



SaskEthics

An Ethics Newsletter for Catholic Healthcare Organizations in Saskatchewan

Spread the Love

Dear *SaskEthics* Readers,



Only a few short weeks ago, I returned from maternity leave, and although it has been hard to leave my two-and-half-year old and six month old (Blaise Thomas, 8lb 13oz, b. March 20th), I have experienced much joy in returning to St. Paul's Hospital (SPH) here in Saskatoon.

At first I thought this joy was just the joy that comes from wearing nice clothes and not being used as a Kleenex, but then I discovered that our administration and mission teams are being intentional in how they are spreading joy. That's right: spreading joy at work. What a great idea!

One of the things our St. Paul's team has concocted is something called the Front Line Love Cart. With the generous support of the SPH Foundation, this cart has been filled with small items that can be wheeled around to any department. The Cart has a wide variety of options, everything from lip balm and gum to socks and jars of jam. When the Cart makes its rounds, everyone who works at

St. Paul's is invited to choose an item that will bring joy to their day.

At first our team wondered if these items might feel too trivial to bring joy to the physicians and staff members who have been exhausted by the past two years of the pandemic. However, it soon became apparent that whether it was a small journal or a strip of beef jerky, each item was fulfilling its purpose as a token of appreciation.

I recently learned that the word token finds its origin in the German word for a teaching or a symbol. When I look at our Cart, I am struck by how each item on it teaches a lesson on self-care or care of others. They communicate gratitude for every person in healthcare who has given of themselves to care for others.

As the Front Line Love Cart gained momentum, something even more wonderful started to happen. Staff members who had been touched by the Cart were inspired to donate something back, replenishing the Cart with tokens of appreciation for their colleagues.

The Frontline Love Cart has been such a great success, that this fall I will be duplicating its efforts. As I visit our



St. Paul's Hospital



Catholic Health
Association of Saskatchewan

facilities throughout the province, I will be bringing with me the Catholic Health Association of Saskatchewan's Front Line Love Basket. The Basket may not be on wheels, but it does have the advantage of fitting in my car as I roll across the prairies.

See something you like? Take it with our sincere gratitude. Have something you think others might appreciate? Please contribute to the Basket.

Thank you to St. Paul's Hospital for sharing this great idea with the CHAS community. Many of us are carrying scrapes and bruises that are difficult to heal alone. Hopefully the Basket can bring some measure of healing as we care for our communities and for each other.

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CONVENTION 2022

HOSPITALITY

QUEEN'S HOUSE
RETREAT CENTER
SASKATOON SK
October 27 & 28
chassk.ca

Register at
queenshouse.org

Deadline
Wednesday October 19 at 11pm

Visit chassk.ca
for more information

THE LINK THAT BUILDS COMMUNITY

KEYNOTES

FR. RON
ROLHEISER OMI

LEAH
PERRAULT

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FEATURING

TRC PANEL
WALKING
TOGETHER

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