

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer. Pathfinders can be found at www.bccancer.bc.ca/library.

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website (www.bccancer.bc.ca). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

SPIRITUALITY

For many patients and family members, a cancer diagnosis may lead to reflection and questioning about what is most important in life and what makes life meaningful. For some, this means connecting with one's faith community. For others, it may mean exploring spirituality in a broader sense. The following Pathfinder will guide you to support services and other resources to answer your questions.

LIBRARY/CANCER INFORMATION CENTRE RESOURCES

The names and call numbers of popular books/DVDs available for loan from the BC Cancer library are listed below. Visit your local BC Cancer library or go to www.bccancer.bc.ca/library to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

Beyond surviving : cancer and your spiritual journey (Book)	QZ201 M194 2016
Care of the soul (Book)	WM61 M824 1992
Engaging spirituality on the cancer journey (DVD)	QZ200 B366a 2006 v.12
Faith: trusting your own deepest experience (Book)	WM61 S186 2002
Kitchen table wisdom (Book)	WM172 R386 1996
Life prayers (Book)	WM61 L722r 1996

Making peace with God (Book)	BS195 B655 2003
Prayer is good medicine (Book)	W61 D724p 1996
Prayers for healing (Book)	WM61 P921 1997
Quiet moments: a collection of prayers & meditations (Book)	WM61 Q6 1989
Simple abundance (Book)	WM61 B828s 1995
Spiritual crisis of cancer (Book)	WM61 C213 1989
What Buddhists believe (Book)	WM61 H313 1998
When things fall apart (Book)	WM61 C434 2002

RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to www.bccancer.bc.ca and click on Our Services→Services→Library→Recommended Websites.

Canadian Cancer Society

www.cancer.ca

Go to Cancer Information→Cancer Journey→Living with Cancer→Spirituality.

This website discusses the different ways cancer can affect one's spirituality and provides suggestions for dealing with spiritual issues.

CancerCare

www.cancercare.org

Go to Our Services→Publications→General Topics→Mind-Body-Spirit→Strengthening the Spirit.

This website describes how a sense of spirituality can help with coping and provides tips on strengthening spirituality.

US National Cancer Institute

www.cancer.gov

Click on About Cancer→Coping with Cancer→Day-to-Day Life→Faith & Spirituality

Religious and spiritual values are important to many people coping with cancer. This website describes how cancer may affect your spirituality and values and help you find comfort and meaning.

US National Comprehensive Cancer Network

www.nccn.org

Click on Patient Resources→Patient and Caregiver Resources→Life with Cancer→Finding Comfort in Spirituality.

This website distinguishes spirituality from religion and describes how spirituality or religious practices might enhance the quality of life of some people with cancer.

If you would like more information about these or other resources, please contact one of the BC Cancer Libraries.

Abbotsford	604.851.4710, ext. 646825 or toll-free 1.877.547.3777
Kelowna	250.712.3900 ext. 686821 or toll-free 1.888.563.7773
Prince George	Toll-free 1.888.675.8001, ext. 8001
Surrey	604.930.2098 ext. 654576 or toll-free 1.800.523.2885
Vancouver	604.675.8001 or toll-free 1.888.675.8001, ext. 8001
Victoria	250.519.5517 or toll-free 1.800.670.3322