Virtual Spiritual Care Resources

Chaplain Services and Spiritual Care are a part of the interdisciplinary team of caregivers at UC San Diego Health. Our staff of Board Certified Chaplains and Clinical Pastoral Education students are available to provide spiritual and emotional support to people of all spiritual and religious traditions.

The following list of virtual resources can be utilized by patients, loved ones and team members at any time. The list includes resources for smart phone/tablet apps, audio offerings, videos, and websites that represent a number of religious and spiritual traditions and practices.

Apps for smart phones/tablets:

Insight Timer (Meditation): https://insighttimer.com/

AA Big Book (unofficial):


Bible Gateway (Christian Bible): https://classic.biblegateway.com/app/

Poem Hunter:

iOS: https://apps.apple.com/us/app/poemhunter/id918149865

Laudate (Catholic app):


The Holy Quran (Muslim) – English:


To request a Spiritual Care visit, please ask your nurse to page (619) 290-1560, or dial “0” for the Operator.

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Music:

OCB Relax Music YouTube Channel: https://www.youtube.com/c/JackFrancisComposer

One Hour of Relaxing Hymns on Piano (Christian): https://youtu.be/nkn1HTsmJk0

Podcasts:

On Being (Interfaith): https://onbeing.org/series/podcast/
Heart Wisdom with Jack Kornfield: https://jackkornfield.com/podcasts-heart-wisdom/
Metta Hour Podcast with Sharon Salzberg: https://www.sharonsalzberg.com/metta-hour-podcast/
Interfaith Voices: https://interfaithradio.org/Home
Tablet Podcasts (Jewish): https://www.tabletmag.com/podcasts
Humankind: https://www.humanmedia.org/podcast/
Baha’i Blogcast with Rainn Wilson: https://www.bahaiblog.net/bahaiblogcast/

Videos:

Seeking Spirituality in the Material World: https://www.ted.com/talks/seeking_spirituality_in_the_material_world
Jack Kornfield & Tara Brach: A Steady Heart in Times of Crisis | Guided Meditation: https://www.youtube.com/watch?v=RqTD8Tqyjg
The Noble Journey from Fear to Fearlessness: Pema Chodron: https://www.youtube.com/watch?v=6t_SGso_1PY

Websites:

Bible Gateway: https://www.biblegateway.com/
On Being: https://onbeing.org/
Center for Action & Contemplation: https://cac.org/
Latter Day Saints: https://www.churchofjesuschrist.org/?lang=eng
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Jewish Virtual Library: https://www.jewishvirtuallibrary.org/the-tanakh-full-text


Alcoholics Anonymous: http://aa.org/

Mindful.org: https://www.mindful.org/

Poetry Foundation: https://www.poetryfoundation.org/

Insight Meditation Center: https://www.insightmeditationcenter.org/

Ziyara – Muslim Spiritual Care: https://ziyara.org/

Bay Area Jewish Healing Center: https://jewishhealingcenter.org/

Spiritual Care During Pandemics: https://jewishhealingcenter.org/spiritual-care-during-pandemics/

Catholic Health Association of the United States: https://www.chausa.org/home-v2

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