

# Healing That Remains

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## INTRODUCTION

Before we speak of systems or technologies, we are invited to pause.

Recall the moment you leave an encounter with healthcare — a hospital, a clinic, a doctor’s office or a quiet exam room.

You step back into ordinary life carrying more than instructions or results:

a body still tender,  
a mind replaying what was said,  
a heart holding relief, fear or unanswered questions.

This is where healthcare continues — at the kitchen table, in the car ride home, in conversations with loved ones, in the quiet moments when meaning begins to settle.

What people carry from these encounters matters. Healthcare does not end when the visit ends. It continues as patients return home — to families, communities and the quiet spaces where fear, hope and meaning are held together. What we offer in moments of care extends beyond our walls. The question is not only what technologies we deploy or how efficiently we work, but how our encounters leave patients: more whole or more fragmented, more human or more alone.

In a time of remarkable technological advancement, we are reminded that healing is never merely technical. It is relational. No technology, however sophisticated, can replace the sacred work of witnessing another’s

vulnerability or accompanying them through uncertainty.

And yet, we labor within systems under immense pressure, called to do more, do it faster, and sometimes with fewer resources. Too often, we are made to feel that what we offer is not enough. In such an environment, technology can either deepen that wound or help restore balance by freeing time for relationships, reducing burdens and allowing care to return to its proper purpose.

At its heart, healthcare exists for human flourishing. Rooted in the conviction that every person bears inherent dignity, our ministry accompanies people in moments of vulnerability, entering the uncertainty and complexity of their lives with compassion, rather than shrinking from that uncertainty or seeking to control it. Catholic healthcare does not pursue efficiency at the expense of encounter. It seeks presence that heals, wisdom that guides innovation, and care that remains faithful to love.

As we discern the place of AI and emerging technologies in healthcare, the question before us is not simply what is possible, but what is faithful to the dignity of the human person and the mission entrusted to us.

## REFLECT

Please consider these questions: In my own role within Catholic healthcare, where do efficiency, technology and urgency support human flourishing? Where might they quietly diminish encounter, attention or dignity?

What does it mean to practice

healthcare as an act of accompaniment — staying present to vulnerability, uncertainty and complexity — so that innovation remains in service of love rather than replacing it?

## PAUSE AND PRAY

God of accompaniment:

When care is complete and doors close behind us,  
what do Your people carry home from our hands?

As we shape the future of healthcare,  
slow our striving and widen our vision.

Teach us to use every tool in service of healing without surrendering the human heart of our work.

When efficiency tempts us to hurry past suffering,  
draw us back into presence.

When pressure tells us we are not enough,  
remind us that love faithfully given is never wasted.

Bless all who create, govern and use new technologies,  
that innovation may serve relationship,  
and progress may deepen compassion.

Shape our questions,  
not around what is possible,  
but around what is worthy of the human person made in Your image.

Amen.