

# Chaplain's Corner



**A** family member of a recent patient once asked me, *"How can you do what you do? Doesn't the constant pain you witness wear on you?"*

I've had ample time to reflect on this question. Amid situations of critical distress, codes, death, grief, loss, and sheer pain, what gives us resilience?

One answer is that even though we, as clinicians, are surrounded by horrible emotional pain daily, we also get to view incredible acts of compassion and love. We see family members and friends calling in or visiting the hospital to support our patients. These moments showcase love in its most pure and sincere form. Many of us have had experiences in our lives that compelled us or called us into our chosen vocation. And that experience, from which we first heard the faint whisperings of a call, continues to motivate us in this important work. For me, that pivotal moment was my father's heart attack in the middle of the night, his revival after 10 minutes, and his subsequent passing three weeks later.

**Self-care is another crucial component that allows us to continue this challenging journey.** This might involve consulting with a clergy member or a counselor, taking a brisk walk or a hike, reading inspirational literature, practicing yoga or a similar meditative discipline, attending events within our faith community, or seeking out the chaplain during a challenging case or day. The way we care for ourselves will determine the extent to which we can care for others.

I consider it a privilege to serve the patients, families, and staff at San Antonio Regional Hospital. I am there to provide a supportive presence during what can often be the darkest hours of their lives. I 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 a chaplain by dialing "26326" from any hospital phone or making a request through your nurse.**

We look forward to serving you.

Blessings,

**Rev. Alexander J. Aaron, M.Div, BCC**  
Staff Chaplain  
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