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
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)
“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

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

Kintsugi
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
Mediatrix

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).
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).

https://udayton.edu/imri/mary/g/gospel-of-luke-mary-in-the.php
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.

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

- 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)
Academia

Lewis University
A Catholic & Lasallian University
### 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.

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

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.

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

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
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
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=Al4_-kSrM0D-362KxoSdlnTEptZZx_Gz-g&sa=X&ved=2ahUKEwi_n8aqprzqAhWMWM0KHXpIBy4Q9QFwA3oECAUQFg&biw=2100&bih=991#imgrc=Uijan3USgZp9PM;
https://saintjohnsbible.org/Products/9165/Seeing-the-Word-Wisdom-Woman; (Sink, 2013)
Social Media
https://www.facebook.com/marybeth.desmond.7/videos/10220828081148330/?t=7

Stations of the Cross

(O'Brien, 2011)
https://www.facebook.com/marybeth.desmond.7/videos/10221424996470840/

Praying the Scriptural Rosary

(Christianica, 2005)
Blessed Mother
Rosary
Mary Garden
'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

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 Pribes
- Flower of the Cross

Medium Mid-Bed Plants
- Calflower
- Marigold
- Poppy
- Snapdragon
- Sweet Scabious
- Zinnia
- Mary's Crown
- Mary's Gold
- Christ's Blood Drops
- Infant Jesus' Shoes
- Mary's Conception
- 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; Usselmann, 2016)
Decades Later: My Visit to My Dad’s Grave
Embrace
Inspire
Trust
Nurture
Forgive
Deepen
Balance
Co-Create
Minister
Open

Decade of the Rosary with Decade of Caritas Processes

Watson’s Unitary Caring Science (Watson, 2018)
Tom Booth’s Fragrance Prayer

https://www.youtube.com/watch?v=wtOseBrWI6o
Divinity
Father, Son, & Holy Spirit
Mary as Mediatrix

❤ Sacred Heart of Jesus
 👑 Miraculous Medal
🌹 St. Therese the Little Flower
🌹 St. Bernadette


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


http://www.vatican.va/archive/ccc_css/archive/catechism/p1s2c3a8.htm

*Catechism of the Catholic Church* (n.d.-b). Mary’s Motherhood with regard to the church. [Article 9, 969].
https://www.vatican.va/archive/ccc_css/archive/catechism/p123a9p6.htm

*Catechism of the Catholic Church* (n.d.-c). Why did the word become flesh? [Article 3].
https://www.vatican.va/archive/ccc_css/archive/catechism/p122a3p1.htm


Institute for Healthcare Improvement (n.d.). *Pathways to population health: An invitation to health care change agents.*


