



### *Special Prayer for Newborn Babies*

Parents who would like their babies presented and blessed in the Chapel are welcome to contact the ward staff and arrangements will be made at their request.

### *Bereavement Support Services*

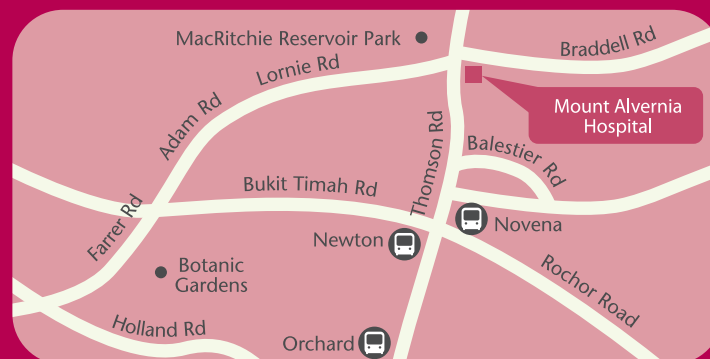
We journey and support those who struggle with the loss of dear ones. Led by trained facilitators, the support group meets once a week for six consecutive weeks. It begins in March, July and November. Please call the Pastoral Care Team for more information.

THE LORD BLESS YOU AND KEEP YOU  
MAY HE SHOW HIS FACE TO YOU  
AND HAVE MERCY ON YOU

MAY HE TURN HIS COUNTENANCE TO YOU  
AND GIVE YOU PEACE AND HEALING

### OUR LOCATION

Conveniently located in central Singapore, Mount Alvernia Hospital is only 10 minutes away from the world-famous Orchard Road shopping belt where many hotels are located; and 20 minutes drive from Changi International Airport. If you are coming by subway, there is a free bus service from the Novena MRT Station to the hospital.



Mount Alvernia Hospital is a general acute care hospital committed to delivering value-for-money, quality healthcare. Since our founding by Catholic missionaries in 1961, we have evolved with the growing needs of public healthcare and developed multi-disciplinary medical expertise to cater to a wide range of medical conditions. We *Serve All With Love*.

For more information or to inquire about our services, please contact us at:  
Tel: (65) 6347 6688 Fax: 6255 6303 Email: [enquiry@mtalvernia-hospital.org](mailto:enquiry@mtalvernia-hospital.org)

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*Serve all  
with Love*

## PASTORAL CARE – A SUPPORTIVE MINISTRY

Hospitalization can be a painful and lonely experience. During this time, you may ask serious questions about the meaning of suffering, your values, faith and God in your life.

Caring for the spirit means assisting persons in their search to make sense of their life experiences especially in times of change or loss. Emotional and spiritual support may help you when your independence, lifestyle and future appear threatened.

At Mount Alvernia, we have dedicated Pastoral Carers who are available to offer you emotional and spiritual support. We are here to share your anxieties about yourself, your family or any other concerns you may have. Anything you communicate will be shared with us in confidence.

## A SERVICE FOR EVERYONE

Though Mount Alvernia is a Catholic Hospital, Pastoral Care is not restricted to Catholics but available to everyone, regardless of race, nationality or religion. We respect all faith traditions.

Besides patients, our ministry also extends to families, staff and those involved in the hospital to help provide a caring and therapeutic environment for all.

Our Pastoral Carers visit the wards regularly. If you would like to speak with a Pastoral Carer, please feel free to call upon us any time. We can be contacted through the ward staff or receptionist.

Chaplains or spiritual guides of other religions are also welcome to visit at the request of patients.

## SERVICES AVAILABLE

### *Chapel*

The Hospital Chapel is located on the first floor of the hospital near the main entrance. It is open to the public between 6.30am to 9.30pm daily.

### *Quiet Meditation Room*

A quiet meditation room is available along St Francis Corridor on the ground level. It offers a quiet space for prayer and solitude and can be used by people from all faith traditions. It is open from 6.30am to 9.30am daily.

### **For Catholics:**

#### *Mass in the Chapel*

Mondays to Saturdays at 7.45am

Any changes to the above timing will be placed on the notice board outside the Chapel.

#### *Sacramental Ministry*

Available to Catholics upon request

- Holy Communion (Available on a daily basis)
- Sacrament of Reconciliation (Confession)
- Sacrament of Healing or Anointing of the Sick. Many understand this Sacrament as applying to the dying or very ill, but the real nature of this Sacrament is to heal, give courage and strengthen and restore wholeness of the body and spirit.



Above: Baby presentation of newborn at Mount Alvernia Chapel