

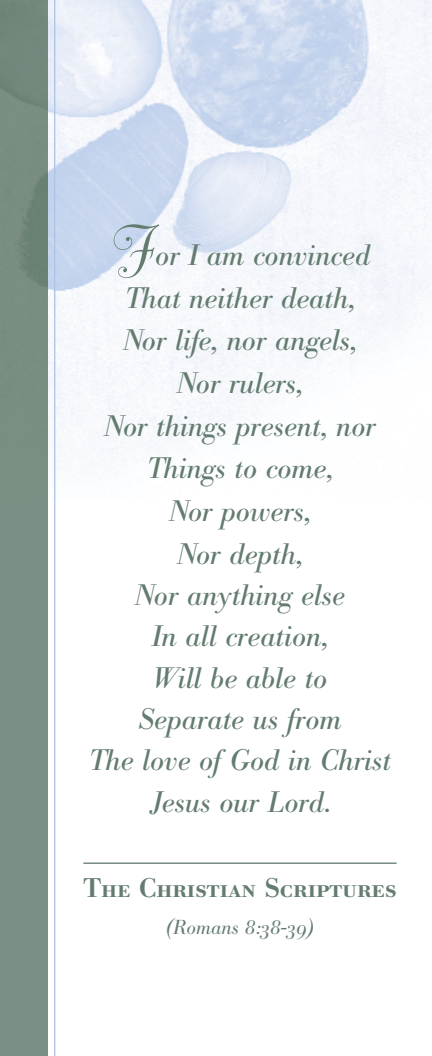
# *Words of Comfort*

are prayers and inspirational sayings from major religions and faith traditions of the world. We hope these words bring you peace and strength, whatever your faith, beliefs or values.



UCSF chaplains are available to help meet your spiritual and emotional needs while you're in the hospital. To request a visit from a hospital chaplain, please page 443-CARE.





*For I am convinced  
That neither death,  
Nor life, nor angels,  
Nor rulers,  
Nor things present, nor  
Things to come,  
Nor powers,  
Nor depth,  
Nor anything else  
In all creation,  
Will be able to  
Separate us from  
The love of God in Christ  
Jesus our Lord.*

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**THE CHRISTIAN SCRIPTURES**

*(Romans 8:38-39)*



**SERENITY PRAYER**

*God grant me the  
serenity to accept  
the things I cannot  
change,  
the courage to change  
the things I can,  
and the wisdom to  
know the difference.  
Amen.*



*Fear not, I have  
redeemed you;  
I have called you by name;  
you are mine.  
When you pass through  
the water,  
I will be with you;  
In the rivers you shall  
not drown.  
When you walk through  
fire, you shall not be  
burned;  
The flames shall not  
consume you.  
For I am the Lord.  
your God,  
The Holy One of Israel.  
your savior.*

*Isaiah 43:1-3*

The background of the page features a soft, yellow-tinted image of several large, detailed leaves on a thin branch, set against a light cream background. The leaves are positioned in the upper half of the page, with their stems extending downwards.

## THE THREE GEMS

*I am aware that the  
Three Gems are within  
my heart.*

*I vow to realize them.*

*I vow to practice  
mindful breathing and  
smiling, looking deeply  
into things. I vow to  
understand living  
beings and their  
suffering,*

*To cultivate compassion  
and loving kindness,  
and to practice joy and  
equanimity.*

*(Buddhist tradition)*



NATIVE AMERICAN PRAYER

*Now Talking God  
With your feet I walk  
I walk with your limbs  
I carry forth your body  
For me your mind thinks  
Your voice speaks for me  
Beauty is before me  
And beauty is behind me  
Above and below me  
Hovers the beautiful  
  
I am surrounded by it  
I am immersed in it  
In my youth  
I am aware of it  
And in my old age I shall  
Walk quietly  
The beautiful trail  
(Navajo tradition)*