



The Royal  
Orthopaedic Hospital  
NHS Foundation Trust

# Religion, belief & inclusion

A quick reference to  
religion and belief and  
how understanding more  
can support greater  
inclusion in our Trust

# Religion, belief & inclusion: the golden rule

The Royal Orthopaedic Hospital is in Birmingham, a multi-cultural and diverse city with a population exceeding one million. People here have a range of different beliefs and follow many different religions. This booklet has been designed to help you understand a little bit more about some of the worlds most common religions and share some of the views and stories of people who work here. We want our hospital culture to be as inclusive as possible and that often begins with understanding more about what people believe.

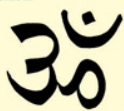
## The Golden Rule

The Golden Rule is the principle of treating others as one wants to be treated. It is a maxim that is found in most religions and cultures. While it can be interpreted in different ways, in essence it is a principle we can all adopt to support a more inclusive, thoughtful and kinder culture in our Trust.

There are many religions and beliefs in the world, this booklet covers just a few and is not necessarily the view of the Hospital but was created and co-designed by some of the members of the Equality and Diversity Network and Multi Minority Ethnic Group.

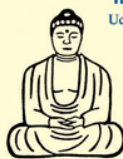
## HINDUISM

This is the sum of duty:  
do not do to others what would  
cause pain if done to you  
Mahabharata 5:1517



## BUDDHISM

Treat not others in ways  
that you yourself would  
find hurtful  
Udana-Varga 5.18



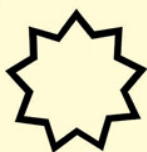
## CONFUCIANISM

One word which sums up the  
basis of all good conduct...  
loving kindness.  
Do not do to  
others what  
you do not  
want done  
to yourself  
Confucius,  
Analects 15.23



## BAHA'I FAITH

Lay not on any soul a load  
that you would not wish to  
be laid upon you, and  
desire not for  
anyone the  
things you  
would not  
desire for  
yourself  
Baha'u'llah,  
Gleanings



## ISLAM

Not one of you truly believes  
until you wish for others what  
you wish for yourself  
The Prophet Muhammad, Hadith



## JUDAISM

What is hateful to you,  
do not do to your neighbour.  
This is the whole Torah;  
all the rest is commentary  
Hillel, Talmud, Shabbat 31a



## JAINISM

One should treat all  
creatures in the world  
as one would like  
to be treated  
Mahavira, Sutakritanga



## ZOROASTRIANISM

Do not do unto others  
whatever is injurious  
to yourself  
Shayast-na-Shayast 13.29



## NATIVE SPIRITUALITY

We are as much alive  
as we keep the earth alive  
Chief Dan George



## UNITARIANISM

We affirm and promote respect  
for the interdependent  
web of all existence  
of which we are a part  
Unitarian principle



## CHRISTIANITY

In everything, do to others  
as you would have them  
do to you; for this is the  
law and the prophets  
Jesus, Matthew 7:12



## SIKHISM

I am a stranger to no one;  
and no one is a stranger  
to me. Indeed, I am  
a friend to all  
Guru Granth Sahib, pg. 1299



## TAOISM

Regard your neighbour's gain  
as your own gain, and your  
neighbour's loss as your own loss  
T'ai Shang Kan Ying P'ien, 213-218



# THE GOLDEN RULE



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# Belief at work...

The quotes below are from people who work at The Royal Orthopaedic Hospital. Here, they share their own experiences of faith.

Despite many members of my family being religious, and me attending a Catholic school as a child, there came a time when I realised, I was not religious, and no longer believed.

I began to struggle with the idea that a loving God could create "Hell", and I have never seen or felt any evidence of Gods existence. I am fascinated by different beliefs and interested in learning more about all religions, as although I don't personally believe, I do think that there are many positive aspects of religion. For example, religious teachings lead people to happiness, love, kindness and health, can be a source of comfort and guidance and provide a sense of community. I also think that religion provides some very positive messages, such as "love thy neighbour" and the message of forgiveness.

To be a Muslim is someone who follows the teachings of the Prophet Muhammed (Peace be upon him ) and the holy Quran. One favourite belief which I hold dear is to smile. Smiling is considred a act of charity and epitomises what being a Muslim is to me. This is why no matter how stressful time at work or life can be I always smile.



I was baptised a Mormon when I was seven years old however, I have not practiced or followed the religion for over 40 years. I do not consider myself religious or feel the need to 'be religious'. If asked I would say that I am an atheist "An atheist doesn't believe in a God or divine being." Being non-religious can mean very different things to different people. For me the more we learn about science, the less we need religion to explain the world to us. I choose to live each day with good intentions 'treat people as I would like to be treated'. If I had to describe my religion, it is to love and respect the natural world. Be conscientious and conscious of the impact I leave on this beautiful yet fragile earth. And to enjoy life - to be happy, it's all that matters.

I became a Jehovah Witness in 2015, after studying the Bible with Jehovah's witnesses. Studying the Bible and developing a relationship with God has personally benefited me. We come from hundreds of ethnic and language backgrounds and we are united by common goals. Above all we want to honour Jehovah, the God of the Bible and the Creator of all things. We do our best to imitate Jesus Christ and are proud to be called Christians. Each of us spends time helping people learn about the Bible and God's Kingdom. Because we witness, or talk about Jehovah God and his Kingdom, we are called Jehovah's Witnesses. Jehovah God is impartial and wants everyone to get to know him.

I have been a Roman Catholic for 46 years. As a child I went to church with my father. As I reached my late teens and 20s I became a lapsed Catholic (I didn't practice). But now I attend church every Sunday and aim to become a better person through my religion. Through the Catholic religion we aim to be more virtuous (better spiritually) in order to live a good life. There is a lot of conflict in today's society, and we don't look after our neighbours as we should, which is very sad. There are people that don't believe in religion but if you look into it, it makes a lot of sense. I'm not here to preach or to tell people what to do but just take a step back and don't judge. Being virtuous can make a difference.

Hinduism is sometimes referred to as a "way of life. As a Hindu I believe in a single deity, known as Brahman, but still recognize other Gods and Goddesses. Followers believe there are multiple paths to reaching their God. Some of the basic Hindu concepts are:

- Hindus believe in the doctrines of samsara (the continuous cycle of life, death, and reincarnation) and karma (the universal law of cause and effect).
- One of the key thoughts of Hinduism is "atman," or the belief in soul. This philosophy holds that living creatures have a soul, and they're all part of the supreme soul. The goal is to achieve "moksha," or salvation, which ends the cycle of rebirths to become part of the absolute soul.
- One fundamental principle of the religion is the idea that people's actions and thoughts directly determine their current life and future lives.

## **A quick reference guide to major world religions**

Page 7	Baha'i
Page 7	Buddhism
Page 8	Candomblé
Page 8	Christianity
Page 9	Hinduism
Page 9	Islam
Page 10	Jainism
Page 10	Jehovah's Witnesses
Page 11	Judaism
Page 11	Mormonism
Page 12	Paganism
Page 12	Rastafari
Page 13	Santeria
Page 13	Shinto
Page 14	Sikhism
Page 14	Spiritualism
Page 15	Taoism
Page 16	Unitarianism
Page 17	Zoroastrianism

# Baha'i

The Bahá'í faith is one of the youngest of the world's major religions. It was founded by Bahá'u'lláh in Iran in 1863. Iran was then mainly a Muslim country, and the faith was proclaimed by a young Iranian, who called himself The Báb. He said that a messenger would soon arrive from God, who would be the latest in a line of prophets including Moses, Muhammad, and Jesus Christ.

Bahá'u'lláh, which means the Glory of God in Arabic, was born Mirza Husayn Ali in 1817. Bahá'ís believe that Bahá'u'lláh is the most recent Manifestation of God. Bahá'u'lláh himself stated that he is not God's final messenger.

## Key facts

- The Bahá'í faith accepts all religions as having true and valid origins.
- The idea of progressive revelation is of central significance for the Bahá'í faith
- Bahá'u'lláh taught that God intervenes throughout human history at different times to reveal more of himself through his messengers (called Divine Messengers, or Manifestations of God)
- The central idea of the faith is that of unity. They believe that people should work together for the common benefit of humanity.
- The followers of Bahá'u'lláh were descended from the Bábis - believers in the Báb who foretold the mission of Bahá'u'lláh.
- There are 6 million Bahá'ís in the world, in 235 countries and around 6,000 live in Britain.

# Buddhism

Buddhism is a spiritual tradition that focuses on personal spiritual development and the attainment of a deep insight into the true nature of life. There are 376 million followers worldwide.

Buddhists seek to reach a state of nirvana, following the path of the Buddha, Siddhartha Gautama, who went on a quest for Enlightenment around the sixth century BC.

There is no belief in a personal God. Buddhists believe that nothing is fixed or permanent and that change is always possible. The path to Enlightenment is through the practice and development of morality, meditation, and wisdom.

Buddhists believe that life is both endless and subject to impermanence, suffering and uncertainty. These states are called the tilakhana, or the three signs of existence. Existence is endless because individuals are reincarnated repeatedly, experiencing suffering throughout many lives. It is impermanent because no state, good or bad, lasts forever. Our mistaken belief that things can last is a chief cause of suffering.

## Key facts

- Buddhism is 2,500 years old and there are currently 376 million followers worldwide
- There are over 150,000 Buddhists in Britain
- Buddhism arose because of Siddhartha Gautama's quest for Enlightenment in around the 6th Century BC
- There is no belief in a personal God. It is not centred on the relationship between humanity and God
- Buddhists believe that nothing is fixed or permanent - change is always possible
- The two main Buddhist sects are Theravada Buddhism and Mahayana Buddhism, but there are many more
- The path to Enlightenment is through the practice and development of morality, meditation and wisdom.

# Candomblé

Candomblé is a religion based on African beliefs which is particularly popular in Brazil. It is also practised in other countries and has as many as two million followers. The religion is a mixture of traditional Yoruba, Fon and Bantu beliefs which originated from different regions in Africa. It has also incorporated some aspects of the Catholic faith over time.

## Key facts

- A religion which combines elements of many religions is called a syncretic religion. Enslaved Africans brought their beliefs with them when they were shipped to Brazil during the slave trade.
- The name Candomblé means 'dance in honour of the Gods'.
- Practitioners of Candomblé believe in one all-powerful God called Oludumaré who is served by lesser deities. These deities are called orixas. (They can also be called voduns and inkices.)
- Candomblé practitioners believe that every person has their own individual orixa which controls his or her destiny and acts as a protector.
- Music and dance are important parts of Candomblé ceremonies. Specially choreographed dances are performed by worshippers to enable them to become possessed by the orixas.
- There is no concept of good or bad in Candomblé. Each person is only required to fulfil his or her destiny to the fullest, regardless of what that is.
- Candomblé is an oral tradition and therefore has no holy scriptures.
- The first official temple was founded at the beginning of the 19th century in Salvador, Bahia in Brazil.

# Christianity

Christianity is the most popular religion in the world with over 2 billion adherents. 42 million Britons see themselves as nominally Christian, and there are 6 million who are actively practising.

## Key facts

- Christians believe that Jesus was the Messiah promised in the Old Testament.
- Christians believe that Jesus Christ is the Son of God.
- Christians believe that God sent his Son to earth to save humanity from the consequences of its sins.
- One of the most important concepts in Christianity is that of Jesus giving his life on the Cross (the Crucifixion) and rising from the dead on the third day (the Resurrection).
- Christians believe that there is only one God, but that there are three elements to this one God: God the Father, God the Son, The Holy Spirit
- Christians worship in churches.
- Their spiritual leaders are called priests or ministers.
- The Christian holy book is the Bible, and consists of the Old and New Testaments.
- Christian holy days such as Easter and Christmas are important milestones in the Western secular calendar

# Hinduism

Hinduism is an Indian religion and dharma, or way of life. It is the world's third-largest religion, with over 1.2 billion followers, or 15–16% of the global population, known as Hindus.

While Hinduism has been called the oldest religion in the world, many practitioners refer to their religion as Sanātana Dharma (the Eternal Dharma), which refers to the idea that its origins lie beyond human history, as revealed in the Hindu texts.

## Key facts

- The Rig Veda is the oldest known book in the world. The date is uncertain, but most experts date it back to 1500 years B.C
- 108 is considered a sacred number. 'Malas' or Garlands of prayer beads come as a string of 108 beads. Mathematicians of Vedic culture saw this number as a wholeness of existence, and that it connects the Sun, Moon, and Earth.
- Hindu belief says that Gods can take many forms. There is only one eternal energy, but it can take form as many Gods and Goddesses
- Sanskrit is the ancient language of which most of the sacred text is written in and the language's history goes back to at least 3500 years in time
- Hinduism believes in a circular concept of time. The Western world follows a linear concept of time, but Hindus rather believe that time is a manifestation of God, and that it is never-ending.

# Humanism

It is thought that 5% of the British population identify as humanist. Throughout recorded history there have been non-religious people who have believed that this life is the only life we have, that the universe is a natural phenomenon with no supernatural side, and that we can live ethical and fulfilling lives on the basis of reason and humanity. They have trusted to the scientific method, evidence, and reason to discover truths about the universe and have placed human welfare and happiness at the centre of their ethical decision making.

Humanism divide the humanist approach to life up into five core features.

1. Human beings: Humanists believe that human beings have natural origins. We evolved naturally like all other living things. We have evolved many capacities and, if we put them to good use, we have the potential to lead good and happy lives.
2. Understanding the world: Humanists believe the world is a natural place with no supernatural side (they will be atheists or agnostics). They believe that science and the search for evidence provides the best way to answer our questions about the world.
3. The one life: Humanists believe this is the one life we have and so we need to make the most of it. For humanists, there is no single 'ultimate' meaning of life. Instead, it is up to us to make our own lives meaningful. They believe we should be free to decide how we live (as long as we do not cause harm to others), seeking happiness and supporting others to do the same.
4. Humanist ethics: Humanists believe that the origins of our moral capacities lie inside human beings and our evolution as social animals. They believe that, when deciding how to act, we should use reason and empathy, considering the consequences of our actions and the likely impact on other people and animals.
5. Humanism in society: Humanists believe that human beings alone are responsible for making the world a better place. Many campaign for equality, human rights, and secularism. Many celebrate the progress humanity has made, but recognise the work that is still to be done.

# Islam

The word Islam means 'submission to the will of God'. Islam is the second largest religion in the world with over 1 billion followers. The 2001 census recorded 1,591,000 Muslims in the UK, around 2.7% of the population.

## Key facts

- Muslims believe that Islam was revealed over 1400 years ago in Mecca, Arabia.
- Followers of Islam are called Muslims.
- Muslims believe that there is only One God.
- The Arabic word for God is Allah.
- According to Muslims, God sent a number of prophets to mankind to teach them how to live according to His law.
- Jesus, Moses, and Abraham are respected as prophets of God.
- They believe that the final Prophet was Muhammad.
- Muslims believe that Islam has always existed, but for practical purposes, date their religion from the time of the migration of Muhammad.
- Muslims base their laws on their holy book the Qur'an, and the Sunnah.
- Muslims believe the Sunnah is the practical example of Prophet Muhammad and that there are five basic Pillars of Islam.
- These pillars are the declaration of faith, praying five times a day, giving money to charity, fasting and a pilgrimage to Mecca (at least once).

# Jainism

Jainism is an ancient religion from India that teaches that the way to liberation and bliss is to live lives of harmlessness and renunciation. The essence of Jainism is concern for the welfare of every being in the universe and for the health of the universe itself.

## Key facts

- Jains believe that animals and plants, as well as human beings, contain living souls. Each of these souls is considered of equal value and should be treated with respect and compassion.
- Jains are strict vegetarians and live in a way that minimises their use of the world's resources.
- Jains believe in reincarnation and seek to attain ultimate liberation - which means escaping the continuous cycle of birth, death and rebirth so that the immortal soul lives for ever in a state of bliss.
- Liberation is achieved by eliminating all karma from the soul.
- Jainism is a religion of self-help.
- There are no Gods or spiritual beings that will help human beings.
- The three guiding principles of Jainism, the 'three jewels', are right belief, right knowledge and right conduct.
- The supreme principle of Jain living is non-violence (ahimsa).
- This is one of the 5 mahavratas (the 5 great vows). The other mahavratas are non-attachment to possessions, not lying, not stealing, and sexual restraint (with celibacy as the ideal).
- Mahavira is regarded as the man who gave Jainism its present-day form.
- The texts containing the teachings of Mahavira are called the Agamas.
- Jains are divided into two major sects; the Digambara (meaning "sky clad") sect and the Svetambara (meaning "white clad") sect.
- Jainism has no priests. Its professional religious people are monks and nuns, who lead strict and ascetic lives.

## Jehovah's Witnesses

- The modern-day organization of Jehovah's Witnesses began at the end of the 19th century.
- At that time, a small group of Bible students who lived near Pittsburgh, Pennsylvania, in the United States, began a systematic analysis of the Bible. They compared the doctrines taught by the churches with what the Bible really teaches.
- They began publishing what they learned in books, newspapers, and the journal that is now called The Watchtower—Announcing Jehovah's Kingdom. Among that group of sincere Bible students was a man named Charles Taze Russell. While Russell took the lead in the Bible education work at that time and was the first editor of The Watchtower, he was not the founder of a new religion.
- The goal of Russell and the other Bible Students, as the group was then known, was to promote the teachings of Jesus Christ and to follow the practices of the first-century Christian congregation.
- Since Jesus is the Founder of Christianity, we view him as the founder of our organization.—Colossians 1:18-20

## Judaism

Judaism is the original of the three Abrahamic faiths, which also includes Christianity and Islam. According to information published by The Jewish People Policy Planning Institute, there were around 13.1 million Jewish people in the world in 2007, most residing in the USA and Israel.

According to the 2001 census 267,000 people in the UK said that their religious identity was Jewish, about 0.5% of the population.

### Key facts

- Judaism originated in the Middle East over 3500 years ago
- Judaism was founded by Moses, although Jews trace their history back to Abraham.
- Jews believe that there is only one God with whom they have a covenant.
- In exchange for all the good that God has done for the Jewish people, Jewish people keep God's laws and try to bring holiness into every aspect of their lives.
- Judaism has a rich history of religious text, but the central and most important religious document is the Torah.
- Jewish traditional or oral law, the interpretation of the laws of the Torah, is called halakhah.
- Spiritual leaders are called Rabbis.
- Jews worship in Synagogues.

## Mormonism

The Church of Jesus Christ of Latter-day Saints was founded in 19th century America and has 13.5 million members world-wide (LDS 2008 Statistical Report).

Mormonism has been present in the UK since 1837 and has 190,000 members (LDS 2008 figures).

### Key facts

- The church is called The Church of Jesus Christ of Latter-day Saints, or The Church of Jesus Christ.
- Mormons believe their church is a restoration of the Church as conceived by Jesus and that the other Christian churches have gone astray.
- The church was founded by Joseph Smith (1805 - 1844).
- It was then developed by Brigham Young who migrated with the new Mormons to Salt Lake City in 1847.
- Mormons believe that God has a physical body, is married, and can have children.
- They also believe that humans can become Gods in the afterlife.
- Mormons are strongly focused on traditional family life and values.
- They oppose abortion, homosexuality, unmarried sexual acts, pornography, gambling, tobacco, consuming alcohol, tea, coffee, and the use of drugs.
- One of the more common misconceptions is that The Church of Jesus Christ of Latter-day Saints advocates polygamy. However, this was discontinued over a century ago and the Church excommunicates anyone who practices it.

## Paganism

Paganism describes a group of contemporary religions based on a reverence for nature. These faiths draw on the traditional religions of indigenous peoples throughout the world.

### Key facts

- Paganism encompasses a diverse community.
- Wiccans, Druids, Shamans, Sacred Ecologists, Odinists and Heathens all make up parts of the Pagan community.
- Some groups concentrate on specific traditions or practices such as ecology, witchcraft, Celtic traditions, or certain Gods.
- Most Pagans share an ecological vision that comes from the Pagan belief in the organic vitality and spirituality of the natural world.
- Due to persecution and misrepresentation, it is necessary to define what Pagans are not as well as what they are. Pagans are not sexual deviants, do not worship the devil, are not evil, do not practice 'black magic' and their practices do not involve harming people or animals.
- The Pagan Federation of Great Britain have no precise figures but estimate that the number of Pagans in the British Isles is between 50,000 and 200,000 (2002).

# Rastafari

Rastafari is a relatively young, Africa-centred religion which developed in Jamaica in the 1930s, following the coronation of Haile Selassie I as King of Ethiopia in 1930. Rastafarians believe Haile Selassie is God and that he will return to Africa members of the black community who are living in exile as the result of colonisation and the transatlantic slave trade.

Rastafari theology developed from the ideas of Marcus Garvey, a political activist who wanted to improve the status of fellow black people. There are approximately one million worldwide adherents of Rastafari as a faith. The 2001 census found 5,000 Rastafarians living in England and Wales.

## Key facts

- Followers of Rastafari are known by a variety of names: Rastafarians, Rastas, Sufferers, Locksmen, Dreads or Dreadlocks.
- It spread globally following the success of Bob Marley and his music in the 1970s
- Rastafarians believe that black people are the chosen people of God, but that through colonisation and the slave trade their role has been suppressed
- The movement's greatest concerns are the repatriation of blacks to their homeland, Africa, and the reinstatement of blacks' position in society
- It is an exocentric religion - as Haile Selassie, whom adherents consider as God, is outside the religion
- Rastafari religious ceremonies consist of chanting, drumming and meditating to reach a state of heightened spirituality
- Rastafarian religious practice includes the ritual inhalation of marijuana, to increase their spiritual awareness
- Rastafarians follow strict dietary laws and abstain from alcohol.
- Rastafarians follow a number of Old Testament Laws
- Rastafarians eat clean and natural produce, such as fruit and vegetables and try to refrain from the consumption of meat, especially pork

## Santeria

Santeria is an Afro-Caribbean religion originating in Cuba. The religion focuses on building relationships between human beings and powerful, but mortal, spirits, called Orishas. An Orisha is a manifestation of Olodumare (God).

Followers believe that these spirits will give them help in life, if they carry out the appropriate rituals, and enable them to achieve the destiny that God planned for them before they were born. This is very much a mutual relationship as the Orishas need to be worshipped by human beings if they are to continue to exist.

### Key facts

- Followers of Santeria are often (nominal) Roman Catholics as well. Catholic symbols are sometimes used in Santeria rituals.
- Santeria has no scriptures and is passed on by word-of-mouth
- The Roman Catholic element in Santeria is most obvious in the way Orishas are associated with Catholic Saints such as:
  - Saint Barbara [Shangó], who embodies justice and strength, and is associated with lightning and fire
  - Our Lady of Charity [Ochún] - the Yoruba Goddess of the river, associated with water, yellow, sweets, money, and love
  - Saint Lazarus [Babalú-Ayé] - who is associated with the sick

## Shinto

The essence of Shinto is the Japanese devotion to invisible spiritual beings and powers called kami, to shrines, and to various rituals. Shinto is not a way of explaining the world. What matters are rituals that enable human beings to communicate with kami.

Kami are not God or gods. They are spirits that are concerned with human beings - they appreciate our interest in them and want us to be happy - and if they are treated properly, they will intervene in our lives to bring benefits like health, business success, and good exam results.

### Key facts

- The name Shinto comes from Chinese characters for Shen ('divine being'), and Tao ('way') and means 'Way of the Spirits'.
- Shrine visiting and taking part in festivals play a great part in binding local communities together.
- Shrine visiting at New Year is the most popular shared national event in Japan.
- Because Shinto is focussed on the land of Japan it is clearly an ethnic religion. Therefore, Shinto is little interested in missionary work, and rarely practised outside its country of origin.
- Shinto sees human beings as basically good and has no concept of original sin, or of humanity as 'fallen'.
- Everything, including the spiritual, is experienced as part of this world. Shinto has no place for any transcendental other world.
- Shinto has no canonical scriptures.
- Shinto teaches important ethical principles but has no commandments.
- Shinto has no founder.
- Shinto has no God.
- Shinto does not require adherents to follow it as their only religion.

## Sikhism

There are 20 million Sikhs in the world, most of whom live in the Punjab province of India. The 2001 census recorded 336,000 Sikhs in the UK. Sikhism was founded in the 16th century in the Punjab district of what is now India and Pakistan. It was founded by Guru Nanak and is based on his teachings, and those of the 9 Sikh gurus who followed him. The most important thing in Sikhism is the internal religious state of the individual.

### Key facts

- Sikhism is a monotheistic religion
- Sikhism stresses the importance of doing good actions rather than merely carrying out rituals
- Sikhs believe that the way to lead a good life is to:
- Always keep God in heart and mind
- live honestly and work hard
- treat everyone equally
- be generous to the less fortunate
- serve others
- The Sikh place of worship is called a Gurdwara
- The Sikh scripture is the Guru Granth Sahib, a book that Sikhs consider a living Guru

## Spiritualism

Spiritualists communicate with the spirits of people who have physically died. Such communication is thought to be beneficial to the dead and the living. Spiritualism is different from the world's major and minor religions (Christianity, Judaism, Islam etc) because it's recent, it doesn't have a global presence, it doesn't have a body of theology.

However, it is a new religious movement with rituals, doctrinal components, a belief in a transcendent realm, and it has an experiential dimension, elements that many other religions also have.

### Key facts

- Spirits are said to communicate through people with special skills, called mediums.
- In the 19th Century communication was said to have occurred at an event called a séance but in the 21st Century most communication is said to take place either in a public demonstration of mediumship at a Spiritualist church service or in a private sitting with a medium.
- Communication can be verbal, such as messages; or physical manifestations, such as tapping.
- The validity of Spiritualism has always been controversial, partly because of the negative image that fraudulent people have given of communications from the 'other side'.

# Taoism

Taoism is an ancient tradition of philosophy and religious belief that is deeply rooted in Chinese customs and worldview. Taoism is also referred to as Daoism, which is a more accurate way of representing in English the sound of the Chinese word.

Taoism is about the Tao. This is usually translated as the Way. But it's hard to say exactly what this means. The Tao is the ultimate creative principle of the universe. All things are unified and connected in the Tao.

## Key facts

- Taoism originated in China 2000 years ago
- It is a religion of unity and opposites; Yin and Yang. The principle of Yin Yang sees the world as filled with complementary forces - action and non-action, light and dark, hot, and cold, and so on
- The Tao is not God and is not worshipped. Taoism includes many deities, that are worshipped in Taoist temples, they are part of the universe and depend, like everything, on the Tao
- Taoism promotes achieving harmony or union with nature, the pursuit of spiritual immortality, being 'virtuous' (but not ostentatiously so) and self-development
- Taoist practices include meditation, feng shui, fortune telling, reading and chanting of scriptures

# Unitarianism

There are about 7,000 Unitarians in Great Britain and Ireland, and about 150 Unitarian ministers. There are about 800,000 Unitarians worldwide. Unitarianism is an open-minded and individualistic approach to religion that gives scope for a very wide range of beliefs and doubts.

Religious freedom for everyone is at the heart of Unitarianism. Everyone is free to search for meaning in life in a responsible way and to reach their own conclusions. In line with their approach to religious truth, Unitarians see diversity and pluralism as valuable rather than threatening. They want religion to be broad, inclusive, and tolerant. Unitarianism can therefore include people who are Christian, Jewish, Buddhist, Pagan and Atheist.

## Key facts

- Unitarianism has no standard set of beliefs
- Unitarians believe that religious truth is not necessarily or primarily laid down either in scriptures, by a holy person or by a religious institution
- No individual or group in Unitarianism makes an exclusive claim to the truth
- Within certain core values each Unitarian can believe what they feel is right
- Unitarians are so called because they insist on the oneness of God and because they affirm the essential unity of humankind and of creation
- Unitarians believe religion should make a difference to the world, so they are often active in social justice and community work
- Unitarians have adopted the Flaming Chalice as the symbol of their faith
- The Unitarians were the first church in Britain to accept women as ministers, in 1904

# Zoroastrianism

Zoroastrianism is one of the world's oldest monotheistic religions. It was founded by the Prophet Zoroaster (or Zarathustra) in ancient Iran approximately 3500 years ago. For 1000 years Zoroastrianism was one of the most powerful religions in the world. It was the official religion of Persia (Iran) from 600 BCE to 650 CE.

It is now one of the world's smallest religions. In 2006 the New York Times reported that there were probably less than 190,000 followers worldwide at that time.

## Key facts

- Zoroastrians believe there is one God called Ahura Mazda (Wise Lord) and He created the world.
- Zoroastrians are not fire-worshippers, as some Westerners wrongly believe. Zoroastrians believe that the elements are pure, and that fire represents God's light or wisdom.
- Ahura Mazda revealed the truth through the Prophet, Zoroaster.
- Zoroastrians traditionally pray several times a day.
- Zoroastrians worship communally in a Fire Temple or Agiary.
- The Zoroastrian book of Holy Scriptures is called The Avesta.
- The Avesta can be roughly split into two main sections:
- The Avesta is the oldest and core part of the scriptures, which contains the Gathas. The Gathas are seventeen hymns thought to be composed by Zoroaster himself.
- The Younger Avesta - commentaries to the older Avestan written in later years. It also contains myths, stories, and details of ritual observances.

# Chaplaincy at The Royal Orthopaedic Hospital

We offer pastoral, spiritual and religious care to all patients, their families and carers, and staff.

Spiritual and pastoral care can help people rediscover hope, resilience and inner strength in times of illness, injury, transition and loss. Our Chaplaincy Service offer a 24-hour, on-call service.

## **How to contact a Chaplain**

If you would like to see a Chaplain, simply inform a member of your health care team and they will arrange it for you.

Our chaplaincy team includes a dedicated chaplain and a team of pastoral care volunteers including Roman Catholic, Church of England, Free Church, Christian, Hindu, Jewish Orthodox, Muslim, Sikh and Non-religious chaplains. If there is not an appropriate person within the team you can ask us to contact someone of your own religion or belief. All members of the chaplaincy are happy to work with those of different religions and beliefs.

## **Direct contact in case of urgent need**

If you require a chaplain urgently, please use the following contact details:

### **Roman Catholic Chaplaincy**

Head of Chaplaincy, Sister Maryann Nwaiwu

07976 620 057

Maryanne.nwauwu@nhs.net

### **Islamic Chaplaincy**

Nasir Uddin

07824 587 127



# The Multi Faith room

The Multi-Faith Prayer Room is open 24 hours a day for quiet reflection and prayer.

Everyone is welcome to use this space to support their spiritual needs and practice. The room is located at Gate A, on the ground floor, to the right of the lifts, before Ward 1. If you need help finding the Multi Faith room, please ask a member of our team for support.



Find out more about  
Chaplaincy at The Royal  
Orthopaedic Hospital by  
scanning the QR code or  
visit [www.roh.nhs.uk](http://www.roh.nhs.uk)



**The Royal  
Orthopaedic Hospital**  
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