



Caring Science as Sacred Science: A Catholic Scholarship of Divinity, Communion, Sacred Activism, & Caring Moment

By: Mary E. Desmond, PhD, RN, MA, MSN, AHN-BC

Follow The Yellow Brick Road



Introduction: My Journey & Post-Doc Calling

Vocation



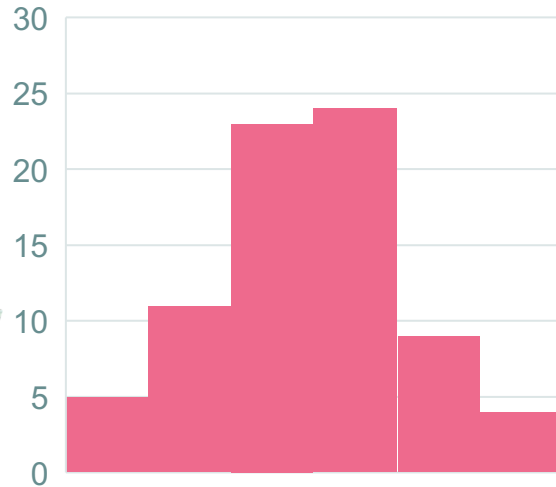
Vocare – “to call”

- An individual's felt call to a ministry or work
- “Vocation is central to understanding the relationship between Divine initiative and human response” (O'Connell, 1993, p.111, as cited in O'Brien, 2011)
- Florence Nightingale referred to it as “Heaven on Earth” (as cited in Calabria & Macrae, 1994)

Leave Nursing? Become a Chaplain?



Spiritual Distress



Spiritual Well-Being



“Path of light..a luminosity..pursuing meaningful, purposeful relations and work, asking new questions about why we are here. What are my gifts and talents? What am I to offer in service to the world?” (Watson, 2018, p. 58).

NANDA: (Herdman & Kamitsuru, 2014)

Prayer to do God's will



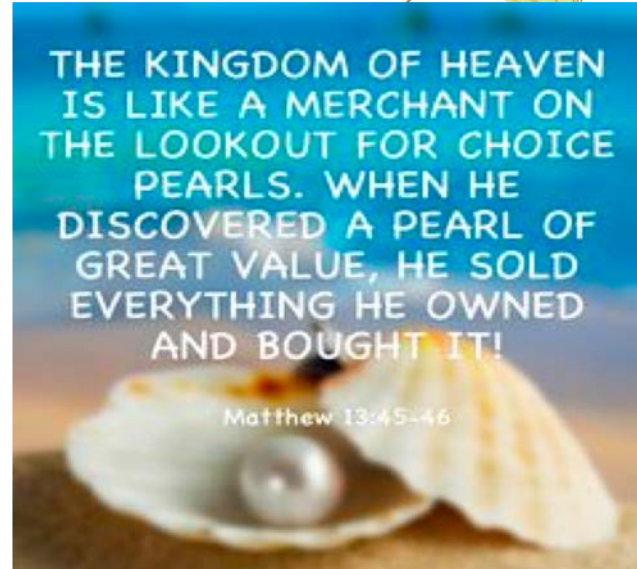
Kintsugi

Invitation - Education

MA – Spirituality
MSN – Nursing Education
Watson Caritas Coach
Faith Community Nurse
Spiritual Director
PhD in Nursing

Learning Theory: Caritas

- ▶ “Caritas comes from the Latin word meaning to **cherish**, to appreciate, to give special, if not loving, attention to. It represents charity and compassion, generosity of spirit. It connotes something very fine, indeed, something precious that needs to be cultivated and sustained” (Watson, 2008, p. 39).



Veritas

- ▶ “Embody and embrace Veritas; to act with honor and goodness, truth, beauty, commitment, dignity, and nobility in service to humankind” (Watson, 2018, p. 22).

Caring Moment

(Watson, 2008)

Levinas: Ethics of Belonging/Face Face of Christ/DeChardin: Divine Milieu



Family Life-Death/Caring Moment/Communion

(De Chardin, 2001; Kane, 1980;
Watson, 2005, 2008, 2018)

Catholic Scholarship of Divinity:



Divinity
Father, Son, Holy Spirit &
Mother of Divine Grace
Mediatix

Veritas: TRUTH
Praxis
Spiritual Knowing



Caritas: LOVE
Behold
Honor Divine

Blessed Mother
Mariology
Virtues/Charism

Catechism
Church/Scripture
Sacraments/Saints
Devotions/Rituals

Holistic Care
Spiritual Well-
Being
Population
Health

Scholarship:
Sacred Activism
Sacramental
Imagination

Divinity: Holy Trinity Fleur de lis



<https://www.britannica.com/topic/fleur-de-lis>



Image: Caritas dei Supplies

(Catechism of the Catholic Church, n.d.; Kane, 1980;
Pope Benedict XVI, 2005, 2009; Pope Paul VI, 1967, 1974; Webster's Dictionary, n.d.)

Sacred Activism

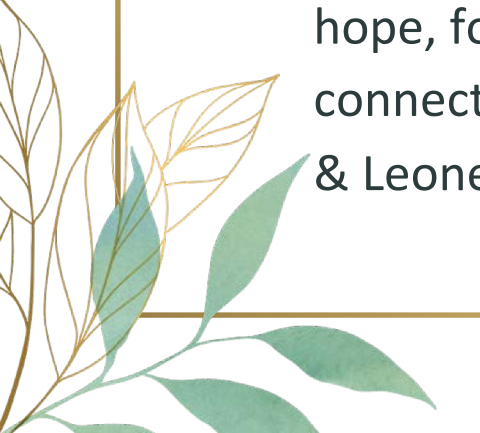
The message of Fr. Bede to Andrew Harvey “**Serve the growing Christ**” (Harvey, 2009, p. 42). Harvey’s insights to this grace of revelation and truth for those called to serve the “growing Christ” were:

“...meditation, prayer, and surrender to the Divine; to serve all other beings as “growing Christs”; and to serve the “growing Christ In history through sacred action” (Harvey, 2009, p. 43).

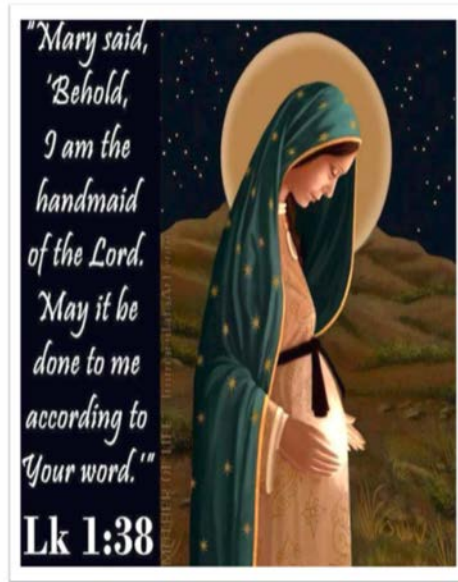


Spiritual Knowing Definition:

“Human beings’ perceiving and appreciating of nonmaterial spiritual qualities and experiences that provide meaning and purpose, awareness of a greater reality, and uplifting of the human spirit. Nonmaterial spiritual qualities and experiences foster a sense of well-being...patience, gentleness, compassion, hope, forgiveness, humility, gratitude, unity, and love, as well as connection to the sacred/divine as individually defined” (Willis & Leone-Sheehan, 2019, p. 62-63).



Fiat - Vocation – Spiritual Knowing

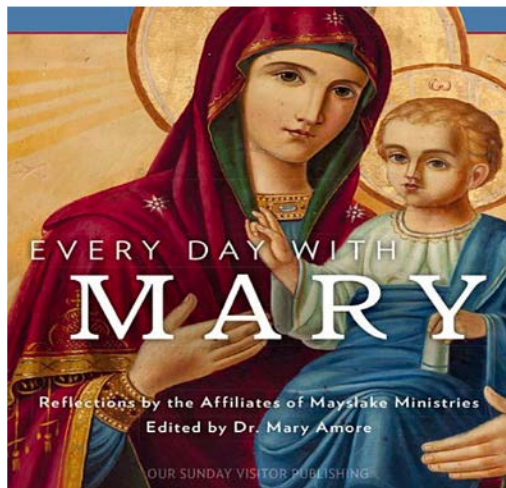


Florence Nightingale

Greece

"The rainbow had vanished, the sun was setting, & I kneeled before it & said: "Behold the handmaid of the Lord," give me tomorrow my work to do. - no, not my work, but thine,- & I did in the morning what I was commanded" (as cited in Calabria, 1997, p. 144).

Every Day With Mary



<https://www.amazon.com/Every-Day-Mary-Dr-Amore/dp/1681921456>

February 24

*"Love bears all things, believes all things, hopes all things, endures all things." —
1 Corinthians 13:7*

As a nurse, I have been blessed to see love come to life. When patients are surprised by a sudden illness or an unexpected admission to the hospital, they often feel disconnected from what is meaningful in their life. They long for the simple pleasures they love, whether the presence of family, prayer time, a pet, music, a morning walk, Mass, a cup of coffee, or just being able to go to work. They long for love in their lives.

I am inspired by Mary and her life experiences. As the mother of Jesus, Mary endured many moments of disconnection from things that were meaningful to her life. She was a refugee in a foreign land, the mother of a lost child, and a witness to the crucifixion of her beloved Son. Yet Mary's love for God never wavered. Loving God can help us reconnect to all that is meaningful for us, for love bears all things, believes all things, hopes all things, endures all things.

— Mary Beth Desmond

CONSIDER THE WAYS that you can offer love and support to someone who is struggling.

Prayer: Mary, help me to bring the love of Jesus to my family, friends, and those that Jesus sends my way.



“I am a proud Catholic nurse.”

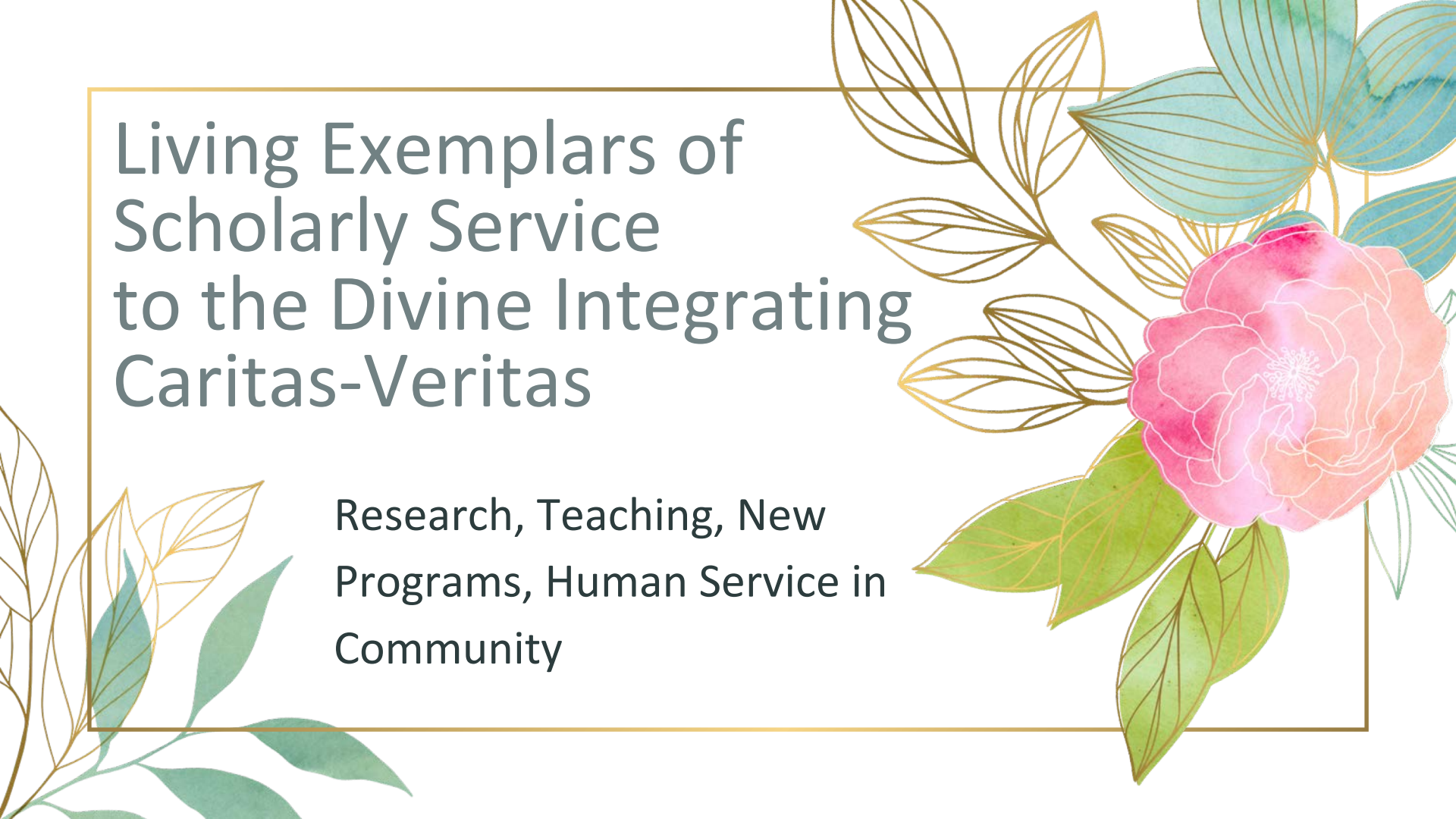
Catholic Vision – One Holy Apostolic; Embrace all in love;

Reverence all expressions of spirituality. We love and work to try to help others see face of Christ.

Webster’s Dictionary (n.d.): Catholic - “forming the church universal”

Living Exemplars of Scholarly Service to the Divine Integrating Caritas-Veritas

Research, Teaching, New
Programs, Human Service in
Community



Research

- ▶ MSN Practicum & Caritas Coach Project/Scripture



(Desmond et al., 2014)

- ▶ **Philosophy: Caring Presence/Self-Care**
- ▶ **PhD – Spiritual Care for a Veteran Using Simulation with Practicing Nurses at VA** (Desmond et al., 2018)
- ▶ **Pilot Simulation with Student Nurses** (In progress)



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Academia

Lewis University
A Catholic & Lasallian
University

Pilot Spiritual Care Simulation & Educational Program



Watson Caritas Self-Rating Score®

DIRECTIONS: When answering the questions, please consider the overall consistency of human-to-human **Self CARING** you have experienced. Please circle the number for the one best answer.

	Never	Always					
I treat myself with loving-kindness.	1	2	3	4	5	6	7
I practice self-care as a means for meeting my own basic needs.	1	2	3	4	5	6	7
I have helping and trusting relationships with others.	1	2	3	4	5	6	7
I create a caring environment that helps me to flourish.	1	2	3	4	5	6	7
I value my own beliefs and faith, allowing for my personal success.	1	2	3	4	5	6	7

I would recommend this hospital to someone I love:

Yes ☐

No ☐

We invite you to share any notable caring or uncaring moments you have experienced.

Thank you for completing our survey!



Watson Caritas Patient Score®

DIRECTIONS: When answering the questions, please consider the overall consistency of human-to-human **CARE** you have received **during this hospital stay**. Please circle the number for the one best answer.

	Never				Always			
My caregivers:								
Deliver my care with loving-kindness.	1	2	3	4	5	6	7	
Meet my basic human needs with dignity.	1	2	3	4	5	6	7	
Have helping and trusting relationships with me.	1	2	3	4	5	6	7	
Create a caring environment that helps me to heal.	1	2	3	4	5	6	7	
Value my personal beliefs and faith, allowing for hope.	1	2	3	4	5	6	7	

We invite you to share any notable caring or uncaring moments you experienced during this hospital stay.

Thank you for completing our questionnaire!

<https://www.watsoncaringscience.org/jean-bio/caring-science-theory/research/watson-caritas-patient-score/#sample>



COVID-19

Caring Connection Faculty & Students



Wrote Blog: "To touch the hearts of the students is the greatest miracle you can perform." Saint John Baptist de La Salle

<https://www.lewisu.edu/experts/wordpress/index.php/becoming-beholders-the-brothers-bench/>



Spirituality, Spiritual Care, Aging & End-of-Life

Mary-Beth Desmond, PhD, RN, AHN-BC, Caritas Coach
Assistant Professor
Lewis University College of Nursing & Health Sciences

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*Church Community
Spiritual Programs:
Meditation & Prayer
Weaving Veritas-Caritas*




Woman's Advent Tea: Behold



Wisdom Women: St. John's Illuminated Bible

[https://www.google.com/search?q=wisdom+women+st.+john%27s+bible&tbm=isch&source=iu&ictx=1&fir=Uijan3USgZp9PM%252ClysXqwYChC-3rM%252C_&vet=1&usg=AI4_-kSrM0D-362KxoSdlnTEptZZx_Gz-g&sa=X&ved=2ahUKEwi_n8aqprzqAhWMWM0KHXPiBy4Q9QEwA3oECAUQFg&biw=2100&bih=991#imgsrc=Uijan3USgZp9PM;](https://www.google.com/search?q=wisdom+women+st.+john%27s+bible&tbm=isch&source=iu&ictx=1&fir=Uijan3USgZp9PM%252ClysXqwYChC-3rM%252C_&vet=1&usg=AI4_-kSrM0D-362KxoSdlnTEptZZx_Gz-g&sa=X&ved=2ahUKEwi_n8aqprzqAhWMWM0KHXPiBy4Q9QEwA3oECAUQFg&biw=2100&bih=991#imgsrc=Uijan3USgZp9PM;https://saintjohnsbible.org/Products/9165/Seeing-the-Word-Wisdom-Woman; (Sink, 2013))

<https://saintjohnsbible.org/Products/9165/Seeing-the-Word-Wisdom-Woman;> (Sink, 2013)



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Social Media



<https://www.facebook.com/marybeth.desmond.7/videos/10220828081148330/?t=7>

Stations of the Cross



<https://www.facebook.com/marybeth.desmond.7/videos/10221424996470840/>

Praying the Scriptural Rosary

(Christianica, 2005)

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Blessed Mother
Rosary
Mary Garden

Litany of Loreto

'Mater misericordiae'- Mother of mercy', 'Mater spei', or 'Mother of hope'; and 'Solacium migrantium', or 'Solace of migrants' are the new invocations to the Blessed Virgin Mary in the Litany of Loreto, which is often recited at the end of the Rosary.

Additions by Pope Francis



<https://www.indcatholicnews.com/news/39858>

Lewis University College of Nursing and Health Sciences



<https://www.lewisu.edu/>

Sacramental Imagination: Mary Garden



Low Border Plants

Forget-me-not
Impatiens
Petunia
Sweet Alyssum

-
-
-
-

Eyes of Mary
Mother Love
Our Lady's Praises
Flower of the Cross

Medium Mid-Bed Plants

Cornflower
Marigold
Poppy
Snapdragon
Sweet Scabious
Zinnia

-
-
-
-
-
-

Mary's Crown
Mary's Gold
Christ's Blood Drops
Infant Jesus' Shoes
Mary's Pincushion
The Virgin

Tall Rear Plants

Larkspur
Morning Glory

-
-

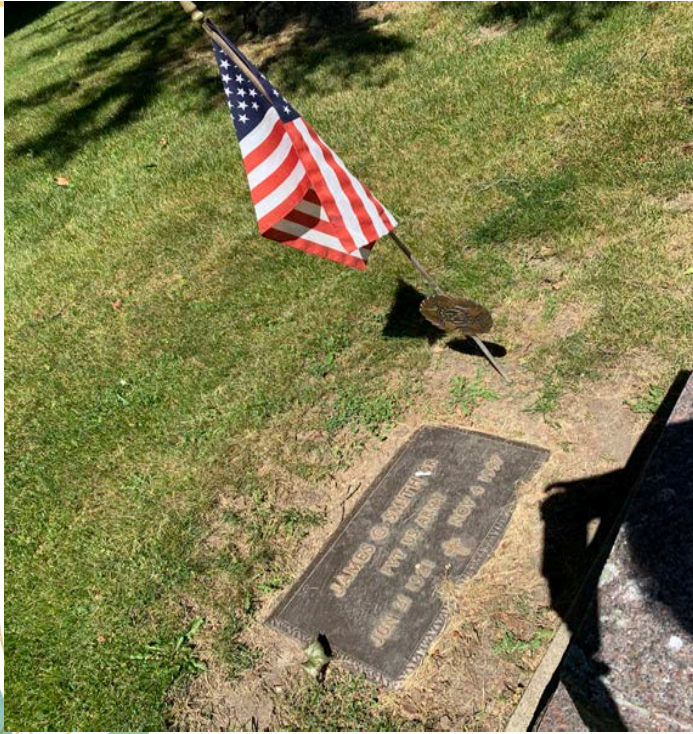
Mary's Tears
Our Lady's Mantle

<https://udayton.edu/imri/mary/a/annuals-mary-gardens.php>

(Eifler & Landy, 2014; Florendo, 2004; Usselman, 2016)

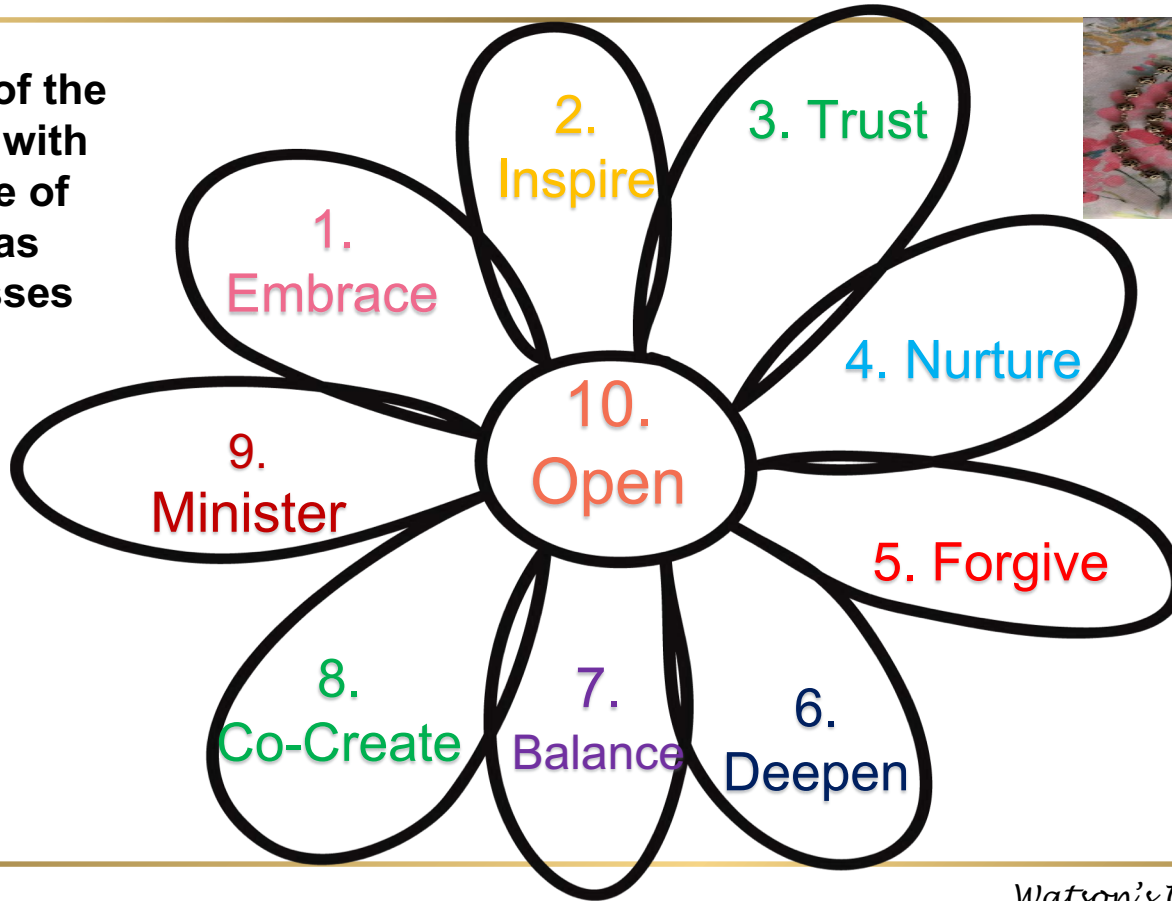


Watson Caring
Science Institute



Decades Later: My Visit to My Dad's Grave

**Decade of the
Rosary with
Decade of
Caritas
Processes**



Tom Booth's Fragrance Prayer

<https://www.youtube.com/watch?v=wtOseBrWI6o>

my heart, that I may taste the sweet
Heal it of all infirmities, that I m
in nothing but of Thee. O most pure
I delight in all savor, which ever
and never fast, let my heart feed o
my inmost soul be filled with the
by Thee and on Thee
no man feed on Thee for his mea
shed by the nourishment of Thy
way. Holy Bread of Life, may I
who didst come down from heaven,
to the world, enter into my h
from all impurity of flesh a
my soul; Heal and cleanse me w
be the protection and continual



Divinity

Father, Son, & Holy Spirit
Mary as Mediatrix

- ♥ Sacred Heart of Jesus
- 🌺 Miraculous Medal
- 🌹 St. Therese the Little Flower
- 🌹 St. Bernadette

Image: Caritas dei Supplies &
<https://www.catholicparts.com/fleur-de-lis-crucifix-and-centerpiece-set.html>

Future: Create Rosary - Fleur de Lis - Divinity - Fiat

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