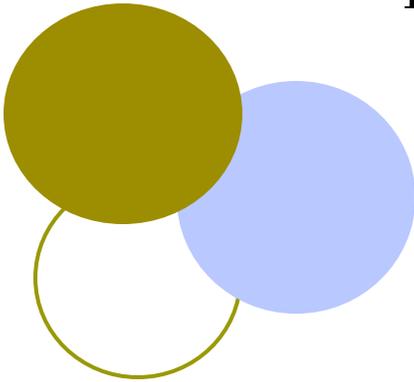


# DEATH, THE FINAL STAGE OF GROWTH

DAPHNE CLEMENT & LINDA LYMAN

FEBRUARY 3-5, 2017



Arriving at an acceptance of one's mortality  
is a process, not an epiphany.

- Atul Gawande

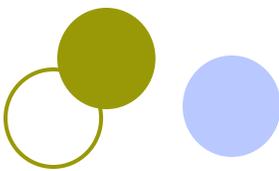
Program cost of \$195  
includes program,  
housing and meals.  
Sliding scale and  
scholarships are  
available.

Register online at  
[www.woolmanhill.org](http://www.woolmanhill.org).

Death is a part of life, we know; we will all die some-time. However, we don't like talking about death, our own or those we love. Yet when we avoid documenting our directives, and talking with family about how we want our end of life to be, we will be at the mercy of the medical community who could make decisions we may not want. Being un-prepared for your end of life will likely be a challenge to your family, your loved ones and your spiritual community. We'll help you learn to talk about, and make decisions about, your concerns related to your death and dying.



Along with waiting worship and meditation, participants will engage in activities related to end-of-life directives, discerning personal choices around end-of-life options, and how to approach conversations with medical professionals and family members.



WOOLMAN HILL  
Quaker Retreat Center

[www.woolmanhill.org](http://www.woolmanhill.org)

[info@woolmanhill.org](mailto:info@woolmanhill.org)

[www.facebook.com/  
WoolmanHill](https://www.facebook.com/WoolmanHill)

107 Keets Road

Deerfield MA 01342

413-774-3431

*Linda Lyman*, a former Pendle Hill staff member and retired family therapist, has thirty years experience as a mental health professional. As well as working with Elisabeth Kubler-Ross, M.D. on death and dying issues, she has given numerous workshops throughout the U.S., Canada and England on Living With Grief and Death, the Final Stage of Growth. She is a member of Southern Maine Friends Meeting.

*Daphne Clement*, D.Min., BCC, is a Board Certified Hospice Chaplain, and was the Coordinator of Spiritual Care for a 36 bed inpatient hospice in Atlanta, GA. She is the author of Pendle Hill Pamphlet 373: "Group Spiritual Nurture: The Wisdom of Spiritual Listening." She now lives in Brunswick, Maine, and is a member of Durham Monthly Meeting (a semi-programmed meeting) where she pastored for three years.

WOOLMAN HILL Quaker Retreat Center 107 Keets Road Deerfield MA 01342 + 413-774-3431  
 www.woolmanhill.org + info@woolmanhill.org

**COST & REGISTRATION**

The standard rate for this retreat is \$195, with a sliding scale of \$160-250. The fee includes program, lodging and food from Friday dinner through Sunday lunch. Commuter rate is \$135. Please pay what you can, and also encourage your meeting to financially support your participation. 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 to a future workshop.

**ARRIVAL & DEPARTURE**

Plan to arrive after 4:30pm 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 Greenfield (MA). Vermont Transit and Peter Pan bus lines also stop in Greenfield, Megabus stops in Amherst. Please contact us in advance to arrange a ride from these stations.

**ROOM & BOARD**

Our 19<sup>th</sup>-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 limited internet access and 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 ON-LINE for this program**, or for more details about our programs and facilities, please visit our website ([www.woolmanhill.org](http://www.woolmanhill.org)). OR fill out the information below and send it to the address above with a \$50 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop.

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|---|--|---|
| Death: the Final Stage of Growth, February 3-5, 2017  |  |   |
| NAME:   |  | MONTHLY MEETING (if applicable):  |
| E-MAIL:   | PHONE:   | Circle: home / work / mobile  |
| STREET ADDRESS:<br>CITY, STATE, ZIP:  |  |   |
| Check if you wish: <input type="checkbox"/> NOT to share your contact info with other participants. <input type="checkbox"/> NOT to be on mailing list.   |  |   |
| ENCLOSED is \$_____. I plan to pay a TOTAL of \$_____ on the sliding scale. (\$195 standard, \$135 commuter, see above)   |  |   |
| <b>DIETARY NEEDS</b><br><i>Please check any that apply:</i><br><input type="checkbox"/> Vegetarian<br><input type="checkbox"/> Vegan<br><input type="checkbox"/> Gluten-free<br><input type="checkbox"/> No-dairy<br>Other: | <b>HOUSING</b><br><i>Please check any that apply:</i><br><input type="checkbox"/> Commuting<br><input type="checkbox"/> Prefer main building<br><input type="checkbox"/> Prefer cabin <input type="checkbox"/> Light sleeper<br><input type="checkbox"/> Trouble with stairs <input type="checkbox"/> I snore<br><input type="checkbox"/> Need to be near bathroom<br>Other: | <b>TRANSPORT</b><br><i>Please check any that apply:</i><br><input type="checkbox"/> Willing to offer ride(s)<br><input type="checkbox"/> Need ride<br><input type="checkbox"/> Willing to drive or ride<br><input type="checkbox"/> Willing to have my contact info shared<br><input type="checkbox"/> Would like public transport info<br>Other: |