

CAREGIVING FOR A LOVED ONE

A LABYRINTH EXPERIENCE FOR DIRECTION AND INSIGHT

Patricia Newton, MD and the Trinity Labyrinth Guild

When we become caregivers for people we love, it can be a wonderful but challenging experience. It can certainly stretch and change our relationship with our loved ones and with ourselves. We take on new and different roles that can promote growth, compassion and also discomfort in a changing world. Emotions can run high and be confusing and conflicting. Finding a new centering point and an inner awareness of our personal qualities and strengths in this new situation can be helpful. This exploration can give us a new perspective on how to proceed in a good way.

The Labyrinth is an ancient pattern that is present on all continents and in many cultures. In recent times, it has emerged as a popular walking meditation. This ancient pattern seems to naturally open us to a wider point of view. Its turning, circuitous and surprising path can allow for release of a myriad of thoughts and feelings, allowing for a centering and quiet time to ponder new options in the center. It is simple and gentle and no experience is required!

This workshop will provide some information on how to approach the changing roles of caregiving. It will also be experiential. We will use the labyrinth, with its path of many turns and perspectives, to look for personal direction in a supportive environment.

Patricia Newton is a retired geriatrician and has worked with patients and families facing illness for 40 years. She has also been trained in labyrinth facilitation. Dr. Sue Rose, a specialist in the psychiatric care of elderly patients and their families, will co-facilitate this workshop.

June 25, 2016 9am to noon

\$15, if possible. Scholarships available.

Trinity Episcopal Cathedral

147 NW 19th Ave. Portland Oregon

For registration or information

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