



MINDFUL MORTALITY

Rob Spencer, M.D.
February 28-March 2, 2014

Lessons learned at the end of life teaching us how to live today

Program cost of \$190
includes program, housing
and meals, Friday dinner
through Sunday lunch.

Sliding scale and
scholarships are available.

WOOLMAN HILL
Quaker Retreat Center

www.woolmanhill.org
info@woolmanhill.org
[www.Facebook.com/
WoolmanHill](http://www.Facebook.com/WoolmanHill)
107 Keets Road
Deerfield MA 01342
413-774-3431

Some people facing a life-threatening illness or surviving a near death experience report a sense of peace, calm, absence of fear of dying. Hospice workers are often asked if they find the work depressing only to respond that they are inspired by it. We don't have to wait until the end to find focus and meaning in the fact that our life span is limited.

Rather, by being mindful of our mortality, we can heighten our appreciation of life, sooth our fears, promote healing of past wounds and losses. Through preparation, we can reduce hardship for ourselves and our loved ones at the time of death. In this retreat, we will gather to share our experiences, reflect, and help each other to achieve these goals.

Rob Spencer is a member and former co-clerk of Concord (NH) Friends Meeting. He is a practicing physician with board certifications in anesthesiology, pain management, hospice and palliative medicine. In addition to leading workshops at Woolman Hill and Powell House, Rob has taught sessions for New Hampshire Hospice and Palliative Care Organization annual conferences and has facilitated group discussion on Death and Dying at the Concord Unitarian Universalist Society.

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COST & REGISTRATION

The standard rate for this retreat is \$190 (with a sliding scale of \$160-\$220). The fee includes program, lodging and food. Commuter rate is \$130. Please ask if you need additional scholarship funds. A non-refundable deposit of \$50 is required to hold a space for a program. If you need to cancel, the deposit can be applied toward a future workshop.

ARRIVAL & DEPARTURE

Plan to arrive after 5pm Friday evening, in time for dinner at 6:30. The workshop will end by 2pm on Sunday. We are centrally located in western Massachusetts, close to both I-91 and Route 2. For those arriving by car, we will send directions after you register. Please let us know if you'd be interested in carpooling. The nearest Amtrak train station is in Amherst. Vermont Transit and Peter Pan bus lines stop in Greenfield. Please contact us in advance to arrange a ride from these stations.

ROOM & BOARD

Our 19th-century farmhouse has hand-hewn beams and wide pine floors, with simple dorm-style lodging. The meetinghouse and the first floor of the main building are wheelchair accessible. We serve nourishing, primarily vegetarian, home-cooked meals and always offer a vegetarian option. Please let us know if you have any dietary restrictions. Part of the community building at each retreat includes the joyful sharing of meal chores and clean-up.

WHAT TO BRING

Please bring your own toiletries, towels, and bedding (sleeping bag or sheets and blankets or comforter). Pillows are provided. Be sure to bring seasonally appropriate clothes and comfortable indoor and outdoor footwear. You might also like to bring a flashlight, journal, musical instrument... Please do NOT bring pets or candles. We have public internet access and limited cell phone reception. We encourage guests to consider whether cell phone or computer use will detract from their experience of being fully present, here and now.

To register for this program, please fill out the information below and send it to us with a \$50 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop. For more details about our programs and facilities, please visit our website (www.woolmanhill.org) or use the above contact information.

MINDFUL MORTALITY, February 28-March 2, 2014	
NAME:	
E-MAIL:	PHONE:
ADDRESS:	
MONTHLY MEETING (if applicable):	
Enclosed is \$_____. I plan to pay a total of \$_____ on the sliding scale of \$160-\$220 (\$190 standard rate).	
DIETARY, HOUSING, OR OTHER SPECIAL NEEDS:	