UCSF chaplains are available to help meet your spiritual and emotional needs while you’re in the hospital. To request a visit by a chaplain, please page 415-443-2273 at Parnassus or 415-443-5786 at Mission Bay.

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.
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 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
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.

The Christian Scriptures
(Romans 8:38-39)