

# WRITTEN IN STONE BLESSING

1-12-13



**J**ohn O'Donohue, describes a blessing, in his book *"To Bless the Space Between Us"*, as a circle of light drawn around a person to protect, heal and strengthen. We hope the words written on the walls will surround the people who use this room and be a source of healing, and hope, strength and protection.

The beauty of a blessing is the belief that it can truly affect what happens. We do not see blessings just like the people who use this room will not see the words on the walls. They will read them in a book and trust they are on the walls. Just as we trust in our blessing.

The heart of blessing is based on human hope. The instinct that at the deepest level of reality some intimate kindness holds power. Our longing

instinctively expects that kindness to respond to the blessing we request. We instinctively depend on the presence of kindness.

To bless means to invoke divine kindness upon something. To believe in blessing is to believe that our being here, our very presence in the world, is itself our first gift of divine kindness. There is a kindness that dwells deep down in all things. It presides everywhere, often in places we least expect, like the walls of this room.



We all have the power to bless. It does not depend on who or what we are but rather the intention we bring. When you bless another, you first gather yourself and reach down to the deeper source within you, namely your soul, the divine kindness within you. When one

person takes another into the care of their heart, they have the power to bless. You offer a beautiful gift of yourself when you bless someone.

Perhaps, John O'Donohue writes, we bless one another all the time, without even realizing it. When we show compassion or kindness to another, we are setting a blessing in motion. Today we trust this is also true of places. When you are in a certain place with great love or kindness, it imprints itself on

the very essence of the place. When someone comes into that place, that spirit, that loving imprint, affects that person. You have probably experienced this yourself, certain places feel differently.

We have no idea the effect we actually have on one another. This is where blessing can achieve so much. A blessing with a powerful and positive intention can transform situations and people. The force of blessing must be even more powerful when we consider how the intention of blessing corresponds with the deepest desire we all have for healing and wholeness. A blessing creates possibilities we cannot even begin to imagine.

We will probably never know the impact of this day's work on the people who will work here or receive treatment. We hope these words create



the courage, patience and perseverance for others to go on to healing or acceptance and for compassionate care by the caregivers.

Blessings rely on hope and trust in a power greater than ourselves, a power that is benevolent and kind, the very source of our own kindness and compassion today.

Candles are often used to represent the divine light and favor, and protection like we invoke today. As I said at the beginning, a blessing is a circle of light drawn around a person to protect, heal and strengthen. I invite you to light a candle so we can create a circle of light, a circle of blessing. As you light a candle, envision in your mind and heart the people who will use this room that they may know how much they are supported, cared for, loved and held in a blessing of kindness.

Resource for this is John O'Donohue's book, *"To Bless the Space Between Us"*.

**Meg Zerbinos, Spiritual Care Coordinator**  
**Central Peninsula Hospital**

TREATMENT LIKE A...



obesity  
well being

~ keep the faith... Never give up!

+ You will receive Messages From The Healing Touch.

Keep  
Your Smile  
and hope  
open

~ All the  
energy  
you need  
for healing  
is within  
yourself!

~ Love to heal...  
heal to love!

Peace  
of God  
be with  
you!

~ God loves you.  
So do it!



~ You are not  
alone in your  
journey

~ Health, Healing, Peace

Sh  
Dee  
wi

### **Blessing For Memory Wall 1-12-13**

God of infinite love, remind us that we are your beloved daughters and sons.

Awaken us to your dream for our lives.

We ask your blessing for all persons who are struggling with life-threatening illness.

We place them in your hands, as we affirm your dream of healing and wholeness for all creation.

We ask your blessing on the words written on these walls.

We ask you to bless this space that it may be a healing environment.

Let your healing energy flow through these walls bringing healing of body, mind and spirit to all who enter here.

May the words written on these walls awaken in those receiving care their faith, hope, and courage.

May they feel the love, kindness, comfort and support these words represent.

May they never feel they face their cancer alone.

Good and Gracious God, source of kindness and healing,

bless our work today that it may be a guiding light of hope to those in need.

*Amen*

## This Little Light

This little light of mine, I'm gonna let it shine (x3)  
*Let it shine, let it shine, let it shine*

All around this room, I'm gonna let it shine (x3)  
*Let it shine, let it shine, let it shine*

These little words of mine, I'm gonna let them shine (x3)  
*Let them shine, let them shine, let them shine*

All around this room, I'm gonna let them shine (x3)  
*Let them shine, let them shine, let them shine.*



THE LIGHT OF THIS LASER WILL  
TREAT THE CANCER IN YOUR BODY.  
LET THE LIGHT FROM THE LOVE  
WRITTEN ON THESE WALLS TREAT  
YOUR MIND + SOUL.  
LOREN WEIMER

Be  
with  
Trust


The light of this laser will treat the cancer in your body. Let the light from the love written on these walls treat your mind and soul.

**Loren Weimer**

Believe. Live life everyday like you mean it. Believe that anything is possible.

**Blessings, Jeanette Rodger**





Always keep your faith and high hope with a strong determination in the presence of the Lord, you are not alone in your journey. Early detection is the best prevention, listen to what your body is telling you and take good care of yourself.

**Elena Sallinger**

**Margarita Diaz 02/21/1937 Phillipines**

I am so thankful that my CPH family is committed to bring excellent care; total care of the patient, physical, emotional, and spiritual. The hospital staff treats the volunteers with respect and gratitude. This makes us feel part of CPH family. This special effort to bring hospital staff and volunteers under the umbrella of "family" enables the hospital to do many more special services to the patient and their family. CPH has truly earned the title of number 1 hospital in AK!!

**Sue Kidder**

You've been given a new life to live, not one you would have chosen, I'm sure: know you are not alone in your efforts to LIVE this life. We, your community of the Peninsula stand with you---and our God is holding you, sheltering you in the Palm of His Hand.

**Barbara Dilley**

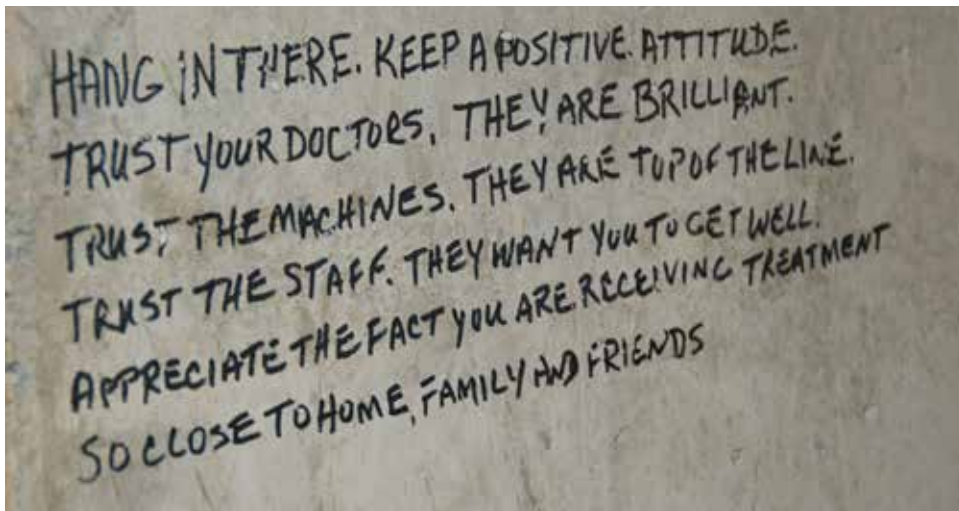
"It is not the strength of the body that counts, but the strength of the spirit." –

*J.R.R. Tolkien*

**Camille Sorensen**

I miss you – your strong sure voice – your wonderful wisdom – your joy of life – your reach into and for all that is good – and your beautiful ability to give – your compassion and caring for others needs – who is there to comfort others?! Why I will always miss you.

**Barbara Norbeck**



Hang in there. Keep a positive attitude.

Trust your doctors. They are brilliant.


Trust the machines. They are top of the line.

Trust the Staff. They want you to get well.

Appreciate the fact you are receiving treatment so close to home, family and friends.

My wish is you find yourself cancer free at the end of your treatment like I did.

**JEG**



*Romans 8: 36-38*

“For I am convinced that nothing can ever separate us from his love. Death can’t, and life can’t. The angels won’t and all the powers of hell itself cannot keep God’s love away. Our fears for today, our worries about tomorrow.” Or where we are – high above the sky, or in the deepest ocean – nothing will ever be able to separate us from the love of God demonstrated by our Lord Jesus Christ when he died for us.

**S.K. Burney-Cook**

Love knows not its own depth until the hour of separation.

**S.K. Burney-Cook**

May God bless the medical staff and keep them at their best while they treat patients within these walls.

**Pat Cowan**

May God bless these walls and all that enter into them.

**Myrna Cowan**

“Persevere. The harder the climb, the greater the view will be when you get to the top.” *From Purity 365*. May your climb to the top be swift and full of love from all of us. We will climb with you.

**Kathy East**



"Smile"

**Nova Paulk, age 4 ganglionuerblastoma survivor**

In loving memory of my mother, Una Thompson, Vickie Fain, Anne Walbers, Paula Dickey and all the others I came to know and love as patients. In honor of Lila Krohn, Betty West, Dave Stein, Alyson Stogsdill and all the others who are fighting the battle and those who have won. They are an inspiration to us all.

**Kathy Lopeman**

"Curiosity may have killed the cat, but it saved my ass." – *Michael J. Fox*

**John and Lin Kennedy**

This is where the healing happens. Good luck to everyone who passes through here. In loving honor of our Mom, Wife and Grandma: Lynn Pollard.

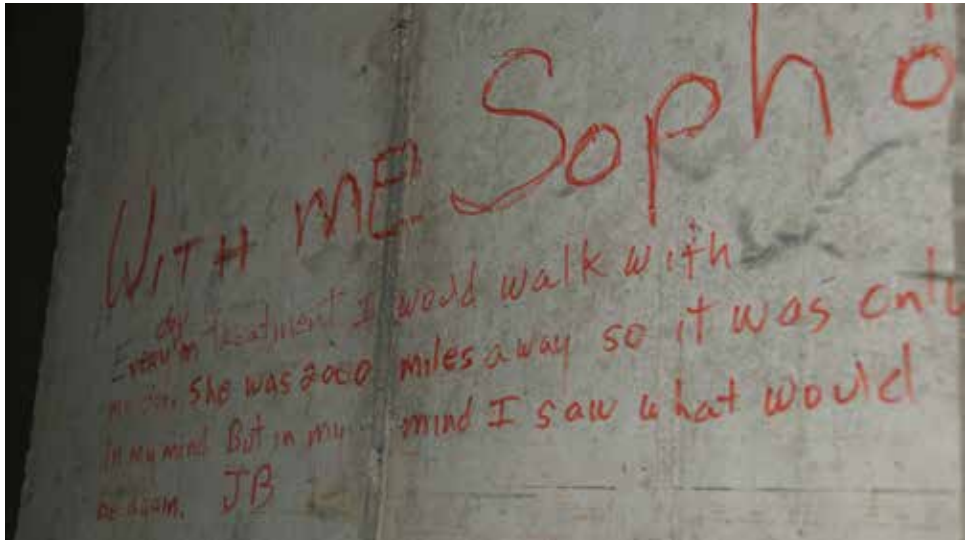
**Sheila Best, Fred Pollard, Freddie Pollard Sr.**

To all the doctors, nurses and local community: Thank you for all the hard work and dedication for making this possible in our community.

**Freddie Pollard Sr**

“Believe that healing, hope and love are present in this room.”

**Meg Zerbinos**



With me Soph!

Every day during treatment I walked with my dog. She was 2000 miles away so the walk was only in my mind. But in my mind I saw what would be again. Hang in there.

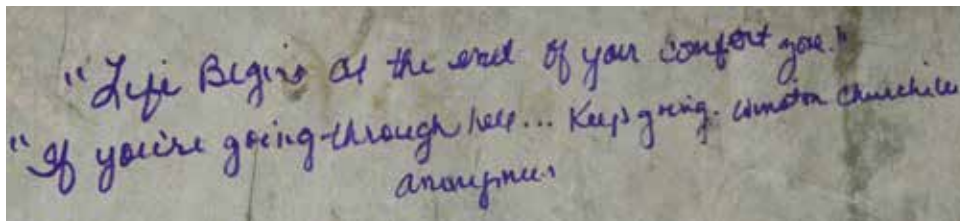
**JB**

Dear Friend,

Watching you fight this battle against non-Hodgkin's lymphoma this last year has opened my eyes to the strength and endurance every cancer fighter needs to face this head on. When I shaved my head for you last April, I did this out of my love for you and your beautiful family...but surprisingly I learned a lot about myself too. I learned that losing my hair made me feel naked and not pretty, but then I realized that your beauty shines through your beautiful bald head and beauty comes from within. Thank you for allowing me the opportunity to be your friend and learn alongside you – through your pain, suffering, pokes/prods, body/hair changes, but most of all seeing hope through your eyes has changed me forever! I love you and I will always be there for you!

*Jeremiah 29:11-12* "I have good plans for you, not plans to hurt you. I will give you hope and a good future. Then you will call my name. You will come to me and pray to me, and I will listen to you."

**Angela Beplat**



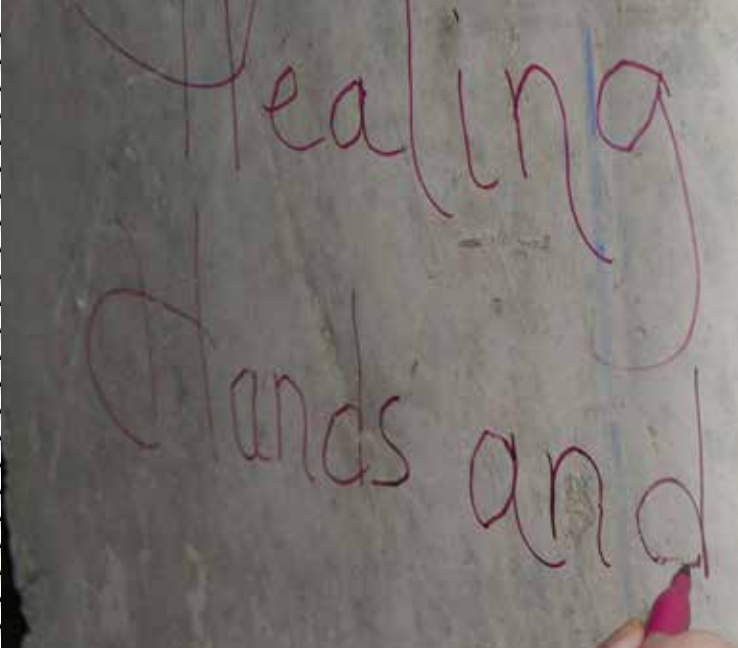
"Life begins at the end of your comfort zone."

"If you're going through hell, keep going." – *Winston Churchill*

**Anonymous**

Once you have hope, anything is possible.

**Joe Gallagher**



... loving hearts in harmony,  
eases the difficult journey.

**Nancy M. Egbret**

"You have cancer" These are the hardest words I ever had to hear. Yet, I felt an amazing calm. Somehow, inside I knew that God would take care of me. Today I am a survivor, and I now know how much this community cares and hopes along with us in the struggle that must be faced. Fight! Fight hard but, never be afraid to surrender it all to the hands of the one who knows and wants the best for us.

**Christy L. Walker**

For all of our patients who have faced the malady of cancer and stood strong with grace and determination in hopes of cure or easing of suffering; we thank you for letting us be a part of your team and for all you have taught us as physicians and persons. We pray that we, as physicians, may show the same grace and compassion in dealing with our struggles that you have shown. We hope this new center will bring the most compassionate, personal and competent care to all those who shall require treatment here. In your honor and memory, we will strive to always do our finest.

1-14-14  
John Halligan, MD  
Jamie Blom MD

For all of our patients who have faced the malady of cancer and stood strong with grace and determination in hopes of cure or easing of suffering; we thank you for letting us be part of your team and for all you have taught us as physicians and persons. We pray that we, as physicians, may show the same grace and compassion in dealing with our struggles that you have shown. We hope this new center will bring the most compassionate, personal and competent care to all those who shall require treatment here. In your honor and memory, we will strive to always do our finest.

**John Halligan, M.D. and Jamie Blom, M.D.**

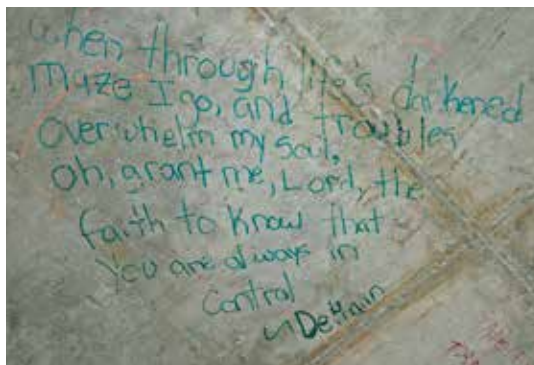
Make more memories now!! In memory of John Kersten.

**Meggean Bos**



"When through life's darkened maze I go,  
And troubles overwhelm my soul,  
Oh, grant me, Lord, the faith to know  
That You are always in control." DeHaan

**Brenda Jefferson**

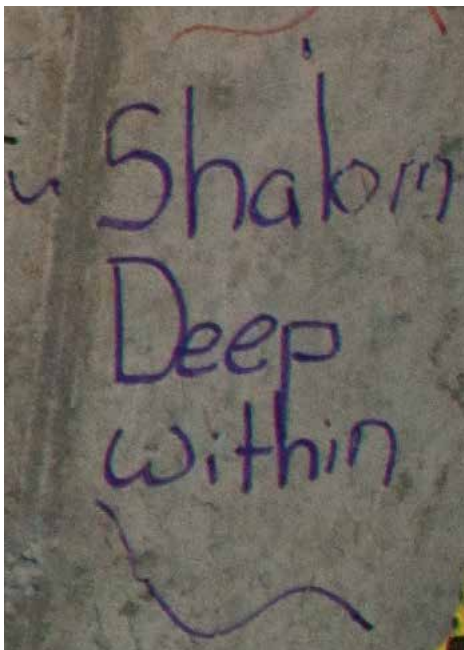


When you enter this place you don't walk in alone. You enter with the hopes and prayers of a community to support you and the skills and knowledge of staff to care for you. You enter into a place of healing though the hearts and souls of those who walk in your shoes.

**Alyson Stogsdill**

Faith, Hope, Love help me to gather the courage to hold on and you can too. May the Lord be with you on your courageous journey.

**Terrie LaRae Butcher**



Shalom deep within

The best healing is inside yourself. I survived inoperable stage 4 cancer and have been cancer free 14 months. You can beat it too. \*Believe in yourself. The strength is inside you.

**Debbie Kendrick**

Keep your smile, laughter, courage and positive attitude during your fight with cancer. Let them always be a part of you.

**Lila Ann Krohn**

"Nothing will be able to separate us from the love of God." *Romans 8:39*

**Meg Zerbinos**

Not everyone beats cancer but if you keep your head held high and stay strong you could be one of the lucky ones.

**Natawni Hammack**

Central Peninsula Health Foundation

Cancer = Bad  
Healing = Good

**Rory Nelson**

My Dear Friend,  
As you fight this battle against cancer may you know how much we all love and care about you. May the Lord fill you with strength and give you courage as you face the many challenges that lay ahead. We continue to pray for a miracle for you each and every day. Through God all things are possible. We love you!

**Kelli Jo Boonstra**

Here speaks the Comforter, tenderly saying, "Earth has no sorrow that Heav'n cannot cure."

**Dr. K, ED Physician**

My Dear Friend,

As you fight this battle against cancer may you know how much we all love and care about you.

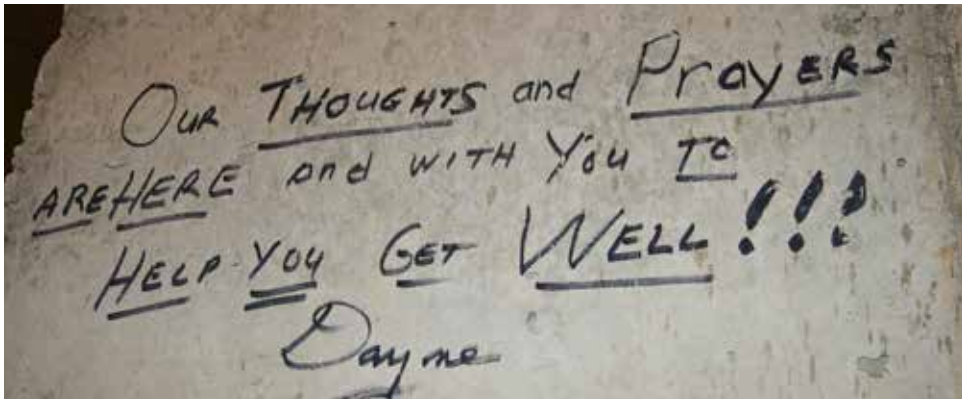
May the Lord fill you with strength and give you courage as you face the many challenges that lay ahead. We continue to pray for a miracle for you each and every day. Through God all things are possible.

We Love You!

Kelli Jo Boonstra

I received 33 radiation treatments in Anchorage in 2011. Every time I would go into the vault I would ask God to be with me. The radiation machine makes a high pitched sound when it is working and it is a scary experience for anyone to receive this treatment. As my treatment progressed I would lay on the table and ask HIM (GOD) to be with me while I was receiving my treatment. When I would close my eyes I could see angels around my table and their wings were flapping kinda like a hummingbird. So when I hear the sound of the radiation machine I knew that angels were hovering over the table guarding me. It was such a comforting vision and I was so thankful for it. So glad treatment has come down here to the Kenai it will make it so much easier for those going through a difficult situation.

**Claudette Barber**



Our thoughts and prayers are here to help you get well!!!!

**Dayne Clark**

Dear, Cancer  
get out of our lives:

Sincerely,  
everyone

Dear Cancer

You are not welcome here.

Sincerely,

Everyone

**Cole Nelson**

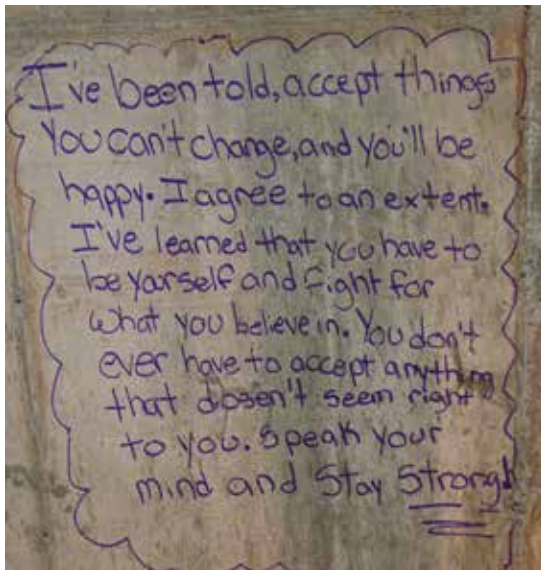
“Sometimes I’ve believed in as many as six impossible things before breakfast.”

– *Alice in Wonderland* by C.S. Lewis

**Erin Carver**

BE ALIVE!!! While you are alive, be alive in your life. Enjoy it, be passionate about what you do and bring an exciting energy to those around you.

**Casey A. Randall (Fighting non-Hodgkin's lymphoma)**



I've been told, accept things that you can't change, and you'll be happy. I agree to an extent. I've learned that you have to be yourself and fight for what you believe in. You don't ever have to accept anything that doesn't seem right to you. Speak your mind and stay strong! From one survivor to another!

**Meggean Bos**

Keep the faith  
Never give up

Light and love above, below, within, and all surrounding you with every breath you breathe.



Trust in the power of self healing!

Ask, believe and you will receive

I wish you wholeness and wellbeing

You are not alone in your journey

Keep your smile and hope open

Love to heal, heal to love

All the energy you need for healing is within and around you.

I wish you health and healing and peace

Love and Light  
Within and without

Peace of God be with you

God loves you and so do I. Peace be with you.

Believe

This YEAR you will be

Fierce

when you do <sup>your</sup> best at this,  
there is nothing more you  
CAN do.

YOU NEVER KNOW How Strong  
you ARE until being <sup>strong</sup> is the  
Only choice you have

Pattie QuINN



- This year you will be fierce.
- When you do your best at this, there is nothing more you can do.
- You never know how strong you are until being strong is the only choice you have.

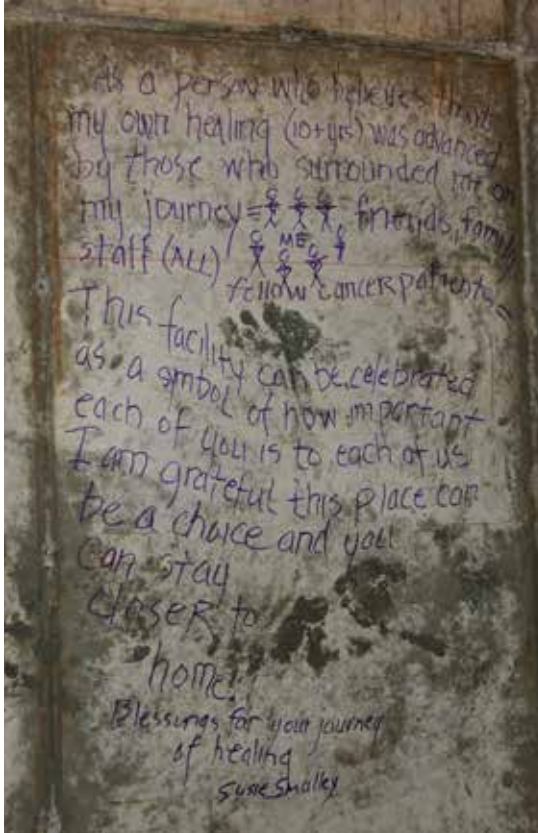
**Pattie Quinn, (fighting stage 4 pancreatic cancer)**

- I always knew you were strong. I always knew you were tough. Yet this cancer is bringing strong and tough to a new level.
- Keep up the determined fight.
- Be fierce. Be unstoppable.
- Real hope requires hard work and determination.
- “Let your hope make you glad, be patient in times of trouble and never stop praying.” *Romans 12:12*
- You overwhelm us with your strength to choose to fight this daunting change – this jagged, rugged mountain climb in your life.
- Do see the many wonders that surround you and let your light shine a little brighter.
- Keeping your mind on the goal as you visualize taking a walk, riding your bike again, etc.
- You are on a team. We are getting through this “together”.
- This is the year you will be stronger...braver...kinder...and unstoppable.

**Pattie Quinn, (fighting stage 4 pancreatic cancer)**

You can't control the plot twists, but you can determine your character. May your life story unfold along a joyful path, with love and strength along the way.

**Jenny Neyman**



As a person who believes that my own healing (10+ years) was advanced by those who surrounded me in my own health journey = friends, family, staff (all) and fellow cancer patients. This facility can be celebrated as a symbol of how important each of you is to each of us. It can be a choice providing you an opportunity to stay closer to home. Blessings on your journey of healing.


**Susan Smalley**

We will get through this together.

We will be by your side.

Love, Your Family

**Ryan Nelson**



You, indeed, are “surrounded by love” – we had this wonderful support, care and concern, as we experienced the recovery from the cancer to our family member. May the recovery be the same for you and your family.

**Dave and Jane Stein**

Mi Sheberakh – *A Prayer For Healing*

May the One who blessed our ancestors  
bless and heal the one who is ill.  
May the Holy Blessed One  
overflow with compassion upon them,  
to restore them,  
to heal them,  
to enliven them.  
The One will send them speedily,  
a complete healing –  
healing of the soul and healing of the body –  
along with all the ill,  
among all humankind,  
soon,  
speedily,  
without delay,  
and let us all say: Amen!

**B'Shalom from Briat Elohim Jewish Congregation of the Kenai Peninsula**

Stay calm in the midst of confusion  
Smile when you want to cry  
Remind yourself that this is the  
biggest battle of your life -  
And then fight, fight, fight, you owe it  
to yourself and your loved ones.  
MLS

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Smile when you want to cry  
Remind yourself that this is the biggest battle of your life -  
And then fight, fight, fight  
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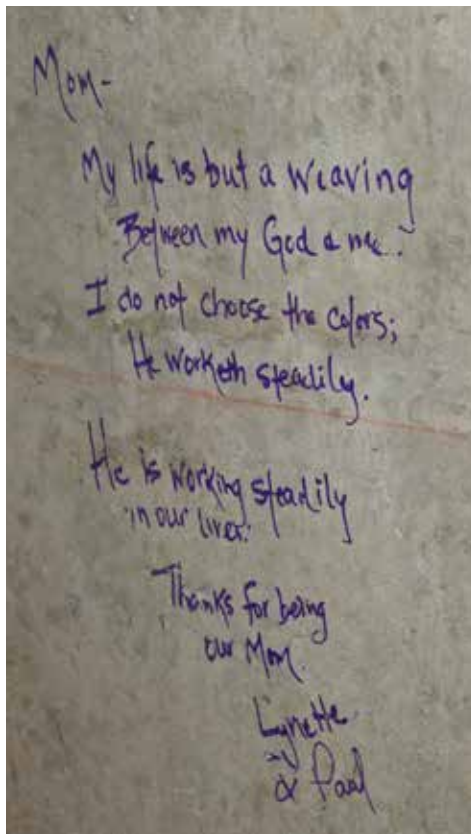
**MLS**

May the caring spirit of those who came before you strengthen you on your journey. Thankfully, a journey that you can now take close to home.

**Trena Richardson**

Let your faith be bigger than your fear. Never underestimate the power of prayer.

**Teresa Kiffmeyer**



Mom -  
My life is but a weaving  
Between my God & me.  
I do not choose the colors;  
He worketh steadily.

He is working steadily in our lives:

Thanks for being our mom.

**Lynette & Paul Knapp**

Never give up! Your miracle may be next in line. Remember and rest in this thought: God always allows us to live long enough to fulfill His purpose for us. So fight on, survivor.

**Sandra J. Ghormley**

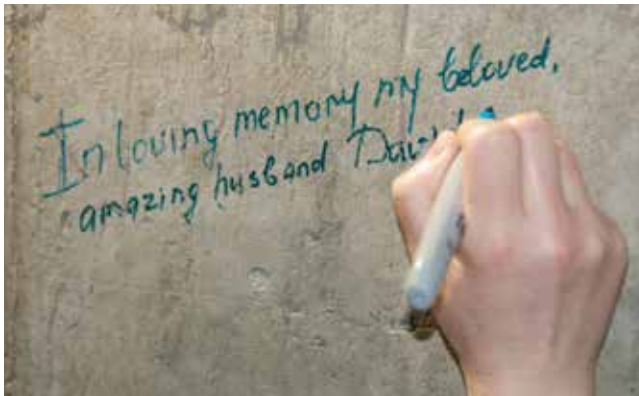
“Be strong and courageous for the Lord, your God, will be with you wherever you go.” *Joshua 1:9*. “I praise you because I am fearfully and wonderfully made, Your works are wonderful. I know that full well.” *Psalms 139: 14* – Remember, no matter what treatment you are going through, you are still beautiful and wonderfully made – you are the same person with many people loving and praying for you!

May God bless you and keep you. May He keep you safe from harm. May He have mercy on you and your family. May the Lord always be by your side. May He protect you and uphold your undertakings, May the Lord bless you always. Please remember, you are never alone – God loves you and so do we!

**Judith W.**

“When you feel hope is gone, look inside you and be strong and you’ll finally see the truth – the hero lies in you” –*Mariah Carey*

**Kathy Gensel**

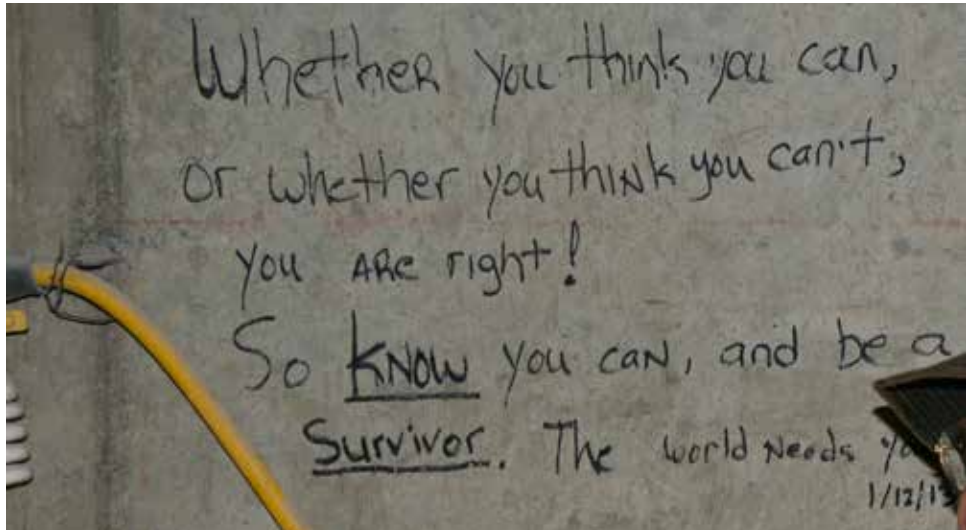


In loving memory of my beloved, amazing husband David Richards.

**Love, Irina  
Richards  
and family**

In memory of those I never got to meet. Great Grandma and Grandpa Robash

**Love, Brendan F.**



Whether you think you can, or whether you think you can't, you are right.

So know you can and be the Survivor.

The world needs you.

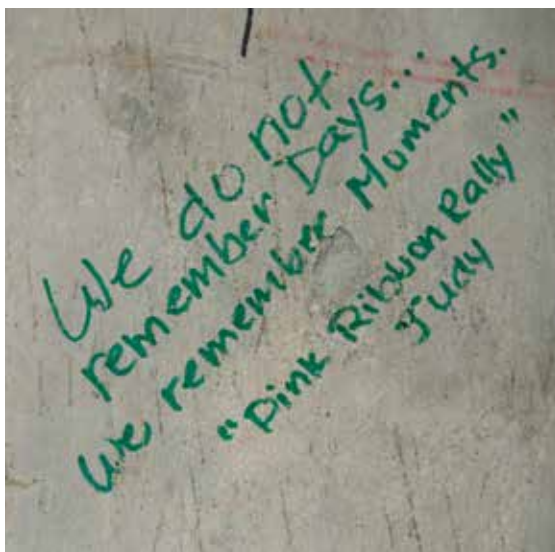
**Dennis Ghormley**

In honor of my dear friend Laura Sena who courageously danced in the rain believing all things work for good and the glory of God.

**Susan Cain**

During your darkest hours, let hope light your way.  
Although it is unseen, messages of love surround you. Gather strength from those around you both known and unknown – you are our HERO!  
In memory of Emma Ruth Vannatter May 16, 2006 – October 4, 2008. She shared with us a moment in time and touched our hearts forever. Forever Emma's Touch

**Rhonda Baisden**



We do not remember days...  
We remember moments.

**Pink Ribbon Rally**

BELIEVE with all your heart  
and "Praise God in this Storm"

**Laura Sena**

"When you walk through a storm, hold your head up high and don't be afraid of the dark. At the end of the storm is a golden light and the sweet mellow song of a lark." – from *Carousel* by Rodgers and Hammerstein

**Maria Dixon**



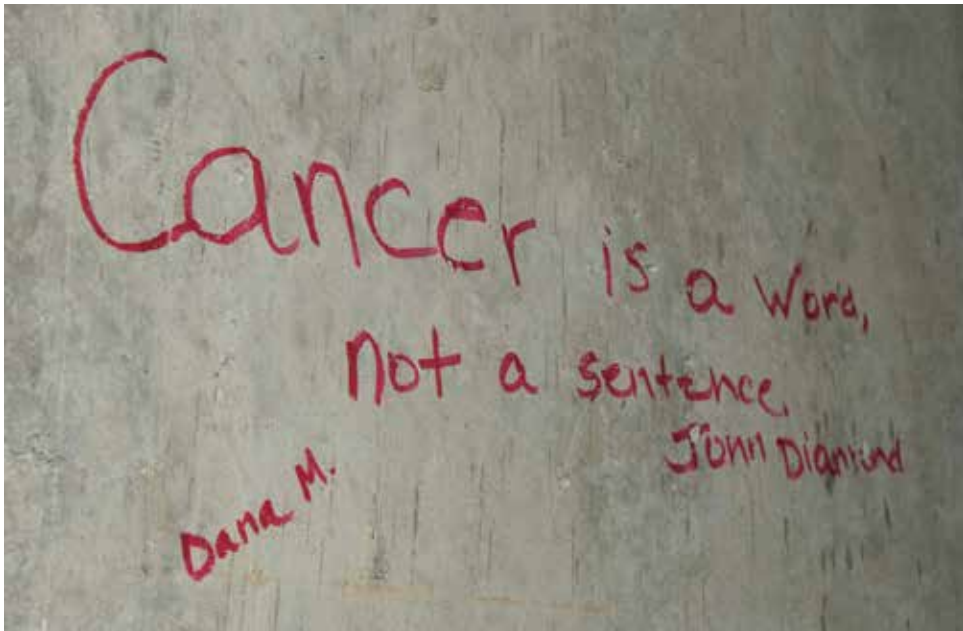
Never, ever, lose hope  
To hope is to trust GOD  
To trust God is to have faith  
To have faith is to believe  
To believe is to hope.

Never, ever, lose hope  
To hope is to trust God  
To trust God is to have faith  
To have faith is to believe  
To believe is to hope.

**Lee Anne Crafton**


So many have given their support and talents to bring hope and healing to the patients of this Cancer Center. Know that your care is possible because of thousands of acts of generosity, compassion and love. At the time we didn't know who these efforts would one day serve, but we are grateful that, today, they serve you.

**Peter Brennan**



Cancer is a word, not a sentence. – *John Diamond*

**Dana McDonald**



Take my hand – I won't let go.  
I'm going to love you through it!

**Al & Bunny Chong**

“Love is like the wind, you can't see it but you can feel it.” – *Nicholas Sparks*

**Best Wishes, Hospice of the Central Peninsula**

Embrace life, the alternative isn't worth considering.

**Eric Stirrup**

Thank you for saving our son's life.

**Debi Engholm**

Just take your recovery one step at a time...and celebrate every little victory as it comes.

**Fran Stetson, Project SEARCH Teacher**

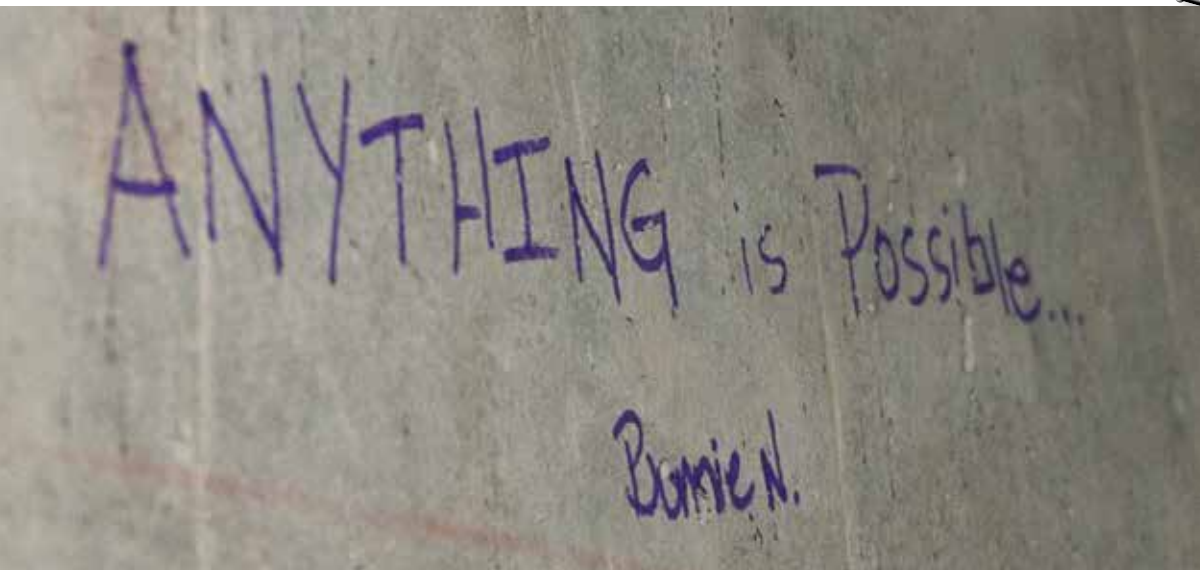
I am so thankful that the patients here on the Peninsula have a place closer to home to go through their own journey. I will forever be thankful for the technology of radiation for saving my life.

**Cheyenne Stettler**

“Life begins at the end of your comfort zone.”

Never, Never give up! In memory of Pam Mejia  
I WILL ALWAYS LOVE YOU! In memory of Dan Siskowic

**Liz Siskowic**



Anything is possible.

**Bonnie Nichols**

Ben, best friend, altar boy, math genius, successful businessman, husband, father, fighter. I miss you.

**Charlie**

Grandma, I miss you everyday but you are never far away.

**Charlie Weimer**

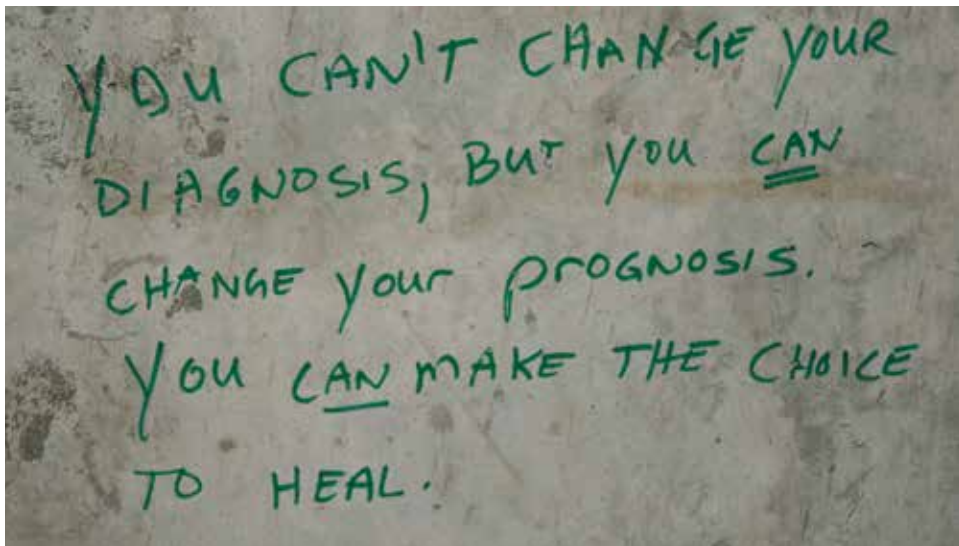
"After these things the word of the LORD came to Abram in a vision, 'Do not be afraid, Abram. I am your shield, your exceedingly great reward.'" *Gen 15:1 NKJV*

"You rule the raging of the sea; when its waves rise, you still them." *Ps 89:9 NKJV*

**Nitza Hollinger**

As I witnessed my beautiful daughter Cheyenne have to leave her hospital bed two times a day to be transported across town for full body radiation, I realized how important it was for small communities to have the opportunity to be treated for cancer just as much as large metro cities. Radiation can be very taxing on a body that is already undergoing chemotherapy. Hope and faith has to be found deep within the soul in order to conquer this disease. Cheyenne is a pillar of strength and proof it can be beat. I am so proud of her and will always look up to my little girl for the fight for life she has in her.

**Whitney LaRose**



You can't change your diagnosis, but you can change your prognosis. You can make the choice to heal.

Cancer might change your body, but maybe here we can prevent it from changing your spirit!

I beat prostate cancer, you can too.

**Bro. Tom Patmor**

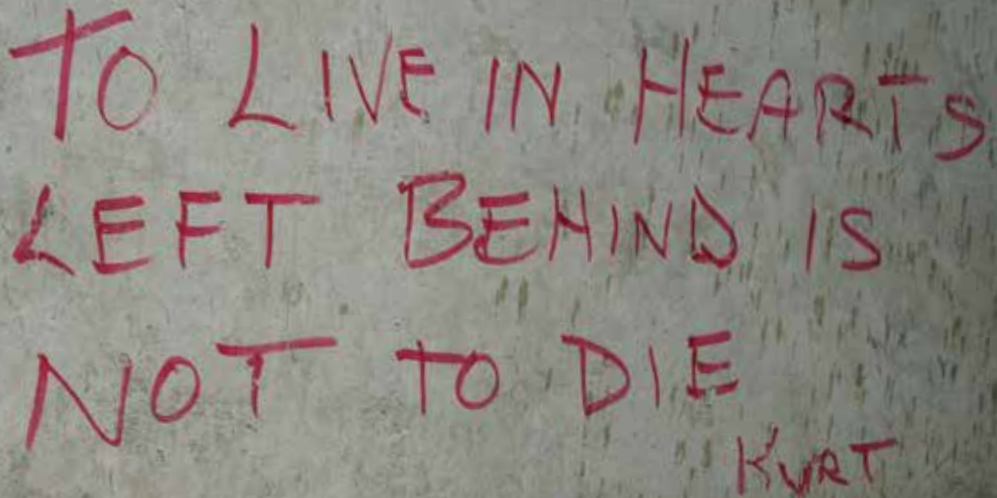
"There is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think." – *Winnie the Pooh*  
by A. A. Milne

**Camille Sorensen**

"Courage can be just as infectious as fear." – *Alice Miller*

To live in hearts left behind is not to die.

**Kurt**



TO LIVE IN HEARTS  
LEFT BEHIND IS  
NOT TO DIE  
KURT

