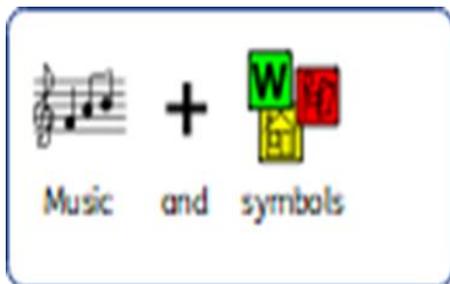


USING MUSIC AND SYMBOLS



Guidelines for using music and symbols during COVID 19 Pandemic

*Based on the writings and wisdom of Edith Stein
and Research project EveryBody Has a Story,
Gangemi C, Tobanelli M, Vincenzi G, Swinton J
(2010)*

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Using music and symbols to pray

1. Copy, paste and send the symbol strip, to the person who is ill, via phone. It can be sent as a photo on whatsapp. Encourage the person to look at the phone if they can. **(fig.5 'Music in Hospital)**
2. Play the music so that the person who is ill can hear. This can also be shared with people in a residential setting and socially isolated. It can be played in a room if the person is dying or has gone into hospital alone. Place this instruction on a hospital passport.
3. Sharing in the music will provide comfort for the person who is ill as well as the person who is concerned or bereft.
4. The *music "breathe"* has been designed as a piece of music for creative and sensory learning, it is written to help the spirit be anima-ted. **The message is : "When you breathe you can breathe with God. If you die, God breathes you in and takes you with His spirit". Breathe @McKenzie 2020**
5. The music is played and the instruments are composed to work in with a person's patten of breathing. This is especially important if the person experiences anxiety and is unable to deal well with sickness or nursing.
6. If the person dies the music will accompany breathing and if it stops accompany them into death.
7. The song *'I am here'* has been written as a song of accompaniment with carefully repeated words to help a person, who is sick or dying, not to feel alone. I am here **Message : The Spirit of God, The love of Christ is always near. Our Love is always strong and so you are never alone, we are near in spirit. @Tobanelli 2020**
8. If the person goes to hospital try and explain that the songs will be shared at home, that you will prayer for them and that if its hard to breath, **they can allow the music help the, as God breathes with them in life and beyond.**
9. For friends and family who are not able to accompany the person who is ill, play the songs and reassure them that by sharing in the music they are supporting them. Take some time to pray, for the people who are at home or worried, give them the prayer cards to compete **(Fig 6, 7) Message: celebrating and remembering people we love, we know we love them because we miss them. Their life was important. We won't forget them**