



# Living With Dying

## A Contemplative and Experiential Retreat

*Friday, Nov. 13, 2009, at 2:00 p.m. to  
Sunday, Nov. 15, 2009 at 11:00 a.m.*

**Jean Haley, MLS, MS, MSW, LICSW** is a social worker who has led mindfulness meditation in various settings and has been a hospice volunteer and student of death and dying for many years.

**Mary Martin, MLS, MA, MA** is a certified chaplain at a large urban hospital and is on the spiritual direction team at the Benedictine Center. Mary cared for her mother, who died in April, 2005, on a home hospice program.

**Ann O'Fallon, RN, MA, LP** is a nurse-psychologist specializing in grief and loss, and editor of a collection of poems and stories by women who lost their mothers at a young age. Ann has done counseling work at the Center for Grief in St Paul and volunteered for Hospice of the Twin Cities.

This retreat is for healthcare professionals, social workers, clergy and chaplains, hospice volunteers, family and interested community members who wish to grow in their capacity to offer compassionate care of the dying.

The retreat will explore contemplative and spiritual growth, personal and psychological issues, pain and suffering, self care of the caregiver, and community building as related to death and dying.

Based on the work of Joan Halifax and Barbara M. Dossey at the Upaya Zen Center in Santa Fe, New Mexico, the retreat emphasizes mindfulness and the awareness of death as the base for the experience of dying, and ultimately, of living. The retreat is not appropriate for those who are actively grieving a loved one. We recommend participants be at least six months past a significant loss to benefit from this retreat.

### **Objectives:**

1. Deepen personal awareness, beliefs and behaviors surrounding death.
2. Learn techniques appropriate for use with care for the dying.
3. Learn specific tools for enhancing self-care when caring for those who are dying.

**\$200.00 per person (R&B included)**

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