

How our multi-faith covenant creates joy in working together in a sacred place



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The Covenant of Self-Care

The Spiritual Care Department seeks to contribute to and inspire the best possible patient care at Cedars-Sinai. Therefore, all members of our department agree to promote our personal and professional growth in an atmosphere of collegiality and cooperation among our chaplains as well as other staff members on the interdisciplinary team and our broader community, by dedicating ourselves to the behaviors encouraged by the following **covenant**:

I will practice *self-care* (as mentioned in the “development/education” section of part III in our job descriptions) **by**:

- **Spiritual Restoration**: Reorienting and refreshing myself with breaks, meditation/prayer, taking walks, listening to sacred music, etc.
- **Personal awareness and boundary setting**: Checking in with myself, managing our time and ability to leave the intensity of our patient encounters behind us at the end of the day.
- **Enrichment**: Relevant chaplaincy-related reading, writing, attending seminars, conferences, etc. when able to.
- **Physical well-being**: Trying to be well rested, exercising (e.g., taking the stairs), better nutrition habits, etc.
- **Seeking collegial support**: Debriefing, downloading, spending quality time with friends and colleagues.



The Covenant of Team Care

I will help take care of my *team* (as detailed in the “teamwork” section of part III in our job descriptions) **by**:

- **Showing respect/courtesy for team** by being polite, respecting others’ time, boundaries, and personal space. Providing a safe environment to learn from each other and get to know each other.
- **Being available to Listen** and making time to help and support colleagues.
- **Constructive dialogue**: Openness to giving and receiving candid challenging/constructive feedback to other members of our team in a sensitive manner with the goal of improving the greater good of the department as a whole, our own practice, personal growth and patient care. Addressing issues when necessary, including affirmation and praise. Taking time to understand different perspectives.
- **Teamwork/Loyalty to the group**: Being aware of the needs of others and showing a desire to be of assistance when possible, maintaining focus on doing whatever we can to help take care of our patients, families and staff.
- **Proactively show concern and support for colleagues** throughout the entire medical center.



Spiritual Care Department Mission Statement

For more than 100 years, Cedars-Sinai's role as a Jewish hospital has been to provide compassionate care to all, guided by humility and the inspiration of Genesis 12:2, "And be a Blessing." Recognizing that illness is a complex process involving the physical, mental, emotional and spiritual resources of patients, their visitors and our staff; and that illness may also be viewed as a transformative experience on the journey of life, which can lead to different kinds of healing; the Spiritual Care Department affirms the vital role that clinically trained chaplains can play as part of the multi-disciplinary team in addressing the spiritual dimension of suffering and healing. Our aim is to nurture the soul of our institution, providing appropriate and compassionate spiritual care to our patients, their visitors and our staff, while respecting and supporting each individual's values and culture, including faith tradition, religious or spiritual beliefs and practices.



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