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Medicine and the Holocaust Student Books

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Medicine and The Holocaust 2020-2021: A Book of Prayer and Reflections

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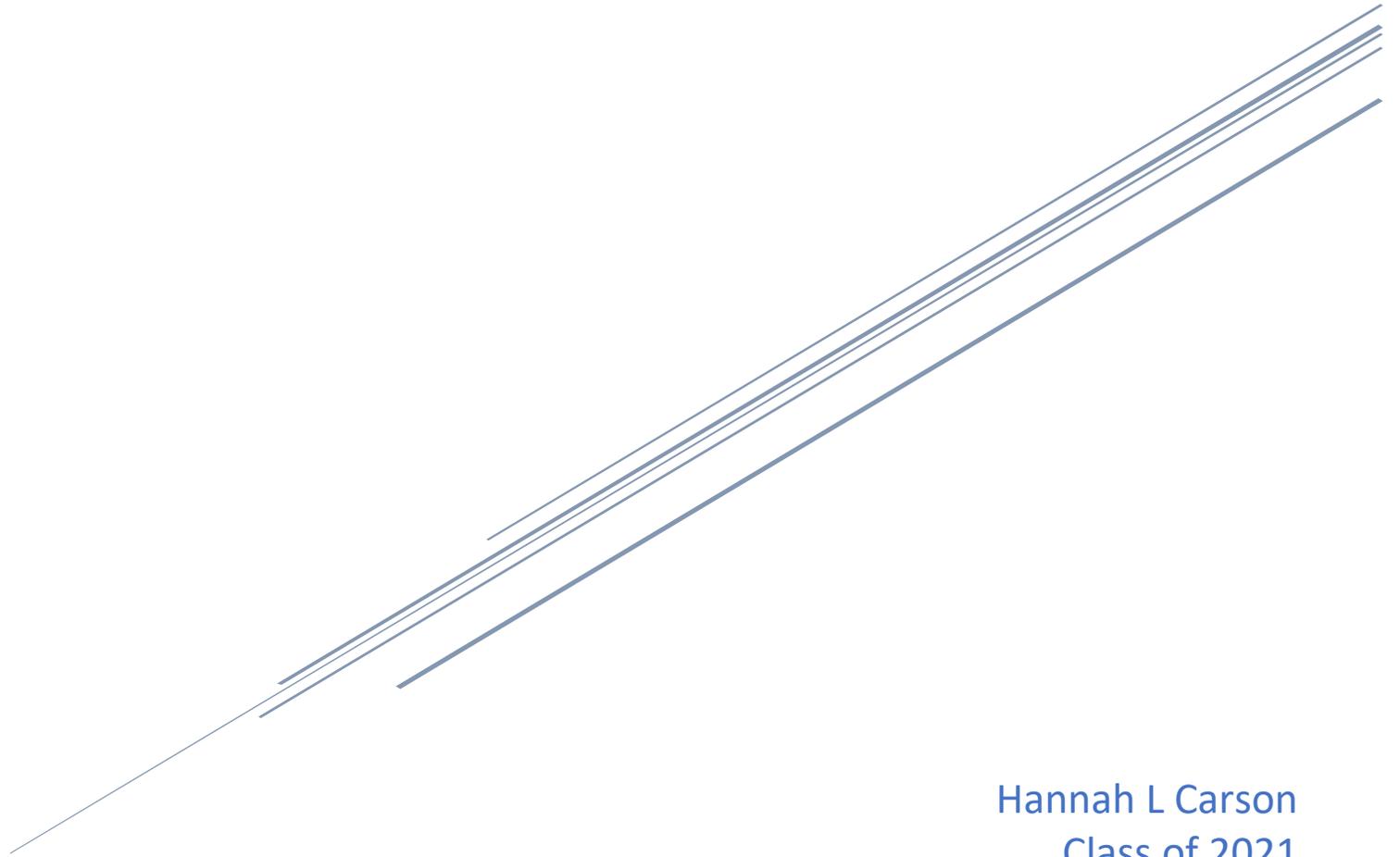
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MEDICINE AND THE HOLOCAUST 2020-2021

A book of prayer and reflections



Hannah L Carson
Class of 2021

Anne Frank

On March 7, 1944, after almost two years in hiding, Anne wrote: ... “And in the evening, when I lie in bed and end my prayers with the words, 'I thank you, God, for all that is good and dear and beautiful,' I am filled with joy.”

June 2020

The first hero I had growing up outside of my family was Anne Frank. I could not get my hands on enough books and memoirs about her. As I grew older, I expanded my reading to novels, memoirs, and non-fiction about World War II and the horrors of the Holocaust.

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

July 2020

I don't think we can know if we are better off without a person until they are already dead. I think that people have a chance to redeem themselves up until death. However, I do think that there are times when we have to intervene and cut the life short without giving them further chances. War is not a light decision and soldiers must follow orders to kill the enemy, because they may do more damage before they consider redeeming themselves. The rights of a person end when they impose on the rights of others.

Serenity Prayer

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.
Living one day at a time,
enjoying one moment at a time;
accepting hardship as a pathway to peace;
taking, as Jesus did,
this sinful world as it is,
not as I would have it;
trusting that You will make all things right
if I surrender to Your will;
so that I may be reasonably happy in this life
and supremely happy with You forever in the next.

Amen.

August 2020

My moral compass was set based on my experiences with my family and religion. I am a practicing Catholic which provides guidance on right and wrong. I use these teachings to make decisions in my life. I do not think my religion would have set or continued to set my moral compass though if it wasn't for my family. They strengthen my connection to my faith and the importance of the commandment "love your neighbor as yourself."

“Lord Jesus, help me put my faith in You and to obey God so that no matter what pressure I feel, I will not make bad decisions. Increase my faith so I can follow You and change the world for the better in my example for others. In Your name I pray Amen.”

September 2020

Media often portrays the extreme stereotypes of religions and groups of people. Interestingly, these shows often pair it with poking fun at other religious groups and that makes it "okay" to laugh. We write it off as a joke, but really people could easily take it personally and be hurt by this portrayal. It strengthens stereotypes and prolongs misconceptions. However, these stereotypical character portrayals keep happening, because it's easy. I think that it has to do with lazy writing. Comedians are looking for a quick laugh. I am definitely guilty of laughing at jokes about religion in shows, but I want to be more aware that it could be hurting a fellow neighbor. We should stop watching shows that go out of their way to poke fun at groups of people and urge writers to be original and non-hurtful when looking for humor.

“Lord, help me to know right from wrong.”

October 2020

I differentiate right vs wrong by my gut. Guilt is a primary driver in my life. I have a hard time letting things go. Therefore, that gut feeling that I am going to regret an action or feel guilty about an action makes it wrong. Doing the right thing means putting other people first no matter what. Even though it may hurt me in the moment, I always find that I have none of the negative guilt and regret when I do the right thing.

As I care for my patients today, Be there with me, O
Lord, I pray. Make my words kind – It means so much
And in my hands Place Your healing touch. Let Your love
shine through In all I do, So those who are in need May
hear You, feel You, See You in me. AMEN

November 2020

A meaningful action I took was spending extra time with a patient during my inpatient internal medicine rotation. "Deb" a 65 year old female was admitted with a pathologic fracture which ended up being secondary to metastatic small cell carcinoma. Deb was alone in her narrative, unable to make any future decisions due to the overwhelming diagnosis. Every day, I ended my pre-rounds with Deb so that I could spend extra time with her before returning to the team for rounds. We sifted through the large packet of facilities in the area to help her narrow down the ones that were closest to home and recommended by the social work team. Finally, after 12 days, Deb moved to a rehabilitation facility.

My patient's narratives play a giant role in the meaning of my own life. I think a lot about Deb and wonder where she is now. I came to medical school to make meaningful connections with patients which is why I have decided to pursue family medicine. I want to be a physician who can celebrate the successes in my patient's journeys and push them along in their narrative or caution them to take a rest in their quest for a while.

Bless me, God, with Your healing power, protect me from all harm, shield me from pain. And when I wake, God, give me the courage and passion to fight for the sacred treasure You have granted me: my life.

December 2020

I think if a power differential was created under the correct circumstances, it could happen again. Someone charismatic with power could spread the seed distrust in a population. You could easily argue that the racism that still exists in the United States could continue to get worse and lead to further oppression of the Black community. It wouldn't be a far leap from oppression to genocide in the hands of the wrong leader. History repeats itself and I hope we do not see a similar genocide in my lifetime.

Final Rites

"Through this holy anointing may the Lord in his love and mercy help you with the grace of the Holy Spirit. May the Lord who frees you from sin save you and raise you up."

March 2021

During each admission, we discuss code status with the patient. We force them to consider what life saving measures they want. For some it is easier than for others, especially young otherwise healthy patients. However, the more health problems they have the harder the decision. I personally would draw the line if I was unable to breathe on my own. I would also consider that my life would be not worth living if I had a sudden mental change in which I could no longer express myself. However, it is a very subjective and personal decision.

Ravensbruck Concentration Camp

“O Lord, remember not only men and women of good will, but also those of ill will. But do not remember all the suffering they inflicted on us. Remember the fruits we have born thanks to this suffering: our comradeship, our humility, our courage, our generosity, the greatness of heart which has grown out of this; and when they come to judgment let all the fruits that we have born be their forgiveness.”

Graduation

During this course, I realized how easy it is to get pulled into group think. We look back at different events in history and we wonder how this could have happened. However, I think it is harder to push back against a strong power than it is to try to rationalize your actions. For instance, you could turn an inhumane experiment around by suggesting that you're helping the greater population. It is similar to the "trolley problem" in ethics. Is killing one person to save 5 ok? I think everyone can find at least one situation where they would say yes, but yet we take an oath to do no harm. My goal is to try to consider if I am rationalizing my actions with every decision I face in medicine. I think slowly it will help me to discover my subconscious bias.