

- Suicide Prevention month
- Beginnings
- Suicide Prevention aids



School of Optometry Chaplaincy Office

Psalm 33.18: "Behold, the eye of the LORD is upon them that fear him, upon them that hope in his mercy."

All-Seeing Eye



Suicide Prevention month (August 10 – September 10)

Prayer after a Suicide

Lord Jesus Christ, you knew the agony of the garden and the loneliness of the cross, but remained in the love of your Father. We commend _____ to your mercy and, claiming no judgement for ourselves, commit her/ him to you, the righteous judge of all, now and forever.

We entrust into your care ____, who has died by his/her hand. Grant that the knowledge of your love and mercy may comfort those who grieve for him/her. Strengthen our assurance of your redeeming purpose for all your children.

You knew the agony of dying alone and abandoned. We cannot know the agony which led _____ to take his/her own life. We grieve that we couldn't meet his/her needs. Console us in the face of death's seeming triumph, forgive us for failing ____ in his/her time of need, and give us assurance that you can bring hope in our pain.

Amen.

Beginnings...

At the beginning of a new school year, O God of wisdom, we offer thanks and praise for the gift of new beginnings and for the opportunity to learn and wonder.

We pray for teachers, professors, students, and staff that this year might be rewarding for all.

Be with us as we face the challenges of new tasks, the fear of failure, the expectations of parents, friends, and self.

In our learning and our teaching, may we grow in service to others and in love for your world.

In your most Holy Name we pray. Amen.

*Rev. Dr. Julio R. Vargas Vidal
Director of Chaplaincy Office)*



Suicide Prevention Aids

For more information in Puerto Rico:

- <http://www.agencias.pr.gov/agencias/secretariado/Pages/PrevencionSuicidio.aspx>
- <https://estadisticas.pr/files/Inventario/publicaciones/Informe%20Estadistico%20Anual%20Muerres%20por%20Suicidio%202019.pdf>
- <http://www.salud.gov.pr/Estadisticas-Registros-y-Publicaciones/Estadisticas%20Suicidio/2020/Julio%202020.pdf>
- [http://www.salud.gov.pr/Estadisticas-Registros-y-Publicaciones/Estadisticas%20Suicidio/2020/Enero%20a%20Mayo%202020%20\(CPS\).pdf](http://www.salud.gov.pr/Estadisticas-Registros-y-Publicaciones/Estadisticas%20Suicidio/2020/Enero%20a%20Mayo%202020%20(CPS).pdf)
- <https://lineapas.assmca.pr.gov/Pages/Home.aspx>

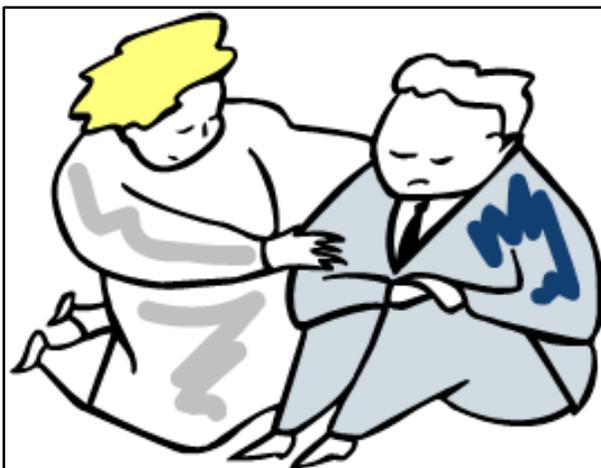


In Puerto Rico (as of July 2020)

- 102 suicides between January and July 2020 (a decrease in 20 cases in comparison with those registered between January and May of 2019).
- There has been a decrease since 2013.
- Average per year 2000-2019: 295 per year
- Average rate of 8.2 deaths per 100,000 residents
- More cases involving men than women.
- The highest incidentes are seen in the 40-69 age range.

Globally (<https://www.who.int/es/news-room/fact-sheets/detail/suicide>)

- 800,000+ people take their lives annually (1 each 40 seconds)
- There are more suicide deaths than those caused by armed conflicts or car accidents.
- For every suicide completed there are 20 attempts
- 20 veterans commit suicide per day, on an average.



Prevention and control – **ACE**

Ask: Have the courage to ask if the person wants to hurt herself/himself. Ask directly.

Care: Remove all means that could be used for self-injury. Listen and calmly control the situation.

Escort: never leave the person alone.



Chaplain, I am a strong believer in Prayer. There are three ways that men get what they want; by planning, by working, and by Praying. Any great military operation takes careful planning, or thinking. Then you must have well-trained troops to carry it out: that's working. But between the plan and the operation there is always an unknown. That unknown spells defeat or victory, success or failure. It is the reaction of the actors to the ordeal when it actually comes. Some people call that getting the breaks; I call it God. God has His part, or margin in everything. That's where prayer comes in.

— General George S Patton Jr.

— Ουκ ανησυχῶτε ἕνεκα τῆς
 ἡμέρας ἢ ἀπὸ τῆς ἐπιτομῆς· ἡ
 ἡμέρα ἡ ἀπὸ τῆς ἐπιτομῆς ἡ
 ἡμέρα ἡ ἀπὸ τῆς ἐπιτομῆς ἡ

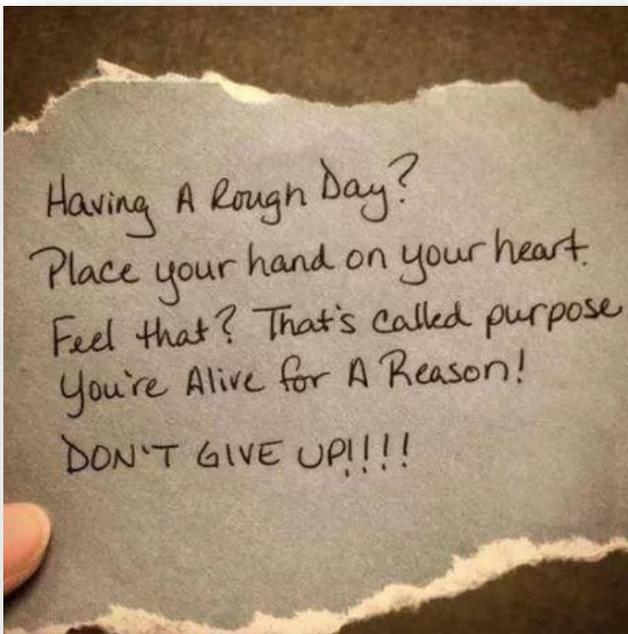


Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong.

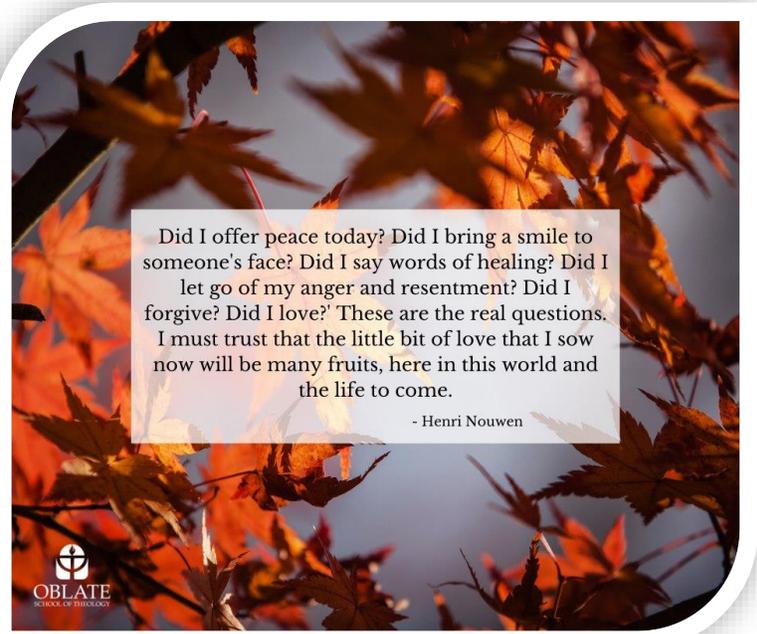
— Ella Fitzgerald —

AZ QUOTES

AZ QUOTES



Having A Rough Day?
 Place your hand on your heart.
 Feel that? That's called purpose.
 You're Alive for A Reason!
 DON'T GIVE UP!!!



Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will be many fruits, here in this world and the life to come.

- Henri Nouwen



FOLLOW US!

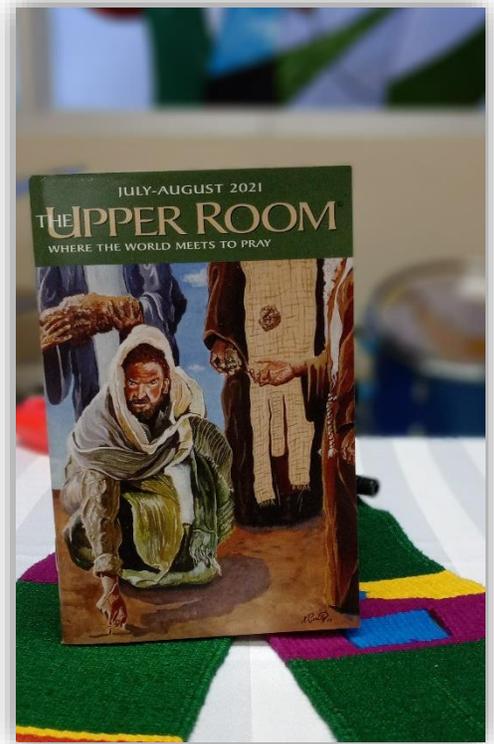


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Free

El Aposento Alto / The Upper Room (July-August) devotionals are available in the Chapel and in the Center for Access to Information.



CULTURAL & RELIGIOUS OBSERVANCES

July – August 2021

Dates	Event	Religion / Spiritual Tradition	Things to know
July 19-23	Eid al-Adha	Islam	Commemorates Abraham's obedience to God when He told him to sacrifice his son, Ishmael, and Ishmael's submission to the sacrifice. The holiday is marked by slaughtering animals to feed the poor. The traditional greeting is " <i>Id mubarak</i> " which means "[May God make it] a blessed feast".
August 6	Krishna Janmashtami	Hindu	The birthday celebration of Krishna, who (along with Rama) is regarded as God incarnate. Krishna is perhaps the most widely worshipped of Hindu deity. There is no traditional greeting for this holiday.