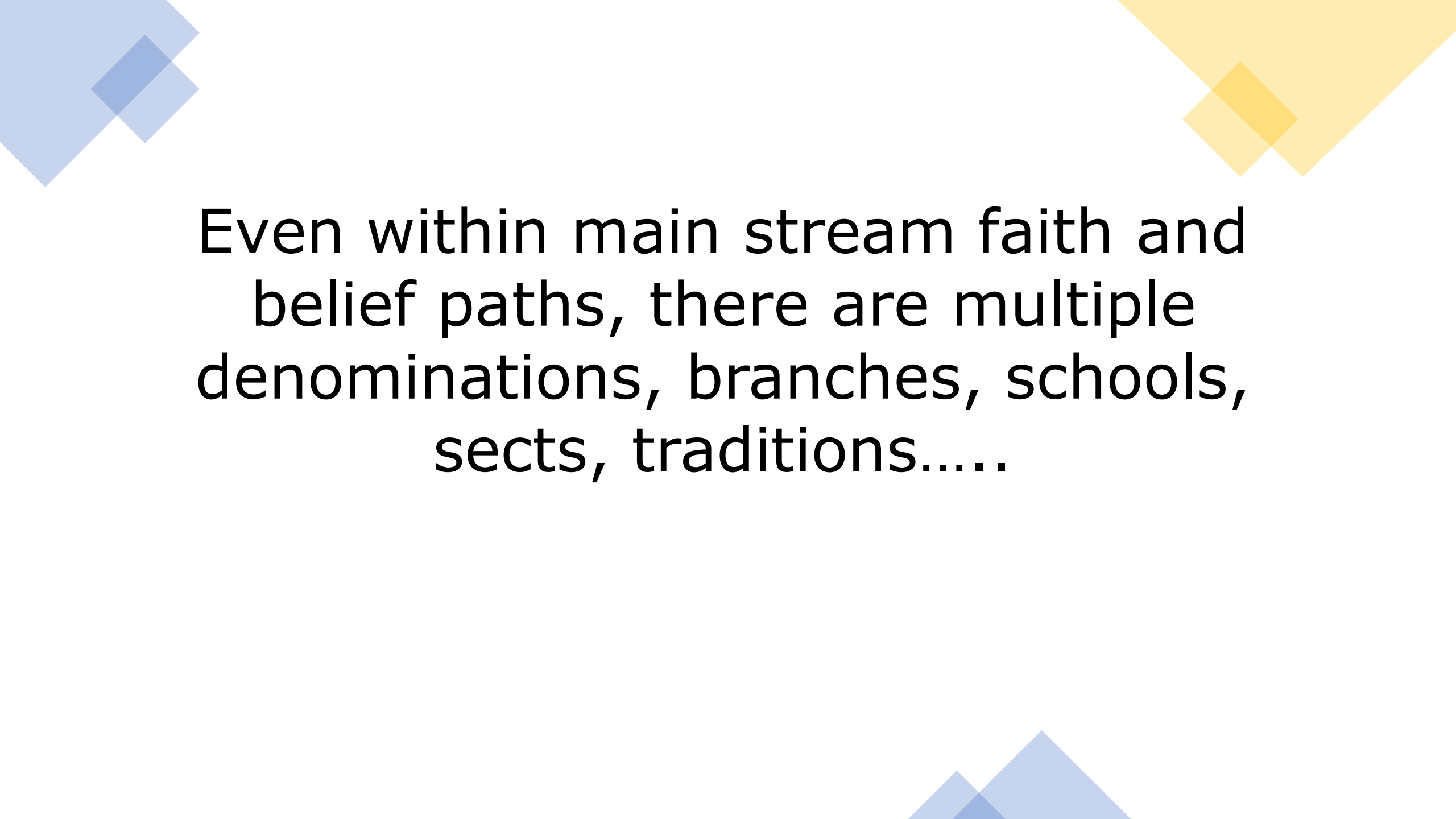





## Poll 6:

What is the fastest growing faith/belief group in Scotland?

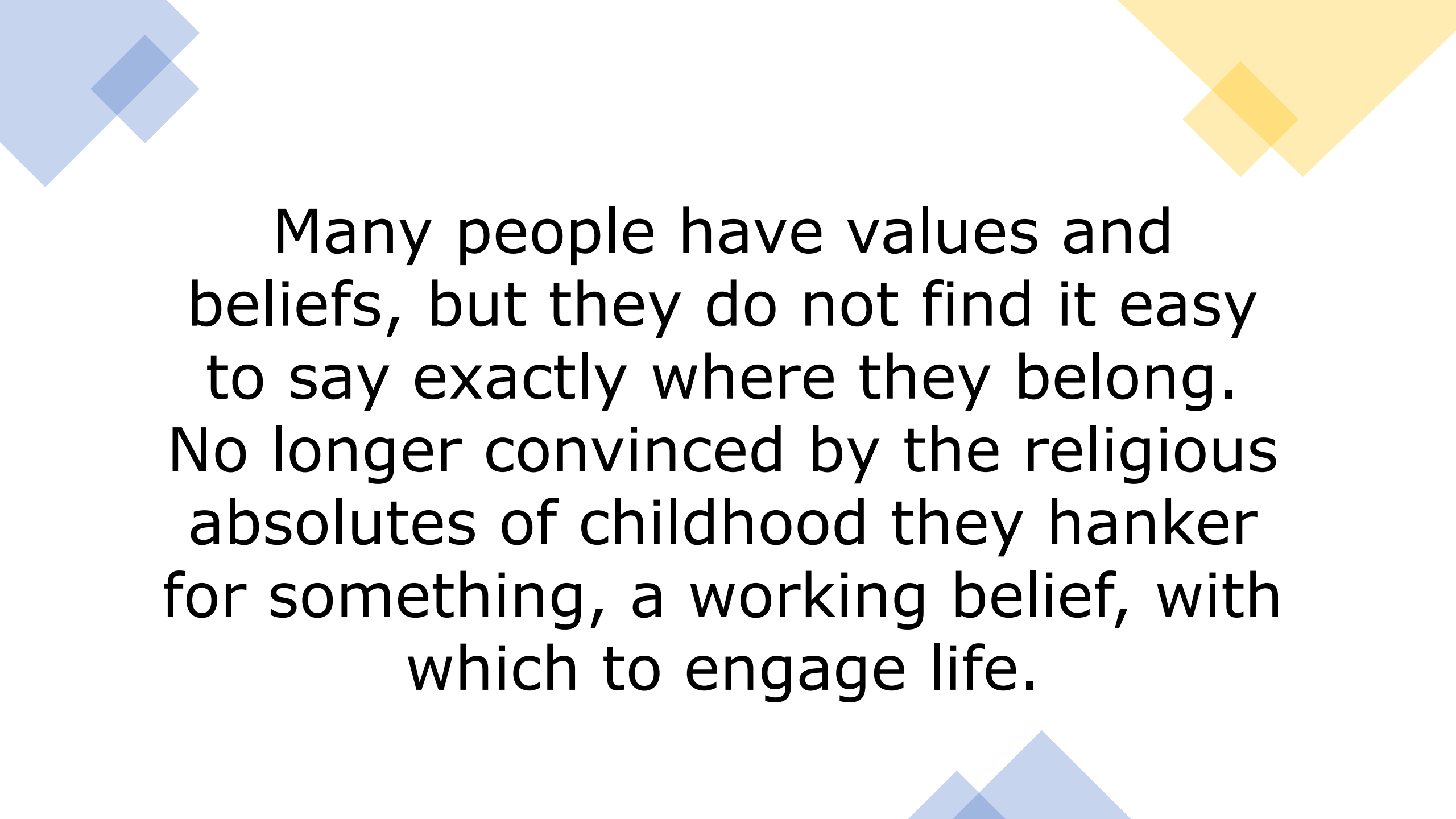




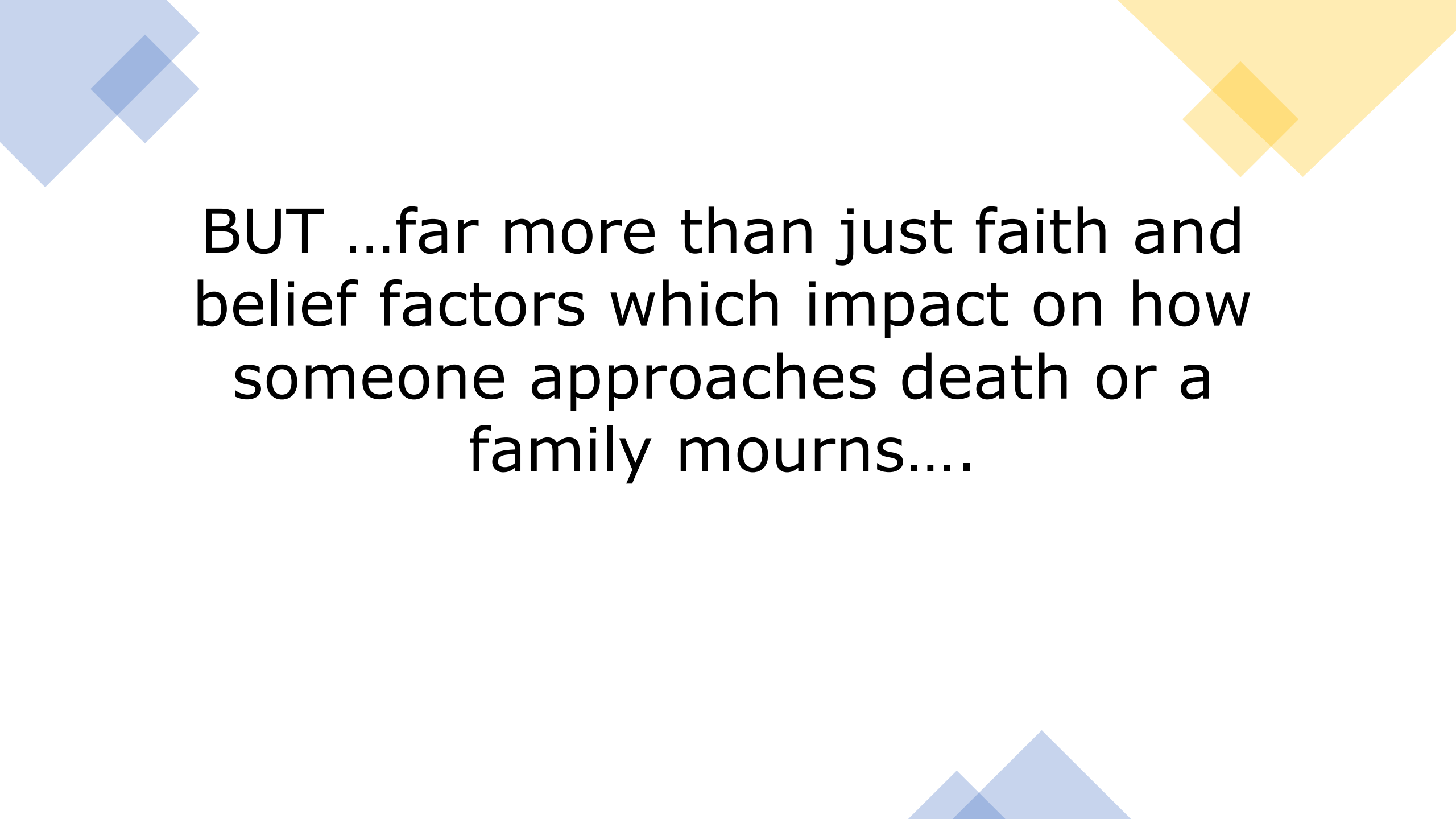
Even within main stream faith and belief paths, there are multiple denominations, branches, schools, sects, traditions.....



No such thing  
as neat boxes  
to put people  
in



Many people have values and beliefs, but they do not find it easy to say exactly where they belong. No longer convinced by the religious absolutes of childhood they hanker for something, a working belief, with which to engage life.




BUT ...far more than just faith and belief factors which impact on how someone approaches death or a family mourns....





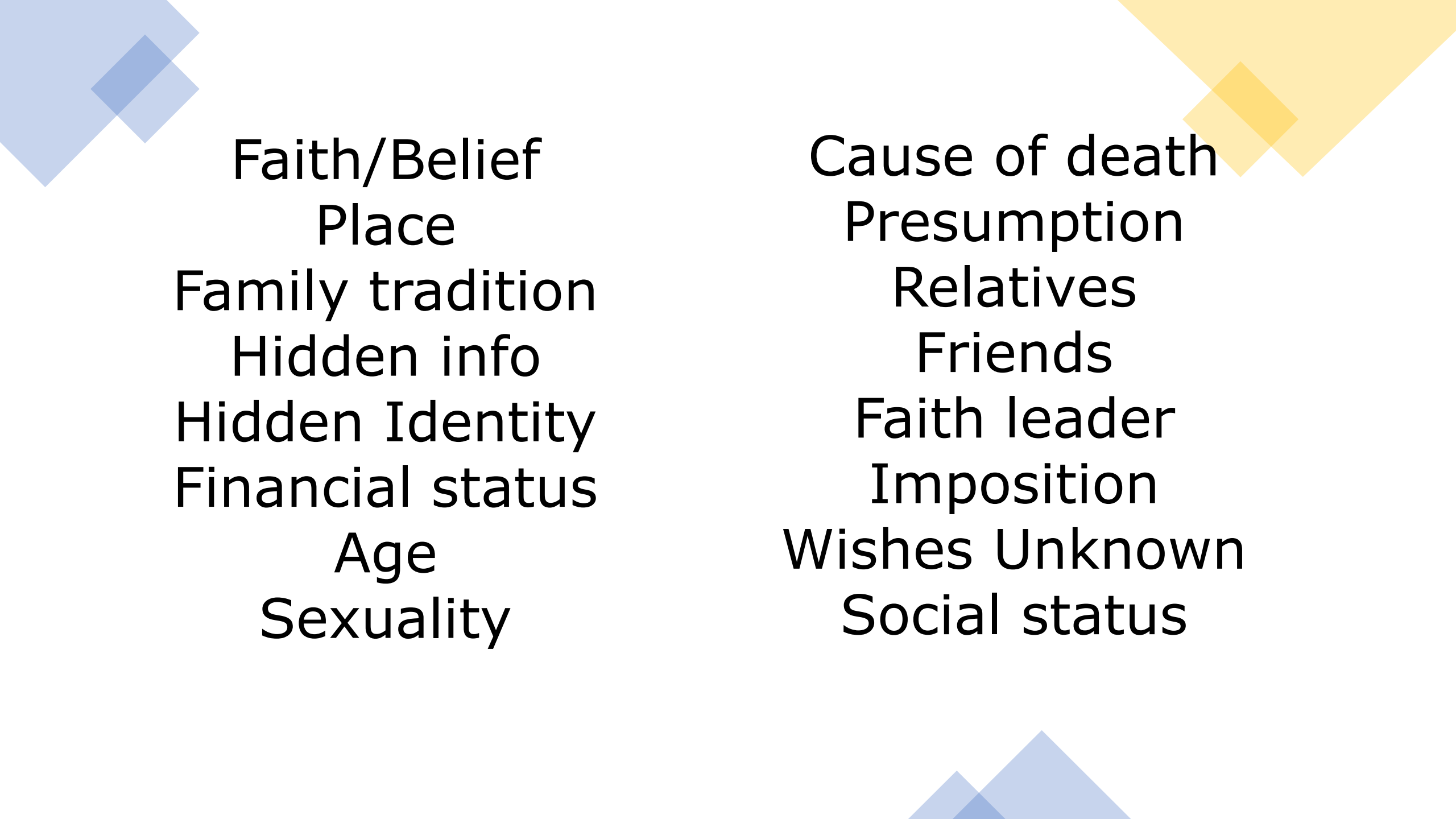
## Poll 7:

What factors do you think might affect or influence the death and mourning customs and actions of people?



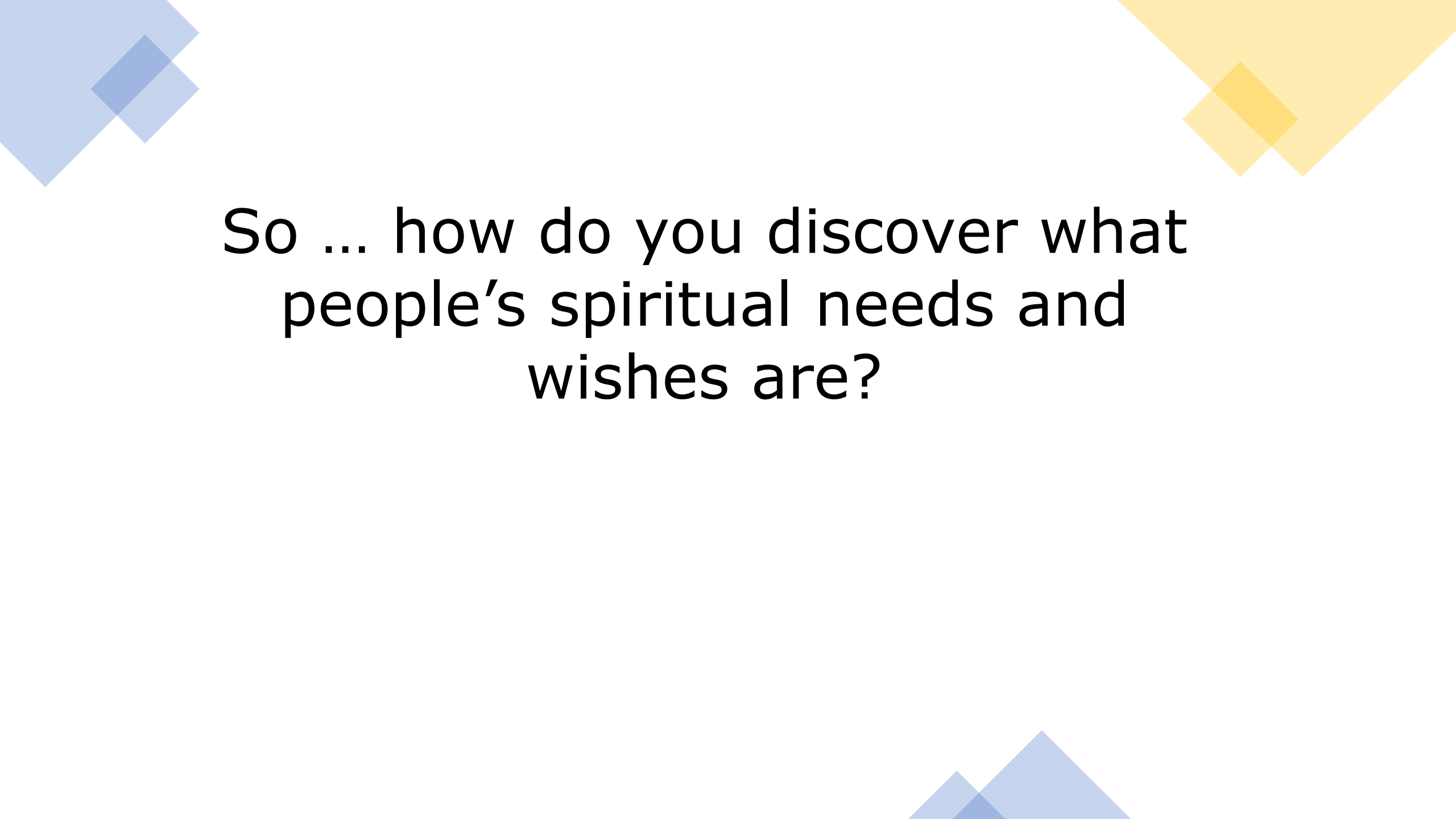


Answers...



Faith/Belief  
Place  
Family tradition  
Hidden info  
Hidden Identity  
Financial status  
Age  
Sexuality

Cause of death  
Presumption  
Relatives  
Friends  
Faith leader  
Imposition  
Wishes Unknown  
Social status



So ... how do you discover what  
people's spiritual needs and  
wishes are?



# Ask:

What is important for you?

What do you want to happen?

What do you NOT want to happen?

Does anything worry you?

Is there a faith leader you would like to see?

What will work best for you?





**Listen:**  
Listen to their story

Do not presume

Do not impose





# Be curious:

(VBRP® 3 Levels of Seeing Tools)

NOTICE

**I notice**

.... you said

.... you have a picture

....your rosary beads

....how important prayer is for you



# Be curious:

(VBRP® 3 Levels of Seeing Tools)

WONDER

**I wonder**

.... how worried you are about that

.... how important that is for you

....if you would like to see a priest

....if it is quiet enough for you





# Be curious:

(VBRP® 3 Levels of Seeing Tools)

REALISE

**I realise**

.... we can explain things better

.... we can help you speak with your family


....how important your faith is

....we can close your blinds at prayer time





# Use the Spiritual Care Team

- As a resource for you and your team
  - As a specialist carer for the patient and family
  - As a contact with the patient's own faith leader
  - To set things up in advance
  - As a source of information
- 

The background features several overlapping circles of varying shades of gray, some solid and some dashed. A prominent, thick black arc curves from the left side towards the bottom center, partially enclosing the word 'NAMASTE'.

**NAMASTE**

The divine in  
me, honours  
the divine in  
you