

# Meditative Prayer for Spiritual Care

Presentation by

**Frances Stroh RN, MA, FCN,**

**Rachel Little RN, MSN, FCN,**

**Anna-Maria Schaefer, FNP, BSN, MA**

**Our Savior Lutheran Church**

**Vero Beach, FL**

**[OurSaviorHealthMinistry@gmail.com](mailto:OurSaviorHealthMinistry@gmail.com)**



*A Way to Spiritual Blessedness  
is written within your mind by God;  
and becomes available as you  
Pray and Meditate.*

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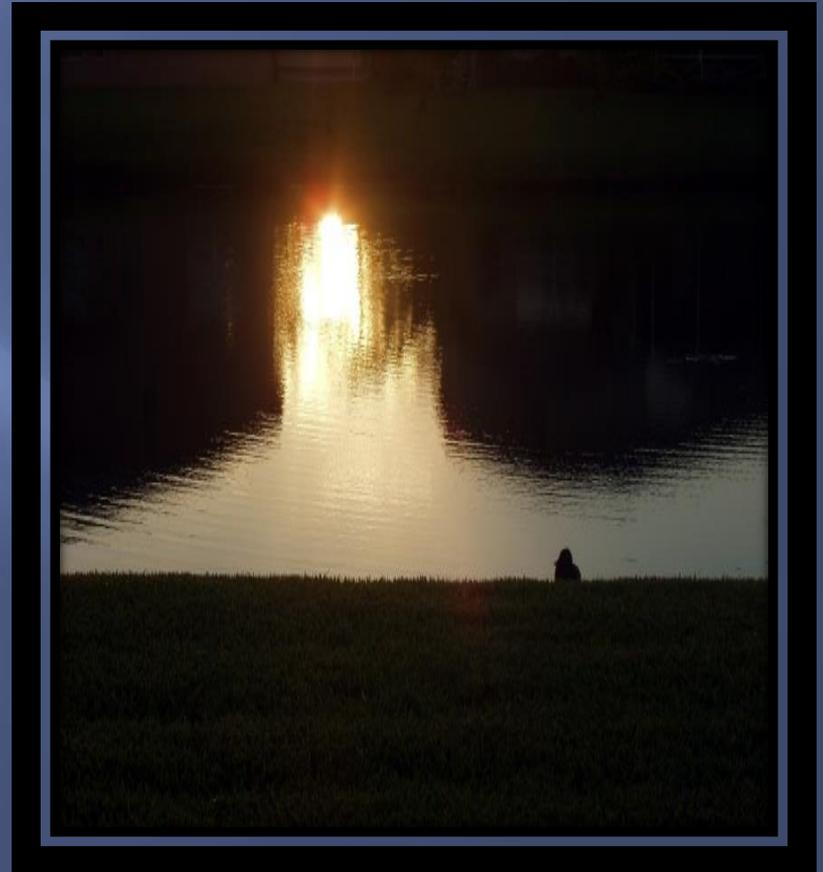
# Implementing Meditative Prayer in the Faith Community

- ▣ Beginning the Angel Ministry
- ▣ Need
- ▣ Methods
- ▣ Outcome
  
- ▣ For further information or any questions contact Parish Nurses at Our Savior Lutheran Church Vero Beach Florida.
- ▣ Frances Stroh RN, MA, FCN,
- ▣ Rachel Little RN, MSN, FCN,
- ▣ Anna-Maria Schaefer, FNP, BSN, MA
  
- ▣ Our Savior Lutheran Church
- ▣ Vero Beach, FL
- ▣ [OurSaviorHealthMinistry@gmail.com](mailto:OurSaviorHealthMinistry@gmail.com)
- ▣ 772-567-2253



# Spiritual Care & Spirituality are Universal

- **Nursing and especially “Faith Community Nursing” requires Spiritual Care with unconditional Love for all people regardless of religion, belief or anything that separates us from each other and the unconditional Love of God. The use of the word God in this presentation is to be understood as that which represents the Divine to each of you. There is One Spirituality and all are in some form or manner Spiritual.**
- **Meditative Prayer leads to a Higher Level of Consciousness and Awareness. Our goal and purpose is to become a living temple of God’s Love and Truth. The Light of God leads to being loving, forgiving, patient, kind, compassionate, tolerant, and joyful. All pathways of Love direct you to One Divine Presence.**



# Part 1. Understanding Meditative Prayer through Experience

- Meditative Prayer leads to the capacity for listening to the voice of God. It is a state of increased awareness. You observe while avoiding conscious thought.
- It is the ability to direct attention from the outer world to a place of silence and peace. You learn to direct thoughts away from worry or concern and remain in the present moment. This mental attitude promotes receptiveness and clarity for inner perception.
- Meditative prayer involves alternating quiet meditation with prayer. You pray in a passive and relaxed state. Combined prayer and meditation leads to Holy Inspiration. This session presents an overview of Meditative Techniques that facilitate the healing process and your ability to enter a peaceful state of meditation. This includes Mind, Body, Soul and Spirit. We learn to be mentally, physically and spiritually prepared to meditate.



# Introduction Meditative Prayer

- ▣ *Steps to Meditative Prayer and Holy Presence Include:*
- ▣ 1. Prayer for Guidance and the Holy Presence of God
- ▣ 2. Focus, Relaxation, Imagery, Visualization
- ▣ 3. Silence, quiet and clear your mind of all thought
- ▣ 4. Receive Inspiration and Guidance from God to help your self and others.



## Presence / The Breath of the Soul "Reflections on Prayer" by Joan Chittister

- Of all the attitudes we bring to prayer, presence is at once one of the simplest and one of the most difficult. Buddhists call it "taming of a monkey mind." We call it the need to "resist distractions." Whatever any of us call it, the effects of the condition are the same. We begin to feel far away, even alienated, from the God who seems so far away from us. We look for God "to come." We do not expect to find God here.
- But where else would God be, if not here? And if here, what creates the Plexiglas between us? God, Scripture says, "is in the small still voice within." So what is blocking us from making the journey within?
- Sinking down into the self where the Spirit resides and the waters run deep is close to impossible in a culture built on noise and talk and information and advertisements and constant movement and a revolving door schedule. As a culture we are forever on our way to somewhere else. Being here now, bringing to the present moment all the self we have, is more myth than reality. We simply do not have much luxury to listen to ourselves anymore, let alone listen to the God within.
- Even most of the praying we do is noisy. We say prayers; we seldom simply sit in the presence of God and wait. The very thought of simply listening for the whisper of the soft, still voice within is not only rare, it is uncomfortable these days. Shouldn't we be going somewhere, doing something, at least saying something holy?
- But it is the voice of God within that brings calm and direction. It drains the negative energy out of the present so that we can go on, calmly aware that there is nowhere that we are alone. This kind of prayer prepares us to feel the presence of God everywhere because we have discovered that the presence of God is within. It enables us to respond to it in waves of trust that carry us far beyond the storms of the present to the fullness of the future.

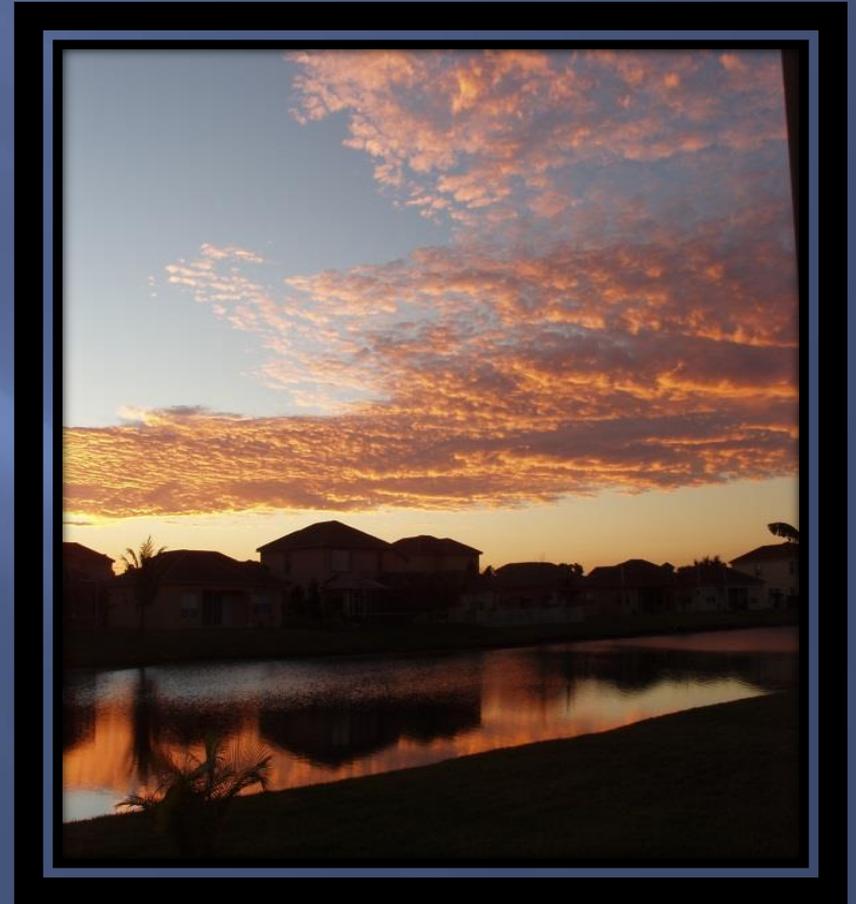
# Experience the Art of Meditative Prayer

- ▣ Now you will experience a very peaceful and sacred place. Do whatever is necessary to avoid disturbance. Be sure that phones are off. Sit in a comfortable position. Rest your hands on your lap with palms turned upward. During Meditative prayer you are in a fully relaxed and peaceful state and yet awake and aware of all that is occurring. You are always in control of your thoughts and feelings. If needed you may do whatever you require to remain comfortable and return to the meditation.



# Focus on the Goodness of God and Begin with Prayer

- Dear God, may the light of your Holy Spirit fill us, surround, guide, and protect as we enter into Your Holy place of peace, goodness and love. Guide us on this path of spiritual growth and bring us closer to you. Our Lord, God, we ask you to always be our guide. As we open our mind and heart to You, help us to listen, so that we hear your voice, and let your word flow into our mind and soul. Fill us with your Holy Spirit, and let the light of your infinite love, peace and inner healing enter our mind, heart, soul and life. Bless all for whom we pray. Give us faith to believe that all who we know and love are safely in your care. Bless us with your gift of grace and faith that we may live in accord with your will. Help us to understand and to believe that only goodness is of you. We thank you God for all your Blessings.
- *Inspired Prayer* \*



# The Eternal Goodness of God

- **Meditative Prayer is a method of instilling peace, order and infinite love into your life. "Meditate in your heart..., and be still." May the Light of God, guide you, protect you and lead you as you enter God's Holy Place of Peace and Love. Meditative prayer leads to a quiet mind and focus on the present moment. Inner guidance flows from God's Holy Presence. Only good is from God. Darkness can never exist in the Light of God. Accept only peaceful, loving thoughts and feelings. Always be aware and discerning. Immediately change and eliminate any uncomfortable thought or feeling. Pray: "Light of God, Spirit of God, be my guide. Let only your peace and Love influence me in any way,"**



# A Quiet Mind

- ▣ As you quiet your mind, there is an Awakening to the Holy Light, the Light of God. The presence and Spirit of God is experienced here and now on this earth. The way of Spiritual Blessedness is present within your mind. It is a gift of God and becomes available during Meditative Prayer. There is only peace, love and goodness in the reality of God's Holy Kingdom. The way is prepared for you to enter. You have all that is required to take part in this sacred experience. It is the Holy sacrament of the present moment where the presence of God's Love is eternal. God's peace comes from within. God, who supplies all blessings, gives this Spiritual gift.
- ▣ A Holy state of Inner Peace is within each person now. There is a place within your mind and spirit where you find God. All are one in this Holy Presence; there are many mansions, many Holy places with varied names.



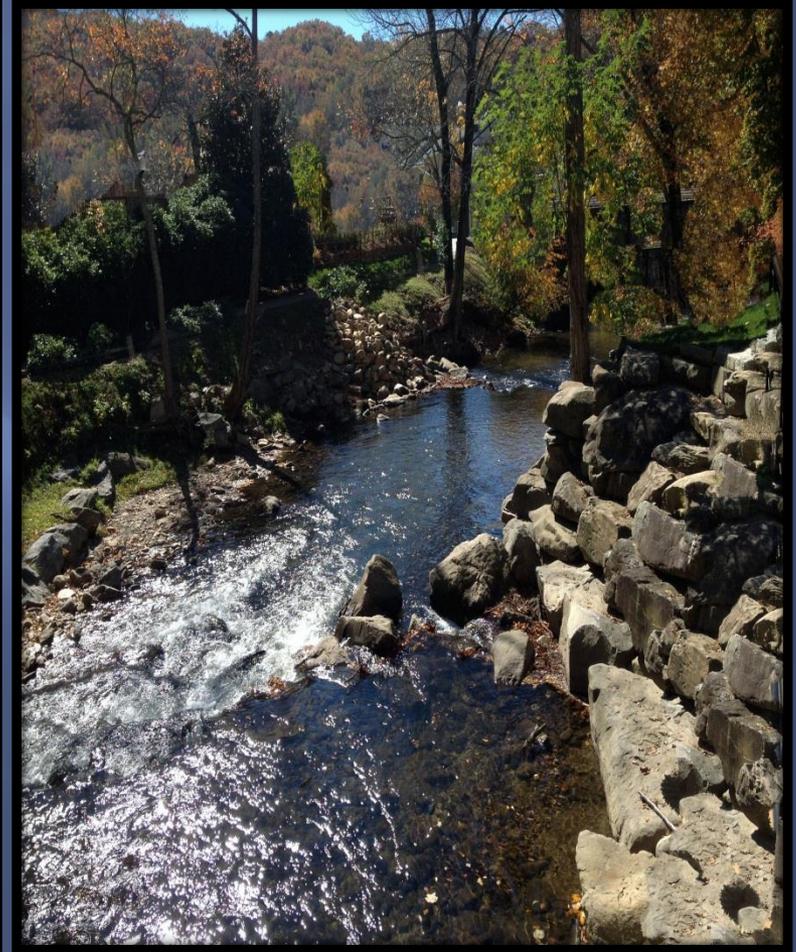
# Rest in the Presence of God

- Rest in a comfortable position. Listen only to my voice and the soothing music. If you like you may close your eyes. Focus on your breathing. Slow controlled breaths cause immediate relaxation. Create within your mind an atmosphere of Holy Peace. Pray silently and request guidance from God.
- Relax all your facial muscles; let your jaw drop down and relax. Let all the muscles in your neck relax, and let your shoulders relax and drop down. Rest your arms in a comfortable position. Receive God's Holy Light. Become aware of a peaceful sensation throughout your entire being. Always be mindful of the Holy Presence of God with you to guide and care for you.



# The Silent Stream

- Imagine that you are resting in a beautiful valley, surrounded by mountains. This is a spiritual place where you are secure and embraced by the Light of God. Only good exists. You are gazing into a stream of clear water. Notice the sun shining on the moving ripples of the stream. The movement of the water creates the appearance of sparkling lights appearing and disappearing on the surface of the stream. Sense your connection with the nature of God and become aware of the impression of total peace as though all of life exists in this sacred Holy presence. All that exists is this moment within your mind as you rest and await Divine inspiration.



# The Goodness of God

- ▣ Only the goodness of God will influence you in any way. You are safe, secure and completely sheltered by God's Holy Presence. The Light of God is enfolding, protecting, and guiding you. Now this journey is going to lead you to your special place of serenity and healing. Rest and focus on a beam of Holy Light entering your mind, body and soul. As this flow of God's Holy Light continues, become more peaceful and calm. Now as the light flows throughout your entire being, sense a calm feeling of sacred peace and stillness.



# Breath of Life

- Breathe deeply and slowly. Become aware of breathing in and out and feel the freshness of clean mountain air. Experience the feeling of breathing. With each breath become aware of pure Healing Light moving throughout your entire being. Continue to sense and experience this pure Light of God. As the Light enters, begin to feel a deep state of rest. There is a sensation of serenity and calm as you relax completely in this beautiful location of Holy stillness. Rest there and enjoy the beauty of God's Creation as your inner awareness is increasing.



# Silence of the Mind

- ▣ You are present in a quiet place of beauty and light. You are reaching higher levels of consciousness and awareness. Each breath leads you closer to that still silent place of perfect love. As thoughts come into your mind just let them float by like leaves on a peaceful stream. This soothing state of awareness enhances the process of inner peace and healing. Rest quietly as you enter that place of stillness where all are one. Your mind is quiet, absent of thought for the moment and ready to receive Holy guidance. Be still, sense the silence and inner peace within you. When you are ready, return, feeling the grace, love, and peace of God.



# In the Hands of God

- ▣ Let the future go and place it in the Hands of God.
- ▣ Place all your loved ones in the Hands of God.
- ▣ Place yourself in the Hands of God.
- ▣ When we place all in the Hands of God, a transformation occurs.
- ▣ Any event affecting loved ones and yourself transforms into growth, understanding, healing and inner peace. Release any concern, have trust and faith, knowing that God is in charge.
- ▣ By letting go and having faith in God's plan, you find a place of harmony and inner peace. You are strengthened and renewed.
- ▣ As you have faith and put yourself in the Hands of God, attitudes and beliefs lead you toward your highest good, You are opening the way for complete peace and joy to fill your life.



# Spiritual Care for Inner Peace and Healing

## ▣ **Prayer for Peace** Saint Francis

- ▣ Lord make me and instrument of your peace. Where there is hatred let me sow love.
- ▣ Where there is injury Pardon
- ▣ Where there is doubt Faith
- ▣ Where there is despair Hope
- ▣ Where there is darkness Light
- ▣ Where there is sadness Joy
- ▣ O Divine Master grant that I may not so much seek to be consoled, as to console
- ▣ To be understood as to Understand
- ▣ To be Loved as to Love
- ▣ For
- ▣ It is in Giving that we Receive
- ▣ It is in Pardoning that we are Pardoned
- ▣ It is in dying to self that we are born to Eternal Life



# Prayer for Healing

- May the Holy Spirit of God, the Light of God, as an expression of Holy Love, Bless you with Inner peace and Healing. The Spirit of God now fills you with Divine Light.
- Focusing on healing thoughts, we ask God to create a blessing of health. With loving concern and care, the Holy Light of God heals every part of your body, mind and soul. Receive this healing Light of God; accept this state of wellness. This normal state is God's will.
- God's Spirit of Holy Light is moving in and through you in a perfect way for healing. As you receive this Holy Light you are experiencing the loving presence of God that moves through your body and functions in a manner that supports your total well-being. As an expression of God's Holy Spirit of eternal life, know that this Spirit of Holy restorative power is moving throughout your entire being. You are healing in God's perfect way, as it is God's perfect will.



# Indian Prayer

- **O Great Spirit: whose voice I hear in the winds, and whose breath gives life to all the world, hear me.**
- **I come before you, one of your many children – I am small and weak. I need your strength and wisdom.**
- **Let me walk in beauty and make my eyes ever behold the red and purple sunset.**
- **Make my hands respect the things you have made, and my ears sharp to hear your voice.**
- **Make me wise to the lessons you have hidden in every leaf and rock.**
- **So when life fades as the fading sunset, my spirit may come to you without shame. (Dakota Indian Foundation)**



# Part 2 Objectives, Questions & Independent Learning

- ❑ 1. Learn and Understand the concept of Meditative Prayer and develop the ability to create and conduct a meditative prayer group that will promote an atmosphere of inner peace and healing for yourself and others.
- ❑ 2. Develop the ability to achieve a state of peaceful meditative relaxation and silent meditative prayer including Faith based, problem solving stress management techniques
- ❑ 3. Learn and demonstrate the art of Spontaneous Prayer through Holy Inspiration
- ❑ 4. Learn to write and utilize guided meditative imagery prescriptions to help and heal yourself and others



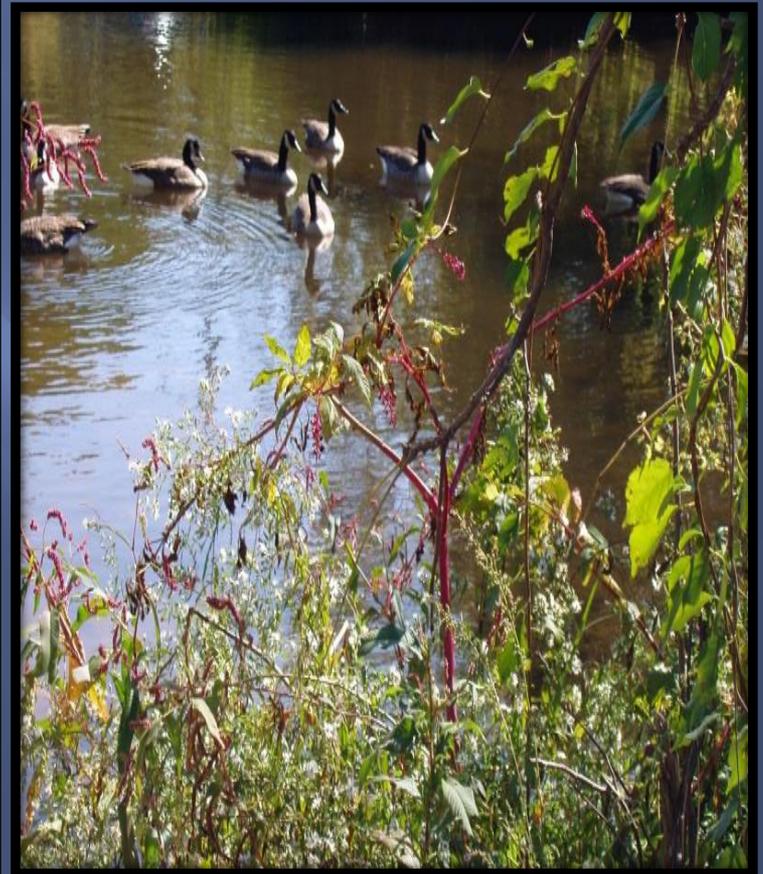
# Guidance for Spontaneous Prayer through Holy Inspiration

- **Spontaneous Prayer**
- **Definition:** A profound and urgent desire of our innermost being or Spirit to respond to the Divine touch or sacred encounter. It, simply, wells up and cannot be denied. It can occur at any time in a prayerful setting or state.
- **Forms of Expression Include:**
  - **Speech**
  - **Song**
  - **Movement**
  - **Emotion**
  - **Silence**
- **Conditions:** 1. An intimate relationship with the divine. 2. The Practice of Presence
- **Definition:** To be so quiet of mind and body or to have reached such awesome stillness that the sacred may meet the sacred in ones innermost being. The desire and goal being oneness with the Divine



# Purpose and Concept of Meditative Prayer

- ▣ You are Learning methods of providing Spiritual Care through the use of Meditative Prayer that leads to Spiritual Growth, Inner Peace and Healing.. The purpose of Meditative Prayer is to prepare your mind to enter into a state of meditation and contemplation in which you experience the Holy Presence of God in the Present Moment. It is Entering the Silence of the Mind. It is Being at One with God.



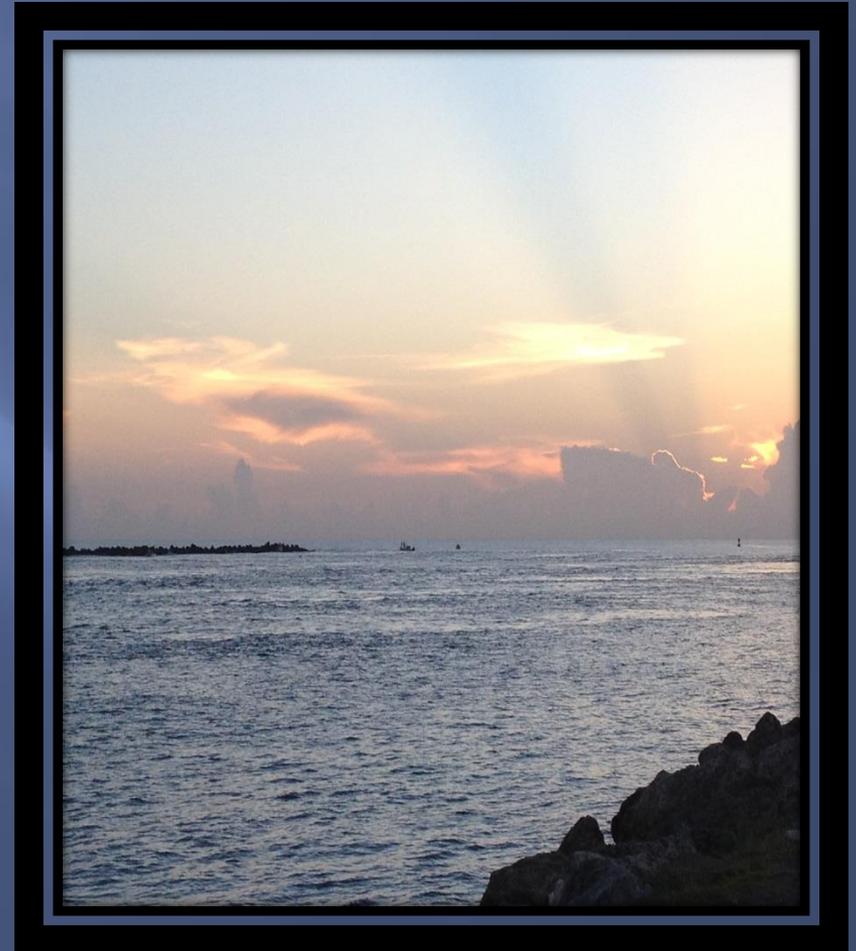
# Methods of Preparation for Meditation

- Spontaneous and guided meditative prayer,
- Guided imagery, Visualization, Relaxation
- Prayer
- Managing Stress through trust and faith,
- Wholistic Healing and Spiritual based problems solving,
- Learning to remain in the present moment,
- Focus on the Holy Light of God guiding and caring for you. During Meditative Prayer you may Center your attention on scripture, prayer, peaceful music, God's creation or a holy object and listen for Holy inspiration. Pray in silence asking for the Guidance and Spiritual Care that flows from God's Holy Spirit.



# Conducting and Creating Meditative Prayer Groups

- *1. Independent Meditative Prayer*
- When you are reading imagery independently, read slowly and begin to rest your mind and body. Visualize experience and follow direction. If you like, read a sentence or paragraph then close your eyes to visualize or contemplate the reading. When you are ready open your eyes and continue in the same manner.
- It is helpful to keep a written log of personal inspiration and guidance received during meditation.
- *2. Conducting a Meditative Prayer Group*
- During group meditative prayer, one person may read to the group. Speak slowly and in a soft relaxed tone of voice.
- In a group and independently, do whatever you require for being comfortable and relaxed throughout your session. Change your position if needed, refocus on prayer, stop for anything that you may require and easily return. You are always in control of your self.
- You always have the freedom to accept or reject anything that is said during meditative prayer. Avoid any unpleasant thoughts or statements. What your mind believes, you will follow.



# Creating a Prescription for Spiritual Care

- Always begin with prayer. Ask God's Holy Spirit to Guide and protect. Only good is of God. Think or State, "Only good, loving thoughts, ideas and feelings will influence me in any way."
- Everyone is spiritual and motivated by their individual beliefs even those who are non-religious. Spirituality is important in the healing process. Decide on a plan of action together. In order to help another person, it must be what he or she wishes to accomplish.
- Focus only on Goodness, healing and Love. There are specific guidelines for writing imagery scripts for yourself or others. Only clear positive statements are used. Remain in the present tense. State in simple sentences what you wish to accomplish. An example is "You are peaceful and calm." "You are a healthy and beautiful child of God." "God loves you and wants you to feel good, and joyful." Avoid using any negative words; think of how you would like to feel and state it clearly and specifically. "You are healing as it is God's perfect will."
- Only Good is of God; the Holy Light of God is filling your mind, body and soul with the divine spirit of Healing and peace.



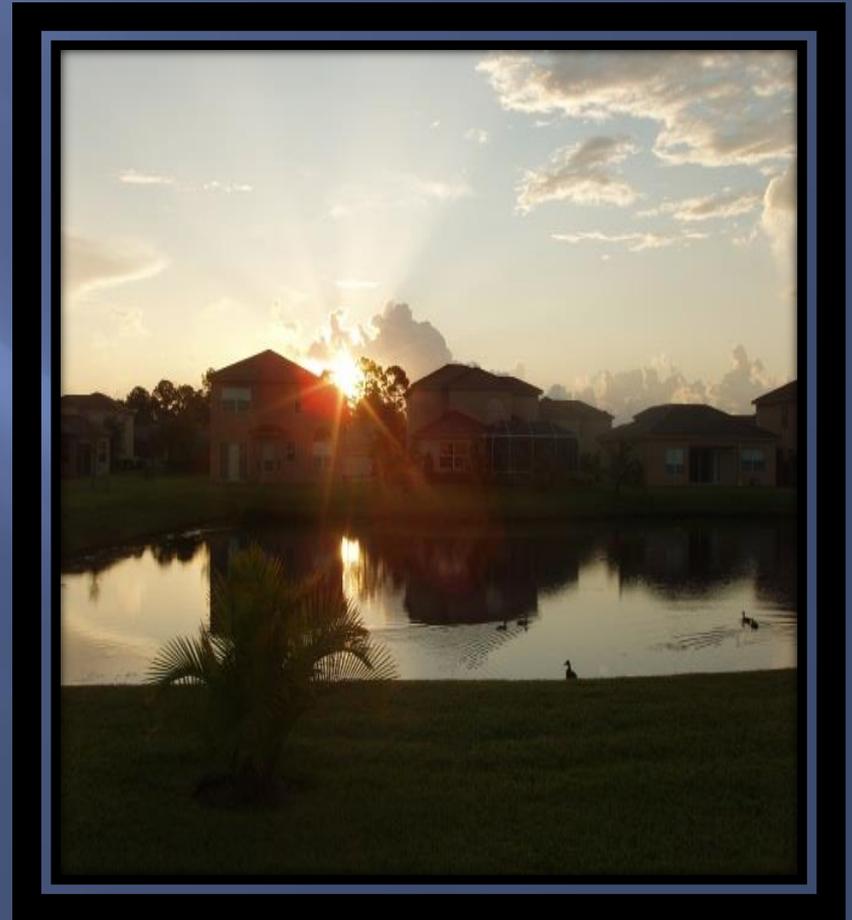
# Creating Prescription for Spiritual Healing

- Avoid the words “no,” “you will not,” “not,” “any more;” always focus on what you will do. Negative words are unacceptable to the inner mind and you will obtain the opposite result. The only reality is the present moment. Also, avoid using words that have a double meaning.
- When speaking with someone you wish to help, assess their situation, beliefs, spirituality, motivation and health issues. Use sentences that will motivate beneficial changes. Use language according to the person’s intelligence and age level. Use a slow calm, peaceful voice. Be caring empathetic and compassionate. Also avoid the word “try”. The inner mind interprets this word as “attempt but don’t do it.”
- Health Care providers develop a plan of care based on the following. Collect data: related to immediate needs, anticipated needs and the present situation. This includes wholistic spiritual beliefs and practices. Assess the situation based upon all the information that you gather through talking, known health concerns and medical diagnosis. Plan with the person that you are assisting methods of resolving problems and caring for needs. Develop specific short term and long-term goals to be accomplished within a specific time.



# Managing Stress through Faith

- ❑ Managing stress requires learning to regulate thoughts and feelings.
- ❑ Relax, quiet your mind, and listen to what God is telling you. Thoughts create your reality.
- ❑ Good thoughts lead to effective control of feelings.
- ❑ Have Faith and Trust that God is caring for all aspects of your life.
- ❑ Trust leads to inner peace and healing.
- ❑ Absolute faith creates miracles in your life.
- ❑ Talk to God in prayer. Ask for guidance and help in each situation.
- ❑ Live according to Gods Will and devise a plan of action accordingly.



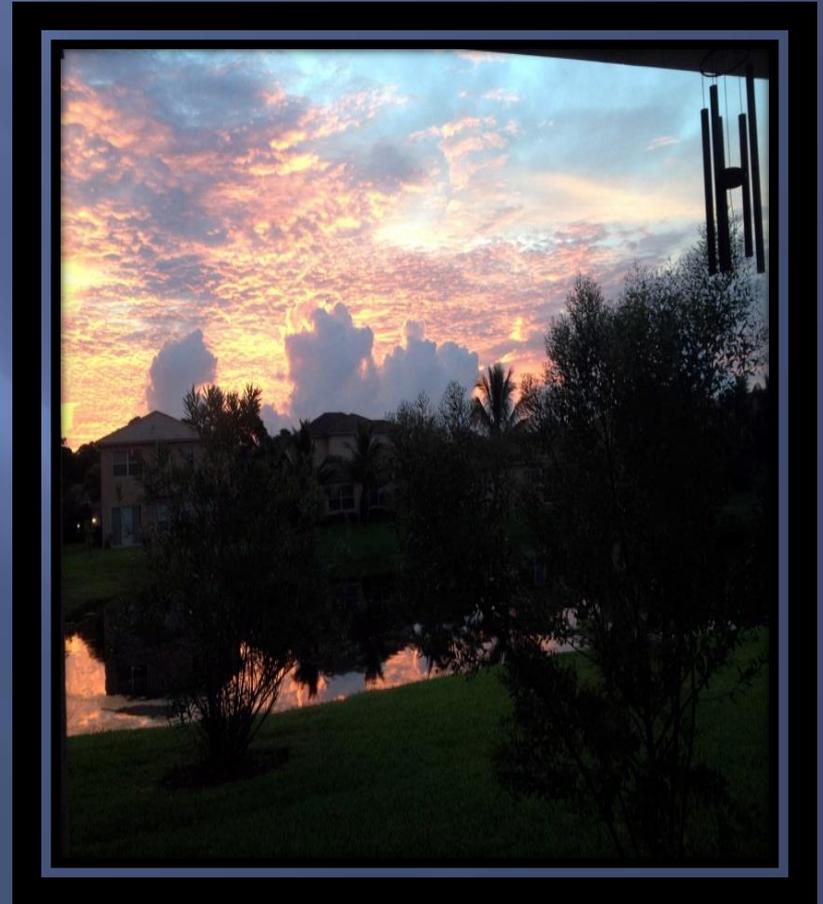
# Managing Stress through Faith and Trust

- Become aware of your feelings. Explore the cause of an emotion and then devise a plan or positive action to deal with it.
- Do all that you are able to solve a problem. Then, relax and have faith that you did all that is possible to resolve an issue and let God be in charge.
- A comprehensive approach includes mental relaxation combined with appropriate medical treatment, proper nutrition, rest and exercise,
- Incorporate the use of various relaxation techniques as a strategy for maintaining health and wellness.
- Seek help from a licensed health care provider when appropriate.
- Always continue with prescribed medical treatment. The techniques suggested here are in addition to traditional medical care.



# Healthy Methods of Managing Stress

- Healthy methods of stress management include learning to change thinking patterns.
- Live in the present moment since reality is now.
- Understand that the past is over; it is therefore not a present reality.
- The future has not occurred. It may never occur. It is therefore not a present reality.
- You may treasure beautiful moments from the past and plan for a wonderful future free of worry as you live in the present.
- Get in touch with feelings and become aware of needs and goals. Deal with problems using effective problem solving strategies.
- Learn methods of problem solving and take responsibility for personal behavior.
- Become an expert in methods of relaxation, meditation and prayer. Place all things in the hands of God.



# Spiritual Healing of the Whole Self

- ▣ Healing is an art. It is not a science. Each person is different therefore methods of treatment require an individual plan of care.
- ▣ In order to remedy a problem or illness, the original or fundamental cause is treated.
- ▣ Healing includes the Whole Person vs “Cure” of a specific part of the whole. We can be Healed without being cured.
- ▣ The whole person including mind, body and soul is included. It is necessary to change behavior, environment, beliefs, your mind and soul.



# Restoration to Health

- ▣ We each have personal needs and problems requiring an individual plan based on these specific issues.
- ▣ Including emotional and mental factors; use effective methods of spiritual self-care
- ▣ Adapt to each situation by having faith and trust that God is in charge and taking care of you and all whom you love.
- ▣ Focus on the Present Moment
- ▣ Think Good Uplifting Thoughts
- ▣ Remain in control of your feelings through right thinking
- ▣ Become aware of your feelings and take effective action



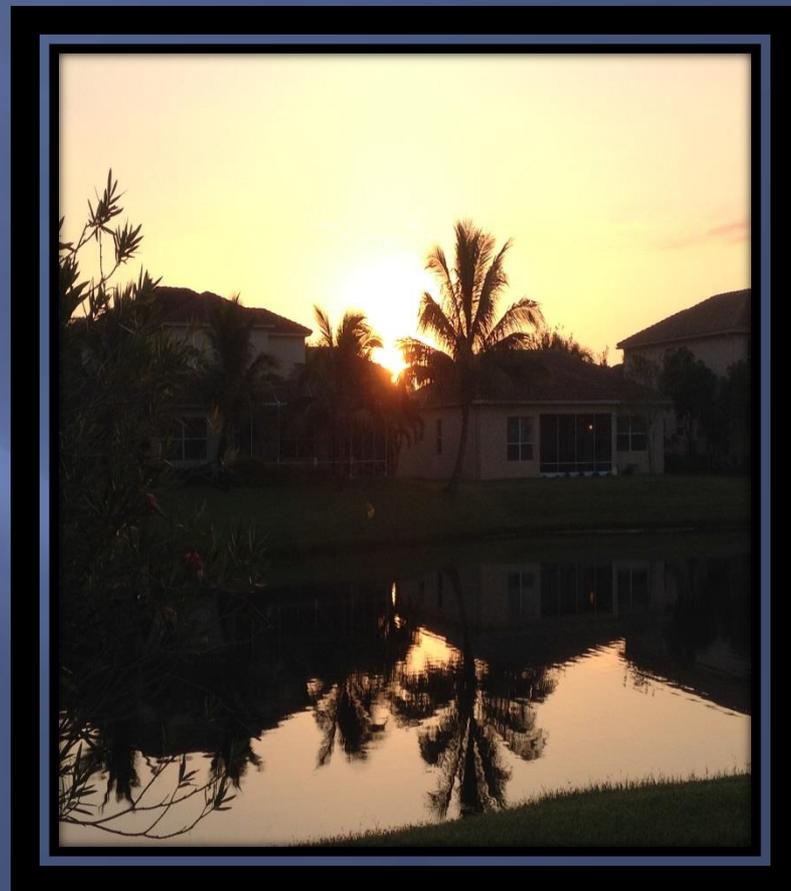
# Benefits of the Relaxation Process

- ❑ Research has revealed that the body chemistry actually changes during a state of deep relaxation.
- ❑ There is a decrease in heart rate, lower blood pressure, changes in skin temperature such as warming of your hands, adjustments in certain types of brain wave activity.
- ❑ The result of this restful state can be monitored using scientific instrumentation. Reactions to resting your mind and body occur instantly as physiological changes, which are monitored using methods of Biofeedback.



# Awareness of Your Spiritual Nature

- Through meditative prayer, you reach for a level of consciousness in which awareness of your spiritual nature and connection with the Spirit of God is the foundation for finding inner peace.
- A quiet mind, clear of thought, is ready to receive and accept guidance. Inner peace and joy is the result as guidance flows from God's Holy Spirit. This is a place of Holy peace.
- All have a mission to find true reality with God. There is passage beyond the concept of self-consciousness leading to recognition of your connection with God.
- There is one God, one sense of spirituality and one true reality "The steadfast of mind you will keep in perfect peace, because they trust in You." (Isaiah 26:3) (1) (paraphrase)
- "Cease striving and know that I am God" (Psalm 46:10) (1) God is asking that you be still, calm and listen to His guidance.



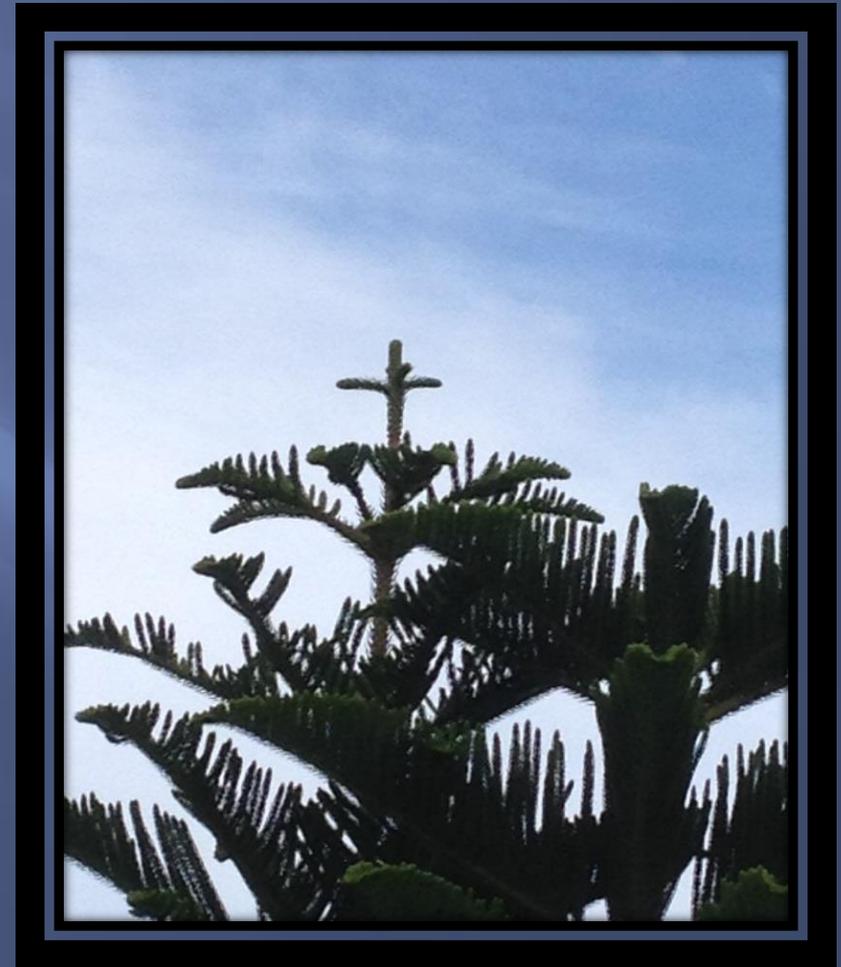
# Health Benefits of Meditative Prayer

- Meditative prayer initiates a state of physical and mental calmness.
- It improves concentration, memory, intuition and mental peace.
- It leads to spiritual enlightenment.
- An essential goal of meditation is to extend past the mind and become aware of the reality of God's Holy Presence. You eventually realize that there is a real world beyond thought.
- Silence your thoughts, and discover the joy and bliss that comes when your mind is still. Become aware of a different manner of consciousness, which is beyond the mind and independent.
- When your mind becomes naturally quiet, there is clarity to listen to the voice of God. Discover your identity and connection with God. When calling upon God, you are in harmony with the physiological and mental factors that lead to spiritual growth and inner peace.



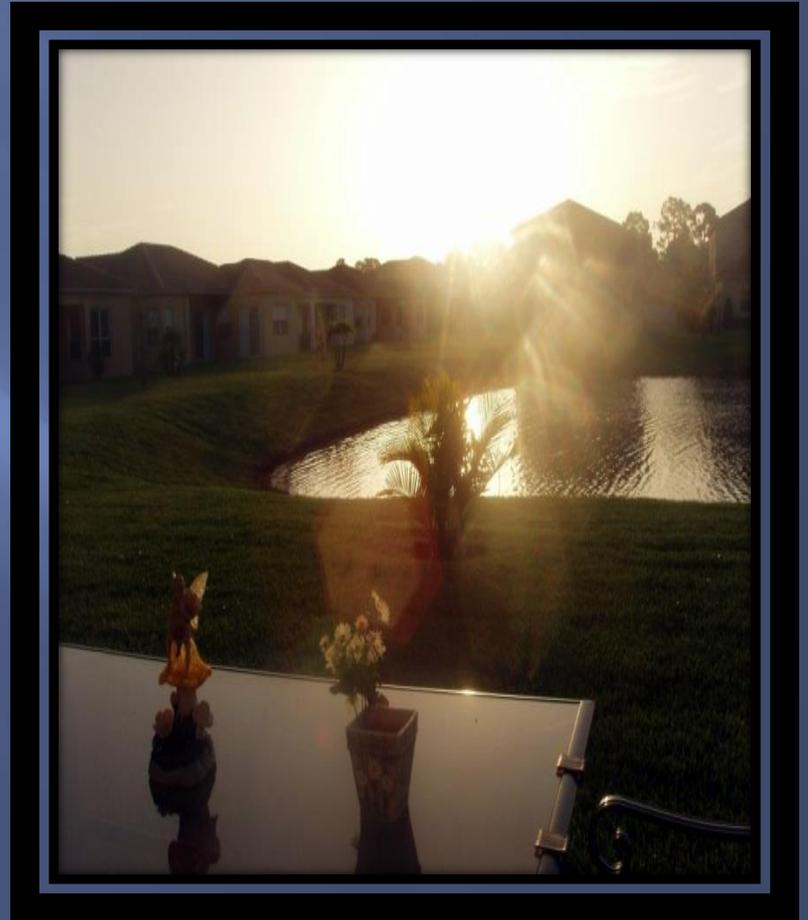
# Physical and Mental Calmness

- Meditative prayer helps to improve your physical, mental and spiritual wellbeing. Your mind is fully active, but in a relaxed manner.
- You are praising God and dwelling on God, in a peaceful way usually with your eyes closed. This helps to maintain an alpha brainwave.
- When your thoughts are calm, they are appropriate. The emphasis here is on quiet. God can hear your thoughts; it is not necessary to speak aloud to Him.
- The differences between meditative prayer and other forms of prayer is meditative prayer is personal. It is purely silent and comforting.
- As you move into a deeper state of meditation, God leads you to a place of serenity. This solitude and quietness enables you to enter totally into the presence of God.



# Mental Peace

- ▣ God's speaks in quiet subtle ways through inspiration, music, thought and in the silence of your mind. The word of God flows into your mind and you awaken to Holy Light. God speaks every day to everyone. All that is necessary is to listen to the Holy voice of Goodness and believe. God proclaims love for all because God is Love. Help others to feel good about themselves. Give love as you grow spiritually to know yourself and to know God.



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