

## 6.11 Humanism

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| 1. Origin           | <ul style="list-style-type: none"><li>• ‘Humanism’ is not a religion and no one founded it as a philosophy.</li><li>• ‘Humanism’ is the word used to describe a coherent non-religious worldview and stance on life.</li><li>• Humanist beliefs have been held for thousands of years.</li></ul>  |
| 2. Languages        | <ul style="list-style-type: none"><li>• English</li></ul>   |
| 3. Beliefs          | <ul style="list-style-type: none"><li>• Lots of people today are not religious and have beliefs and values that are based not on faith or religious authorities. Instead they seek to base their morality on what will best contribute to human welfare and human fulfilment and pursue views that they consider are based on reason, evidence and empathy.</li><li>• Humanists don’t believe in gods or the supernatural. Instead they believe people only have one life and make it meaningful and fulfilling by being happy, helping other to be happy and by adopting worthwhile goals.</li></ul> |
| 4. Birth            | <ul style="list-style-type: none"><li>• No particular requirements normally in hospital.</li><li>• A naming ceremony of a healthy baby can take place at home or a special venue. If a child is seriously ill or has died then a naming ceremony could take place in hospital. See: <a href="https://humanism.org.uk/ceremonies/">https://humanism.org.uk/ceremonies/</a> .</li></ul>   |
| 5. Prayer & Customs | <ul style="list-style-type: none"><li>• Prayer is not usually relevant for humanists.</li><li>• Ceremonies for naming, weddings and funerals may include readings, reflections and silence.</li></ul>   |
| 6. Diet & Fasting   | <ul style="list-style-type: none"><li>• No Particular requirements. Some humanists are vegetarian or vegan.</li></ul>   |



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| <b>7. Clothing &amp; Washing</b> | <ul style="list-style-type: none"><li>▪ No particular requirements.</li></ul>   |
| <b>8. Medicine</b>               | <ul style="list-style-type: none"><li>▪ Humanists respect healthcare staff and are comfortable seeking medical help and advice when sick.</li><li>▪ Most have no objection to blood transfusions or receiving organs for transplant.</li></ul>  |
| <b>9. Care of the Dying</b>      | <ul style="list-style-type: none"><li>▪ No particular requirements.</li><li>▪ The dying process may be seen as being transformative, the summation of a life “well authored”. It involves coming to terms with death’s inevitability and developing a mind-set of acceptance.</li><li>▪ Humanists may want to right their wrongs if they can. They may find it helpful to prepare their funeral.</li></ul>  |
| <b>10. Death</b>                 | <ul style="list-style-type: none"><li>▪ Many humanists will have a living will or advance directive. They will usually be willing to donate organs for transplantation. There are no objections to post-mortems usually.</li><li>▪ Humanists sometimes favour cremation or green burials. Funerals focus on the person who had died and the life they led – not on the idea of an afterlife – and provide a dignified and sincere way of saying goodbye. See <a href="https://humanism.org.uk/ceremonies/">https://humanism.org.uk/ceremonies/</a></li><li>▪ Non-religious funerals are legal, and funeral directors and crematoriums and cemeteries are used to arranging them.</li><li>▪ Some humanists may consider that the needs of the bereaved are more important than those of the deceased and that this can be reflected in the style of the funeral service.</li></ul> |
| <b>11. Contacts</b>              | <ul style="list-style-type: none"><li>▪ <b>The chaplaincy department has a local contact for obtaining further advice and support.</b></li></ul>  |

