

Accompanying and Praying with the Sick and Dying



**CATHOLIC DIOCESE OF SAGINAW
CENTER FOR MINISTRY
SATURDAY, JANUARY 16, 2016
WITH
FATHER JIM BESSERT
DIRECTOR – OFFICE OF LITURGY
SACRAMENTAL MINISTER – SAINT JOHN PAUL II
PARISH, CARROLLTON**

OPENING PRAYER



Extraordinary Jubilee of Mercy



Corporal Works of Mercy	Spiritual Works of Mercy
<ul style="list-style-type: none">• <i>The Corporal Works of Mercy are the following kind acts by which we help our neighbors with their material and physical needs:</i> <p>to feed the hungry to shelter the homeless to clothe the naked to visit the sick & imprisoned to bury the dead to give alms to the poor</p>	<ul style="list-style-type: none">• <i>The Spiritual Works of Mercy are the following acts of compassion, as listed below, by which we help our neighbors with their emotional and spiritual needs:</i> <p>to instruct to advise to console to comfort to forgive to bear wrongs patiently</p>

Part I

A
THEOLOGICAL
FOUNDATION

Theology of Suffering

If God is for us, who can be against us ...

What will separate us from the love of Christ ...

Will anguish, or distress or persecution, or famine, or nakedness, or peril, or the sword ...

(Romans 8:31b—35, 37-39)



Theology of Suffering

- “Suffering” – a painful and often mysterious aspect of human life ***{embraced by Jesus Christ}***. Jesus closely associated himself with those who suffer by
 - befriending,
 - defending, and
 - healing ...

{often times the most vulnerable and marginalized of his time}

them as he encountered them throughout his life and ministry
- Jesus also had much to say in reference to “suffering”:

Matthew 5:1-12 *(The Sermon on the Mount)*

Matthew 25:31-46 *(The Judgment of the Nations)*

The “types” and “causes” of suffering are multifold:

- *Emotional*
- *Physical*
- *Spiritual*
- *Mental*

Some suffering is:


- freely chosen (as a means of self-discipline), or self-inflicted, or a necessary component of serving others ...
- other suffering is caused by the human condition and sin ...
- on occasion people endure suffering through tragedies that have no apparent cause or purpose ...

- **Catholic social teaching emphasizes ...**

- (1) *the need to serve the suffering as Christ served them; and*
- (2) *to serve them with the same devotion one would serve Christ.*

- **Catholic spirituality emphasizes that those who suffer can draw consolation by uniting themselves with Christ, uniting their current suffering with Christ’s redemptive suffering.**

**Blessed
Theresa
of
Calcutta**



*Pain and suffering have come
into your life, but remember
pain, sorrow, suffering are but
the kiss of Jesus -
a sign that you have come so close
to Him that He can kiss you.*

— Mother Teresa
VERYBESTQUOTES.COM

Paschal Mystery

- Understood as the unified, total event of Christ's Passion, Death, Resurrection, Ascension and Sending of the Holy Spirit (Pentecost), insofar as it reveals and accomplishes God's previously hidden plan of salvation.
- Our Catholic tradition teaches us that we remember (*anamnesis*), celebrate, and share in Christ's Paschal Mystery in the liturgies of the Church (most profoundly experienced in the celebration of the Triduum liturgies and of each of the seven Sacraments).

Redemption † Soteriology † Grace

- **REDEMPTION:** The act by which we are literally “brought back” into the grace of God by the work of Jesus Christ.
- **SOTERIOLOGY:** Literally, “the study of salvation.” It is the area of theology which focuses on the Passion, Death, Resurrection, and Exultation of Christ insofar as they bring about our salvation.
- **GRACE:** It is God’s free and forgiving self-communication that enables us to share in the Trinitarian relationship of (divine) LOVE.

Reflection Question #1

HOW HAS YOUR UNDERSTANDING OF SUFFERING AS REDEPTIVE (“A SHARE IN CHRIST’S SUFFERING AND ON-GOING REDEMPTION”) SHAPED YOUR OWN FAITH AND APPROACH TO MINISTERING TO THE SICK AND THE DYING?

PART II

**“ACCOMPANYING”
AS
MINISTERS
OF
CARE**

Accompanying ... the Sick and the Dying



VOLUNTEERISM VERSES MINISTRY




THE RITE OF BAPTISM


- **The Anointing with Chrism**

[Then the celebrant says:]

God the Father of our Lord Jesus Christ has freed you from sin, given you a new birth by water and the Holy Spirit, and welcomed you into his holy people. He now anoints you with the chrism of salvation. As Christ was crowned **Priest, Prophet, and King, so may you live as a member of his body, sharing everlasting life. Amen.**

[Then the celebrant anoints the child on the crown of the head with the sacred chrism, in silence.]

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- **Priest** ... “Baptism gives a share in the common priesthood of all believers” (CCC#1268). What this means in a practical way is that as lay women and men our responsibility is to give witness to our faith in the way we live our lives every day and everywhere. As priestly people, we are called to present the events of our day as an offering to God – in thanksgiving for all that he has given us.


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- **Prophet** ... We share in the prophetic ministry by living as witnesses of the Gospel. Giving witness to our faith does not only mean talking about it or praying out loud where we play or work. In the words of Saint Francis, “Preach the Gospel at all times and if necessary use words.”

- **King** ... As a people who share in the kingly mission of Jesus we are first and foremost people of hope. We have been promised eternal life as our inheritance, and so we need not fear death. In the age of the Israelites, the kings were first and foremost stewards - *stewards of the "treasures" God entrusted to them and stewards of God's people who were in their care.* The mandate of the steward-king is to cultivate the Kingdom of God, to be a partner with God in the transformation of the world in the light of the Gospel. We are always and everywhere called to participate in the building of the reign of God by being good stewards of our time, talent and treasure.

Co-Workers in the Vineyard of the Lord

A Statement of the USCCB (2005)



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- **God calls. We respond.**
 - **“Universal call to holiness” ...** (cf. Lumen Gentium #40)
 - **All the Faithful are called in various ways to share in the Church’s mission of announcing the reign of God and transforming the world in light of the gospel.**
 - ✦ **Authentic Discipleship ...**
 - ✦ **Evangelization ...** (echoes of *A Future Full of Hope*)

Ministry = Serving the Church and Its Mission



- (1) An ecclesiology of Catholic church ministry looks upon different gifts and functions not as adversarial but as enriching and complementary.**
- (2) An ecclesiology of this “communion of ministry” recognizes diversity in unity and acknowledges the Spirit as the source of all the gifts that serve to build up Christ’s body (the Church).**
- (3) In its broadest sense, “ministry” is to be understood as service - *diakonia* - and is the means for accomplishing mission in the communion of the Church.**
- (4) It is a participation in and expression of Christ’s ministry.**

Distinctions Within the Communion of Ministries


- (1) *Within the broad understanding of ministry, distinctions are necessary ...*
- (2) *The primary distinction lies between the ministry of the lay Faithful and the ministry of the ordained*
- both are rooted in **sacramental initiation**;
 - but the pastoral ministry of the ordained is empowered in a unique “character” by the Sacrament of Holy Orders: (1) teaching, (2) sanctifying and (3) governing the Faithful constitutes the essence of “apostolic ministry” – which forms an ordering from within the ministry of bishops, priests and deacons; and
 - all other ministries within the Church function in relationship to this “ecclesial” ordering.

MINISTERS OF CARE

“If one member suffers in the body of Christ, which is the Church, all the members suffer .”

(I Corinthians 12:26)

- **All baptized Christians share in this ministry of charity: through prayer, physical care, love shown to the sick, and by celebrating the sacraments with the sick** (e.g. Anointing of the Sick, Eucharist and Penance).
- **Family and friends of the sick and those who care for them have a special share in this ministry of comfort and care.**

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- **Although the entire Christian community is responsible for ministry to the sick, some people are especially “called” to this ministry.**
 - **There are special roles of laity, priests and deacons in ministering to the sick and dying.**
 - **ALL ministers are servants of the Lord, instruments of God’s blessing and presence.**
 - **The coordination, training and commissioning of Ministers of Care is an essential part of providing sound pastoral care.**
 - **Those gifted with the special qualities to minister to sick children and their families or in crisis situations should be supported and encouraged.**

QUALITIES OF A MINISTER OF CARE



Ministry to the Sick is a service offered to people at vulnerable and painful times in their lives .

In addition to faithful discipleship, the person who ministers to the sick and homebound needs to have specific qualities and gifts.

Handbook for Ministers of Care

(2nd Edition - © LTP, Chicago, IL)

Code: Reliable C.A.R.E.

- **Reliable**
- **Credible**
- **Attractive**
- **Responsive**
- **Empathic**

[by Genevieve Glen, OSB, Marilyn Kofler, SP & Kevin O'Connor]

Reliable

When we rely on someone, we trust him or her.

**Reliable people do what they say they will do.
As a Minister of Care, do what you say you will do.**

Be on time, be **courteous, be **reverent** and solidly deliver what you say and promise.**

Help people to trust.

Credible

You don't need to know everything. You only need to know what *you* know. See yourself as a phone line, not a phone.

Help people communicate their inner selves, with God, with their families, with their parish community.

Ministers of care facilitate communication.

Attractive

Dress well, look good, smile, pay attention to how loudly or how softly you are speaking.

When you visit, use your natural personality: it is your best tool in ministry.

If you have a tendency to talk to much or too little, or to be a bit too forceful, work on supplying instead what the situation requires.

Give yourself.

Responsive

Try to help in ways that you are called upon to help.

We can't do everything, but we can do many things. Be open to all the possibilities in your speech and in your manner.

Even the twinkle in your eyes can be a form of responsiveness to others in need.

Listen and respond: communicate.

Empathic

This is a skill that ministers of care need most.

Being empathic is what gives others the feeling "you understand me." It is not the feeling that "you know how I feel," rather, it is the other's experience that "you may not ever have had this particular feeling, but you understand me."

Work to understand.

So do you have to be a psychologist or a counselor to be a minister of care?

- **Not at all. In fact, some mental health professionals find this ministry to be very different from their own jobs. Some even find it to be more difficult as well.**
- **But it need not be difficult or even complicated. You don't need to be a counselor; you need to know how to connect with another person in prayerful presence.**
- **When Jesus was with the woman at the well, when Jesus was with the blind man, when Jesus was with Lazarus – Jesus was not a psychologist!**
- **He was prayerfully present with that one other person.**
- **And the other knew it.**

A “Pastoral Visit” ...

... An Exercise of Pastoral Care:

- **It is a person-centered, holistic approach to ministry that complements the assistance offered by other helping disciplines while paying particular attention to spiritual growth.**
- **The focus of pastoral care is upon the healing, guiding, supporting, reconciling and nurturing of people in whatever situation they find themselves.**

[NB: The Minister of Care brings not only Christ but the Body of Christ – his Church].

The Ministry to the Sick and Homebound

[and Distribution of Holy Communion with a Sample Rite for Distribution of Holy Communion in the Parishes of the Catholic Diocese of Saginaw]

- I: Practical Considerations for the EMHC to the Sick and Homebound**
[See Packet Handout]
- II: Procedures and Pastoral Notes Concerning the Rite of Communion with the Sick and the Homebound**
- III: Frequently Asked Questions about Taking Communion to the Sick and the Homebound**

“Ministerial Mystagogia”

- **Pray**
...before engaging in ministry & following your ministry
- **Reflect**
...on the ministerial experience & on the “faith lesson” learned
- **Evaluate**
...how did I use my ministerial gifts?
...what may I have done differently?
- **Share**
...stay in touch with other peer-ministers
- **Delight**
...in thanksgiving before the Lord for the “call” to serve

How Do “Ministers of Care” Care for Ourselves?

- **Try not to make your ministry your identity, have a hobby ...**
- **Develop a realistic plan regarding physical and spiritual health ...**
- **Develop a plan for on-going formation, and read more ...**
- **Develop relationships with other ministers of care ...**
- **Perhaps engage in journaling ...**
- **Develop a relationship with a spiritual director (or a counselor)**
- **Make time for yourself, find your rhythm of rest and relaxation ...**
- **Take vacation (from your ministry) ...**

Mark 2:1-12: The Healing of the Paralytic



**Father
Flanagan's
Boy's Town**

*He ain't
heavy,
he's my
brother.*



Give Us This Day – by Father Brandon McGuire

- In Mark's gospel, Jesus commends the people for their faith: the four men who carried the paralytic man and the man himself. Jesus healed the paralytic first of his sins and then of his physical ailment, giving us the clear message that our spiritual healing is of the highest importance.
- There are times in our lives when we are like the paralytic crippled in our relationship with God. And so we ask for forgiveness.
- There are other times when we carry others to God for healing. They are unable to get there themselves because they are paralyzed in one way or another. Can we open our eyes and find the compassion within our hearts to carry them? They're not heavy. In Christ, they're our brothers and sisters.

Reflection Question #2

IN REGARD TO YOUR OWN EXPERIENCE AND MINISTRY TO THE SICK AND THE DYING, WHAT NEW INSIGHT(S) OR CHALLENGE(S) HAVE YOU GLEANED FROM PART II OF THIS PRESENTATION?

Part III:

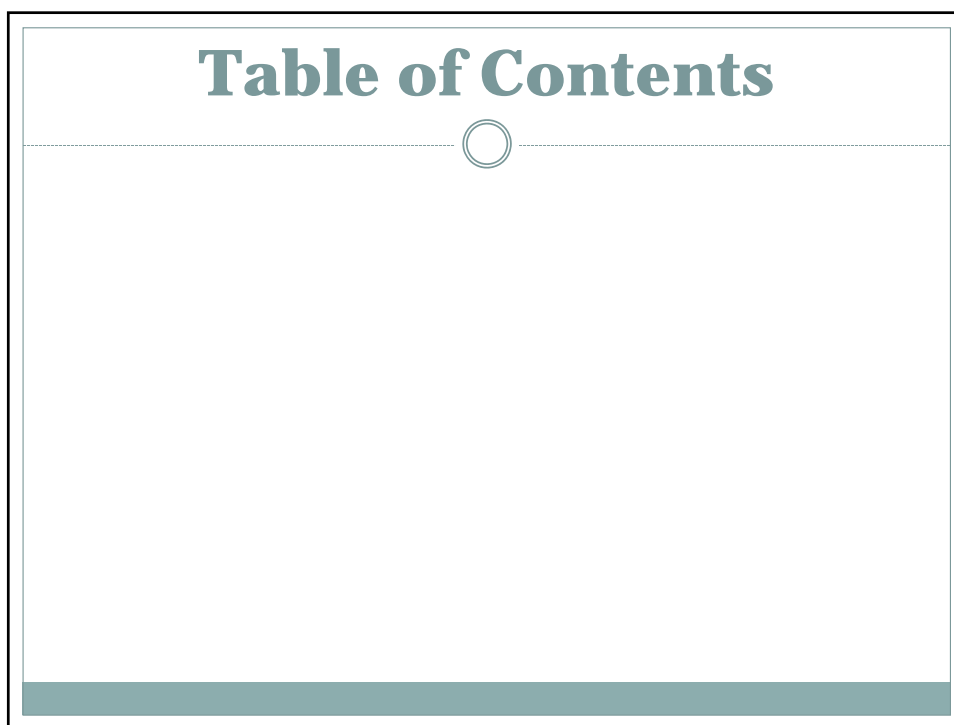
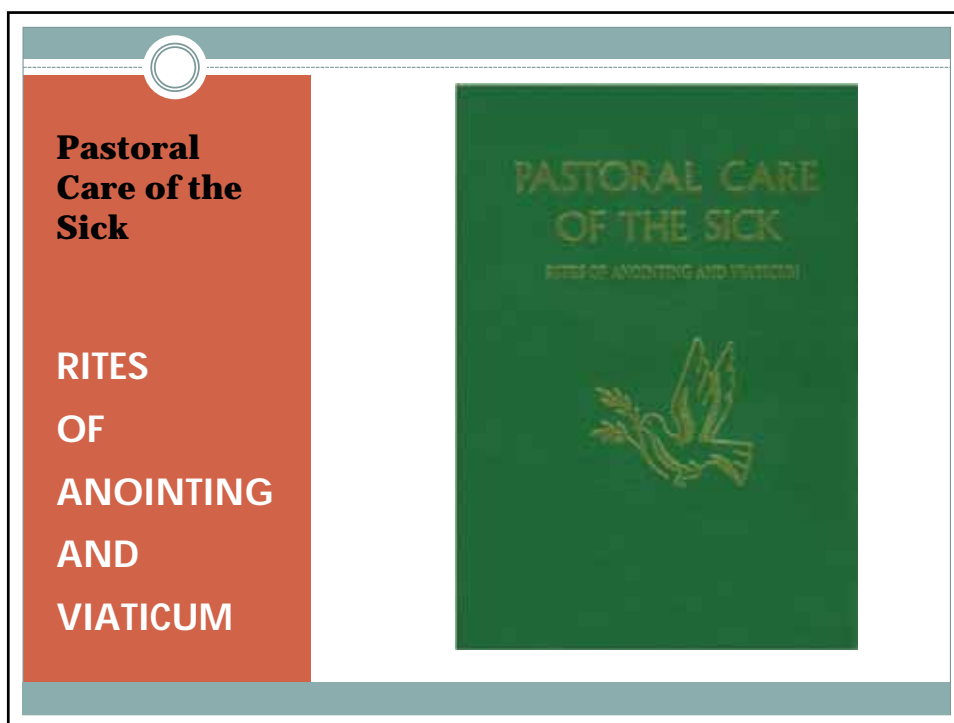
**“PRAYING”
AS
MINISTERS
OF
CARE**


Praying ... with the Sick and Dying



PASTORAL CARE OF THE SICK

- **A ritual text and companion (like all other “official” rituals of the Church) to the **Roman Missal III** ...**
- **Introduced into mainstream parish life in 1983 ...**
 - when was your priest ordained?*
 - what are they currently teaching in the seminary?*
- **Still many misconceptions exist ...**
 - “Last Rites” syndrome (“Extreme Unction”)*
 - Father’s book (only a priest’s job!)*
 - “Improvisation” by priests, deacons and lay ministers*



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- **Decree of the National Conference of Catholic Bishops** (now USCCB)
 - **Forward**
 - **Decree**
 - **Apostolic Constitution**
 - **General Introduction**

{please read!}



PART I: PASTORAL CARE OF THE SICK

- **Introduction**
- **Chapter One: Visits to the Sick**
- **Chapter Two: Visits to a Sick Child**
- **Chapter Three: COMMUNION OF THE SICK**
 - 1) Communion in Ordinary Circumstances**
 - 2) Communion in a Hospital or Institution**

<p>Visits to the Sick</p> <p>ADULTS: "I was sick, and you visited me."</p> <p>CHILDREN: "Let the children come to me; do not keep them back from me."</p>	<p>Adults:</p> <ul style="list-style-type: none"> -Reading -Response -The Lord's Prayer -Concluding Prayer -Blessing <p>Children:</p> <ul style="list-style-type: none"> -Reading -Response -The Lord's Prayer -Concluding Prayer -Blessing
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<p>Communion to the Sick</p> <p>"Whoever eats this bread will live forever."</p>	<p>INTRODUCTORY RITES</p> <ul style="list-style-type: none"> -Greeting -Sprinkling with Holy Water -Penitential Rite <p>LITURGY OF THE WORD</p> <ul style="list-style-type: none"> -Reading -Response -General Intercessions <p>LITURGY OF HOLY COMMUNION</p> <ul style="list-style-type: none"> -The Lord's Prayer -Communion -Silent Prayer -Prayer after Communion <p>CONCLUDING RITE</p> <ul style="list-style-type: none"> -Blessing
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***A rite that requires a bishop or priest:**

• **Chapter Four: ANOINTING OF THE SICK**

1) Anointing outside Mass

2) Anointing within Mass

3) Anointing in a Hospital or Institution

Sacrament of the Anointing of the Sick

[CCC 1513; 1517-1519; 1524-1525; 1531]

• **Essential Elements:**

- (1) *Laying on of hands*
- (2) *Prayer in faith*
- (3) *Anointing of the forehead and (palm) of the hands*

[CCC 1520-1523; 1527; 1532]

• **Effects of the Sacrament**

- (1) *It wipes away sin and its remnants if a person has not be able to obtain forgiveness through the Sacrament of Penance*

- (2) *It brings about spiritual healing by fortifying the sick and dying during their suffering. The Holy Spirit gives the sick and dying person comfort, peace and courage.*
- (3) *It restores physical healing when this will help the person in his or her condition before God.*
- (4) *It unites the anointed person more closely to Christ's redemptive passion. By associating with the Lord's passion, the sick contribute through their suffering to their own good and the welfare of all God's people.*

[The prayer of the priest over the sick person invokes the grace of the Holy Spirit:]

- *Through this holy anointing may the Lord in his love and mercy help you with the grace of the Holy Spirit. Amen.*
- *May the Lord who frees you from sin save you and raise you up. Amen.*

[Anointing symbolizes healing, strengthening, and special dedication to God.]

Part II: PASTORAL CARE OF THE DYING

- **Introduction**
- **Chapter Five: CELEBRATION OF VIATICUM**
 - 1) **Viaticum within Mass**
 - 2) **Viaticum outside Mass**
- **Chapter Six: COMMENDATION OF THE DYING**
- **Chapter Seven: PRAYERS FOR THE DEAD**

VIATICUM

“I am going to prepare a place for you; I shall come back and take you with me.”

The celebration of the eucharist as viaticum, food for the passage through death to eternal life, is the sacrament proper to the dying Christian [PCS #175].

Commendation of the Dying

“Into your hands, Lord, I commend my spirit.”

- **Short texts (from scripture)**
- **Reading**
- **Liturgy of the Saints**
- **Prayer of Commendation**
- **Prayer after Death**
- **Prayer for the Family and Friends**

[In viaticum the dying person is united with Christ in his passage out of this world to the Father. Through the prayers for the commendation of the dying ... the Church helps to sustain this union until it is brought to fulfillment after death (PCS #212)].

Prayers for the Dead

“I want
those you
have given
me to be
with me
where I
am.”

[This chapter contains prayers for use by a minister who has been called to attend a person who is already dead].

- **Greeting**
- **Prayer**
- **Reading**
- **Litany (of the Saints)**
- **The Lord’s Prayer**
- **Prayer of Commendation**

• **Chapter Eight: RITES FOR EXCEPTIONAL CIRCUMSTANCES**

- ✦ **Continuous Rite of Penance, Anointing, and Viaticum**
- ✦ **Rite for Emergencies (*Penance/Apostolic Pardon/Anointing*)**
- ✦ **Christian Initiation for the Dying**

Christian Initiation of the Dying

“By becoming coheirs with Christ, we share in his sufferings; we will also share in his glory.”

[Anyone, catechumen or not, who is in danger of death may be baptized with the short rite that follows, as long as such a person is not at the point of death and is able to hear and answer the questions. When no priest or deacon is available, any member of the faithful may baptize (PCS #276)].

INTRODUCTORY RITES

- Greeting
- Dialogue

LITURGY OF THE WORD

- Gospel
- Litany (of the Saints)

LITURGY OF CHRISTIAN INITIATION

- Renunciation of Sin
- Profession of Faith
- Baptism
- The Lord's Prayer

CONCLUDING RITES

- Blessing
- Sign of Peace

Pastoral Notes for Ministers of Care

- **February 2nd: Feast of the Presentation of the Lord**

This feast begins with the blessing of candles. Ministers of Care (EMHC) may wish to arrange to have candles blessed so they can distribute them to those they visit as a sign of bringing Christ's healing presence into their homes (or other dwelling places). Prepare a handout with a prayer and explanation of Christ's healing power to go along with the candle.

○

- **February 3rd: Memorial of Saint Blaise**

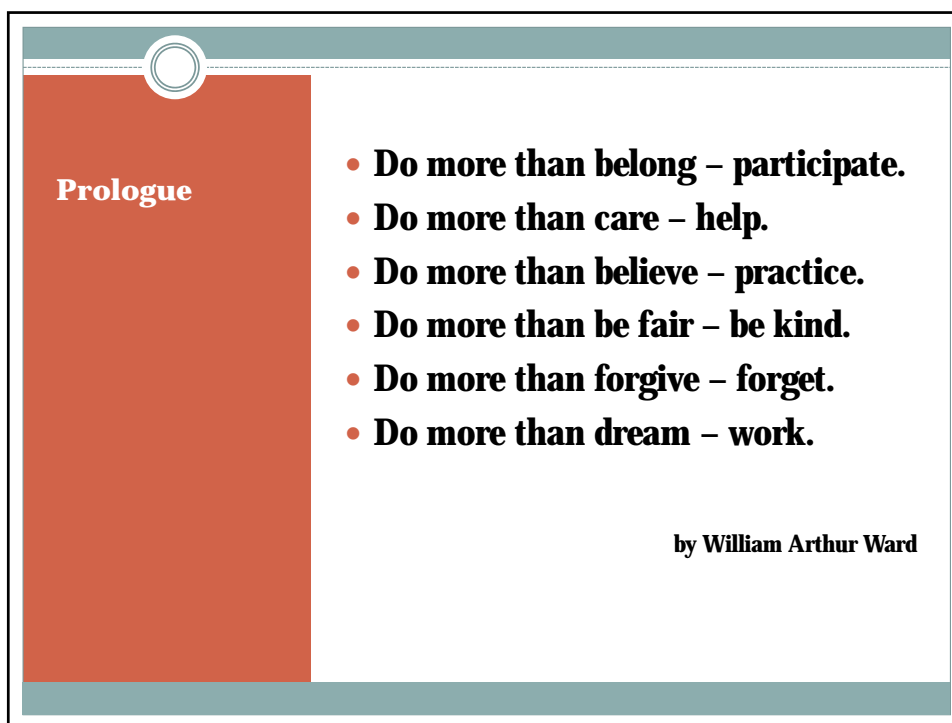
This day traditionally incorporates the “Blessing of Throats”. This blessing is given to protect those blessed from ailments whether they are sick at the time or not. The blessing may also be given by a lay person who could extend this blessing on visits to the sick and homebound (*cf. Book of Blessings #51*).

○

- **February 10th: Ash Wednesday**

Those who bring Holy Communion to the sick and the homebound (or hospitals, etc.) on Ash Wednesday may bring along blessed Ashes for imposition. Make every effort to connect the sick and homebound with the large parish community by also bringing along the parish bulletin and any printed (catechetical) materials relative the parish’s celebration of Lent.

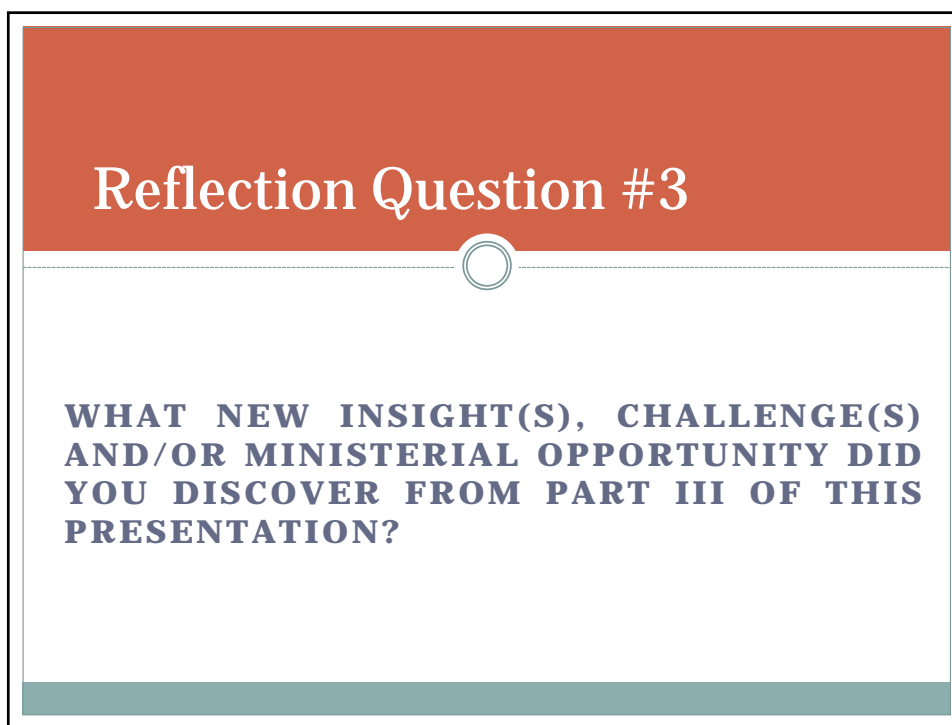
[Consult: *Sourcebook: For Sundays, Seasons & Weekdays*, © 2016, LTP, Chicago, IL]



Prologue

- **Do more than belong – participate.**
- **Do more than care – help.**
- **Do more than believe – practice.**
- **Do more than be fair – be kind.**
- **Do more than forgive – forget.**
- **Do more than dream – work.**

by William Arthur Ward



Reflection Question #3

WHAT NEW INSIGHT(S), CHALLENGE(S) AND/OR MINISTERIAL OPPORTUNITY DID YOU DISCOVER FROM PART III OF THIS PRESENTATION?

CLOSING PRAYER



Resources



- Primary:

- (1) ***Pastoral Care of the Sick*** (Rites of Anointing and Viaticum), The Liturgical Press, Collegeville, MN © 1983.
- (2) ***The Catholic Handbook for Visiting the Sick and Homebound*** (2016), LTP, Chicago, IL.
- (3) *Parish: ***Sourcebook for Sundays, Seasons and Weekdays*** (2016), LTP, Chicago, IL.

- Secondary:

- (1) ***A Ritual for Laypersons***, The Liturgical Press, Collegeville, MN © 1993.
- (2) ***Shorter Book of Blessings***, Catholic Book Publishing Co., NY © 1990.
- (3) *Parish: ***Handbook for Ministers of Care***, LTP, Chicago, IL © 1997.
- (4) *Parish: ***Pastoral Care of the Dying***, USCCB Publishing, WDC © 2002.