The Elisabeth Kubler-Ross Center

South Rt. 616, Head Waters, Virginia 24442 (703) 396-3441

Newsletter No. 25 Winter 1985-86

Purpose and Goals:

The Elisabeth Kubler-Ross Center is a non-profit organization dedicated to the promotion of physical, intellectual, emotional, and spiritual health. It is now located in the Shenandoah Valley near Head Waters, Virginia.

Our purpose is to encourage people to view life as a series of challenging experiences from birth through death, rather than a threatening and painful ordeal.

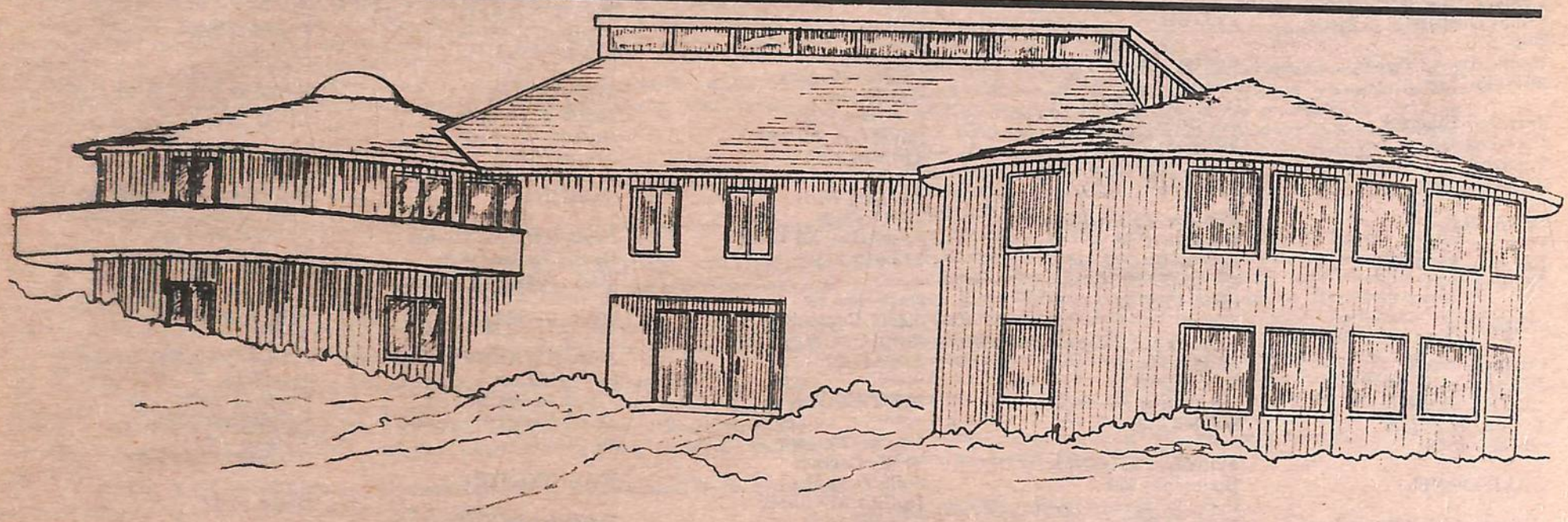
The goal is to allow a fresh sense of personal well-being and contentment through the discovery of new values and a deeper appreciation for the gift of LIFE.

There is within each of us a potential for goodness beyond our imagining, for giving which seeks no reward, for listening without judgment, for loving unconditionally. It is our goal to reach that potential.



Shanti Nilaya

Founded by Elisabeth Kubler-Ross, M. D. in 1977



Artist's Conception of Our Completed Center

Winter, 1985-86

Dear Friends all over the world!

An old year ended and a new promising one started just a few days ago (at the time of this writing). It is a sunny, but cold January day here in the Shenandoah Valley and outside my window I can see the first calf -- born on Christmas morning! We call him "Berthold," in remembrance of our first hard-working volunteer from Germany. We were also blessed to have the first white Christmas snow here on the farm, which lasted just one day, but was nevertheless very beautiful, and the fulfillment of a great wish of mine.

The last year has been a difficult one. One that taught us many lessons: lessons in endurance, tenacity, patience, and the practice of unconditional love in not always easy circumstances. And I think we have all grown and learned from it.

One year ago we learned of the increasing numbers of rejected AIDS babies and toddlers who are cared for in city hospitals and have no place else to go. Their mothers (carriers of AIDS either as a result of drug use with unclean needles or intimate contacts with their bi-sexual mates) are unable emotionally, physically, and financially to take care of them and often leave the babies in hospitals without leaving forwarding addresses. Others would love to take care of them but just cannot manage, many of the mothers are sick themselves, or dying. And, in character with our years of working with dying children and with the neediest in our world, we decided to open up a home on my farm and house some of these children. It would be a mutual benefit and could be set up as an example to build future homes like this all over the world wherever the need is. It would relieve the over-burdened mothers, unload the hospitals, save millions of dollars and last, but not least, offer our health care professionals a place to learn and become comfortable, helping those dying toddlers live to the fullest in a loving, caring environment, surrounded by people who are not afraid to touch, hold and hug them -- with plenty of homegrown health food available, animals to watch and enjoy, and no fears of being "shipped around" from one place to another, or rejected. It all seemed so simple last fall before we held an informational meeting in Monterey, our County Seat -- as a preparatory phase to obtain permission for rezoning and licensing.

Well, the rest you read or heard through the news media. We were greeted with much hostility, arguments, and, naturally, fear. We returned home with a Sheriff's escort and with a strong feeling that it is not easy to practice "Love thy fellow man . . . .," especially rejected dying children who are suddenly viewed as a threat, and not as an opportunity to help the neediest of the needy.

The other side of the coin is the Army of love and support we have received from all across the United States, Europe and Canada. Packages are still arriving with baby clothes. A woman wrote how she found a purpose in her old age -- now that she goes to flea markets and buys discarded dolls. She sews dresses for them, and has sent us a box full of the best-dressed dolls you have ever seen! A Swiss family inherited 10,000 Swiss francs and sent the total amount to us to complete the work which we started a year and a half ago. The Swiss branch of our organization has started a fund drive in order to pay for one of the roundhouses which will serve for training and workshops, to train -- hopefully -- an Army of volunteers to help dying and bereaved people. From Germany came a box of hand-knitted dolls and animals; a nurse and a physician from this country volunteered their services; a lawyer from Florida has offered free legal advice; people offer a mass . . . friends from all over the United States hold prayer meetings, send love and blessings, and letters of support come in day after day. A family (again from Switzerland) sent boxes of Swiss chocolates with a "mountain of letters" each signed by the parents and their children to forward to each of the many prisoners who are dying of AIDS in our penal institutions: a sign of love and hope, not only for the receivers, but for the whole world. What an opportunity to serve!!

A pilot from nearby has offered a private plane to be used in case of an emergency with these babies and a courageous Swiss woman flew to Virginia and passed the test as a pilot in Lynchburg, Va., to be available when we need her.

In the meantime, we have made many efforts to find private homes for these children and we have started getting results!

Five families have agreed to take one (or two) of our rejected AIDS babies to their homes after discussing the issues involved with their own children and relatives. This is, perhaps, the highest example of love that we have witnessed since doing this kind of work. Again, my heartfelt thanks to all those people who make this possible.

Shortly after the storm over our AIDS Hospice here in the Valley, another storm hit West Virginia (the infamous flood of the fall of 1985), and to a lesser degree, our farm here in Virginia. We had damage of about $20,000, with rocks and stones covering the meadows, with a dredged river cutting through our grassland and knocking almost all our fences down. It involves a lot of work, and we hope that by this coming spring the mess will be cleaned up, the fences will be up again, and the brook back in its original place.

And then came Christmas, and the big surprise! A sum of more than $36,000 was collected for the Christmas Fund, and this time I did not have the slightest idea that what was started a year ago would continue now and would "hold us over" until I can go on the road again. Thank you, thank you, thank you for all your love, support, contributions, prayers, and blessings which keep us going year after year -- since 1977.

We shall continue to see all our patients without charge, continue our house calls, admit needy people to our workshops without fee, and we have not given up on our Center for AIDS babies and toddlers, so keep up your prayers and know that LOVE is always stronger than fear and it is only a matter of time until everybody will know and understand that.

So bear with us, be patient, and do your work day after day. When the time is right, doors will open and we shall do the work which needs to be done.

Have a blessed and wonderful 1986, and keep in touch if we can be of any service!

With love and blessings,

Elisabeth

Elisabeth

P.S. I am on my way to Australia, New Zealand, and Hawaii, for workshops in each place, and lectures. See you in the spring again, when I am back home for a couple of days and the daffodils and crocuses are blooming. I planted 500 of them in my garden last fall!

Elisabeth Kubler-Ross Center
S. Route 616
Head Waters, Virginia 24442

Bulk Rate
Non-Profit Org.
U.S. Postage Paid
Headwaters, VA
Permit No. 2

Address Correction Requested

Friends of Elisabeth Kubler-Ross

Support Groups . . . .

Friends of Elizabeth Kubler-Ross (EKR)/"Location": These groups meet the guidelines established for an official support group of our Center. In each issue, we will keep an update on their activities -- see "Update From Friends Groups."

ALASKA

Friends of EKR/Anchorage
Susan Lahaie
8610 E. 17th Ave.
Anchorage, AK 99504
907-338-0706

Friends of EKR/Mat-Su Valley
Jan Dennison
P. O. Box 870634
Wasilla, AK 99687
907-376-2328

Contact Persons
Candy Gleason
Box 1673
Nome, Alaska 99762
907-443-2178

Jonathan Emerick
P. O. Box 855
Fairbanks, AK 99707
907-452-3779

Bobbi Leone
P. O. Box 1065
Barrows, AK 99723
907-852-4673

ARIZONA

Contact Person
Jeffrey Selwyn, M.D.
4550 E. Grant Rd.
Tucson, AZ 85712
602-881-4862

CALIFORNIA

Friends of EKR/Santa Rosa
Joyce Mathos/Sharon Miner
P.O. Box 6231
Santa Rosa, CA 95406
707-528-7046 (Joyce)
415-829-3816 (Sharon)

Friends of EKR/San Francisco
Nancy Jaicks
2909 Regent St. #3
Berkeley, CA 94705
415-549-1561

Irene Smith
41 Carl St. #C
San Francisco, CA 94705
415-564-1750

Contact Person
Pamela Rosengard
336 8th Ave.
Santa Cruz, CA 95062
408-476-2630

Friends of EKR/Los Angeles
Mary Lou Hainer ("Mo")
1554 Pleasant Crest Lane
LaHabra Hts., CA 90631
213-697-1161

Ted Siminoski/Phyllis Siegel
1917 Baxter St.
Los Angeles, CA 90039
213-661-9464

Friends of EKR/San Diego
David & Nancy Mullins
1046 Leroy St.
San Diego, CA 92106
619-222-0104

CONNECTICUT

Friends of EKR/East Hartford
Joanne Mecca/Donna Yanofsky
128 Greenwood St.
East Hartford, CT 06118
203-569-8747
203-563-3035

Contact Person
Alexandra Teguis
611 Merrow Rd.
Conventry, CT 06238
203-646-4900 ext. 233 (B)
203-742-7443 (H)

DELAWARE

Contact Persons
Anne & Larry Lincoln
109 Edgewood Rd.
Wilmington, DE 19803
302-656-4279

FLORIDA

Contact Person
Kathleen Sindecich
5020 Ortega Blvd.
Jacksonville, FL 32210
904-384-3985

HAWAII

Friends of EKR/Honolulu
Dorothy Read
567 So. King St. #178
Honolulu, HI 96813
808-545-3799

Friends of EKR/East Hawaii
Sandra Pickard
P.O. Box 93
Kurtistown, HI 96760
808-966-8815

Friends of EKR/Maui
Bonnie Barker
P. O. Box F
Paia, HI 96779
808-572-0370

ILLINOIS

Friends of EKR/Chicago
Dave & Lois Thompson
561 Dogwood Trail
Elk Grove Village, IL 60007
312-437-4489

Contact Person
Sunie Glyman
33 Royal Vale Dr.
Oak Brook, IL 60531
312-654-8785

Contact Person
Joy Baker
RR 1, Box 70
Calhoun, IL 62418
618-456-3753

KANSAS

Contact Person
Luanne Sutherland
1701 E. 23rd
Hutchinson, KS 67501
316-665-2074

MAINE

Friends of EKR/Auburn
Jack Toomey
34 Clifford St.
Mechanic Falls, ME 04256
207-784-3573
207-345-2001

Contact Person
Carol Curran
20 College Ave.
Gorham, ME 04038
207-839-4966

Memorials

We very much appreciate the families of our beloved patients, such as Mary Kavanaugh, Richard Boucher and Mary McFadden, who continue to support their loved ones' last wishes . . . . "At the request of the deceased, donations to the Elisabeth Kubler-Ross Center preferred . . . ." Thank you so much.

Notice to Friends Groups

We have had a change in staff here at the Center and Sharonjoy Hunter will now be the contact person for the "Friends Groups."

If you would like to become one, or if you are now an existing group, please drop her a line to let her know what is happening in your area. Thank you!

Contact Persons . . . .

People who support our philosophy and have attended workshops sponsored by the Elisabeth Kubler-Ross Center. Some are planning to form Mutual Growth Groups and all are interested in networking with others. Please contact your local "contact person" with any questions as well as your personal needs and interests regarding this work.

MARYLAND

Friends of EKR/Maryland
Bill Griswold
P. O. Box 269
Arnold, MD 21021
301-974-4224

MASSACHUSETTES

Friends of EKR/Boston
Marilyn Brier
15 Parkinson St.
Needham, MA 02192
617-444-7977

MICHIGAN

Contact Persons
Sue Sweeney
P. O. Box 1156
Royal Oak, MI 48072
313-540-2964

Jeanette Wirtz
466 Skydale
Ann Arbor, MI 48105
313-663-2130

Kath Housler
602 N. Center St.
Royal Oak, MI 48067
313-547-6731

MINNESOTA

Contact Persons
Trudy Carlson
6009 Tioga St.
Duluth, MN 55804
218-525-5650

Bruce & Judy Christie
832 Park Lane
So. St. Paul, MN 55075
612-451-9432

NEW HAMPSHIRE

Contact Person
Ellen Ahlgren
RFD - Box 171
Barnstead, NH 03218
603-942-7778

NEW JERSEY

Contact Person
Janet Scheck
123 G Concordia Circle
Cranbury, NJ 08512
609-655-5245

NEW YORK

Friends of EKR/Long Island
Claudia Mirante
61 Hitchcock Lane
Old Westbury, NY 11568
516-997-9713

Midge Lohn
6 Russet Lane
Lake Grove, NY 11755
516-467-6582

Friends of EKR/Albany
Rev. John Malecki, Ph.D.
Director of Consultation Center
790 Lancaster St.
Albany, NY 12203
518-489-4431

Contact Persons
Bonnie Hallett
191 E. Pearl St.
Wellsville, NY 14895
716-593-3291

Hilda Dunne
198 Jay St.
Albany, NY 12210
518-436-0602

Bonnie Parent
Terrace West Aprs.
Bldg. 4, Apt. 28
Plattsburg, NY 12901
518-561-2482

Tom Frantz
Dept. of Counseling
416 Christopher Baldy Hill
Buffalo, NY 14260
716-636-3152

TEXAS

Contact Persons
Gail Bega
1230 E. Walnut #903
Sequin, TX 78155
512-372-0615 (H)
512-379-7777 (B)

Diane Haug
2704 San Juan Drive
Austin, TX 78733
512-263-2895

Patricia Klaras
3625 So. 1st #218
Austin, TX 78704
512-488-3995

Cindy Pickard
10503 Warbonnet
Austin, TX 78733
512-263-2683

VIRGINIA

Friends of EKR/Reston
Donna Santee-Oden
2604 - Soapstone Drive
Reston, VA 22091
703-476-5383

Friends of EKR/Charlottesville
Sally Harper
876 Broomley Rd.
Charlottesville, VA 22901
804-971-2521

WASHINGTON

Friends of EKR/Seattle
Karen Mindt Howell
Box 73
Orcas Island
East Sound, WA 98245
206-376-2000

Marjorie Porta
18210 15th N.E.
Seattle, WA 98155
206-362-6290

Contact Person
Patricia Hopkins
1109 Crawford
Wenatchee, WA 98801
509-662-3116

WISCONSIN

Contact Person
Rev. Mike Stolpman
1035 Alfred
Brookfield, WI 53005
414-782-0642

FOREIGN/ OVERSEAS GROUPS

AUSTRALIA

Friends of EKR/Australia
P. O. Box 557
Lone Cove, NSW 2066
or
Wendy Ball
15 Park Rd.
Woodford, NSW 2778
047-586-897

BRAZIL

Friends of EKR/Brazil
Barbara Swirska
Caixa Postal 54167
01296 SAO Paulo
671-356

CANADA

Friends of EKR/Kamloops
Caroline Mortis
1261 Columbia St.
Kamloops, B.C. V2C 2W4
604-374-7239

Friends of EKR/Winnipeg
Marilyn Wortley
225 Hill St.
Winnipeg, Manitoba R2H 2L7
204-233-2854

Laura Steiman
133 Ethelbert St.
Winnipeg, Manitoba R3G 1V5
204-772-9055

Friends of EKR/Edmonton
Gene Roach
4858 - 32 Ave.
Edmonton, Alberta T6L 4H0
403-427-3582

Cathy Aberant
1116 - 75 St.
Edmonton, Alberta T6K 2S4

Friends of EKR/Vancouver
Diana Livingston
6190 Macdonald St.
Vancouver, B.C. V6N 1E6
604-261-6422

Contact Person
Doe Petty
15598 Victoria Ave.
White Rock, B.C. V4B 1H7
604-536-0720

ENGLAND

Friends of EKR/England
Fiona Wallis/Jeff Saunders
c/o #8 Grove Park
Wanstead, London Ell
034-281-0756 (Jeff)

GERMANY

Friends of EKR/Germany
Tine Rein
Obere Brandstr. 44B
D-7000 Stuttgart 80
West Germany
011-49-711-71-19-99

HOLLAND

Friends of EKR/Holland
Pieter Sluis
14 Chopenplein
2421 TT Nieuwkoop, Holland
011-31-17-253-338

IRELAND

Contact Person
Dermott Mac Neice
(No. Ireland)
Servite Priory
Benburb Co. Tyrone,
N. Ireland
Phone Benburb #548-241

NEW ZEALAND

Contact Person
Michael Fleck
P. O. Box 8371
Symonds St., Auckland
New Zealand
074-87507

PUERTO RICO

Friends of EKR/Puerto Rico
Angel Diaz-Montanez
D-12 Grant St.
Parkville, Guaynabo
Puerto Rico 00657
809-789-9297

SWEDEN

Friends of EKR/Sweden
Pia Ringstrand
Norrtullsgatan 53
S-113 45 Stockholm
Sweden
08-33 28 28

SWITZERLAND

Friends of EKR/Switzerland
Eva Bacher
Grenzacherweg 37
4125 Riehen
Basel, Switzerland
011-41-61 67-35-23



Update From Friends Groups

Please refer to the list of Friends on page two for information regarding names, addresses, and phone numbers of the local groups nearest your location.

San Francisco, California. Irene Smith, Nancy Jaicks, and Jim Avila are helping hospice volunteers working with AIDS patients by conducting regular workshops. Elisabeth and indeed all of us are really proud of Irene Smith, who was honored recently in San Francisco on a TV show called "Awards for Those Who Care." Irene was one of 8 chosen from the Bay area from a list of 300 nominees for her volunteer work with AIDS patients. Irene has made a career of massage therapy with people who have life-threatening illnesses. For the past three years she has volunteered her time to Ward 5B, the AIDS unit of San Francicso General Hospital. The Monthly Support Groups are held at the San Francisco Hospice Center. Next meetings to be held on 2/9 and 3/16 from 2:00 to 6:00 p.m.

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Honolulu, Hawaii. They are interested in working with AIDS patients, so give them a call. The upcoming LDT scheduled here in February 1986 will require much cooperation, which this group has, and welcomes any support.

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Chicago, Illinois. Mutual Support Group meets semi-monthly in Oakbrook on the first Tuesday of each month (7-9 p.m.) and in Chicago on the third Sunday afternoon (1-3 p.m.). Co-leaders are Sunie Glyman and Sharon Krupa (Sunie @ 312-654-8785). A special meeting was held on 11/6 and was a treat for all when Elisabeth was able to stop in on her way to a lecture in the area. Dave and Lois Thompson are looking forward to going to Iowa to help organize a support group for the West Liberty Hospice. A "working" group indeed which has supported our work for many years now.

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Auburn, Maine. WELCOME to a new Friends Group! One of our top facilitators, Jack Toomey, has relocated on the East Coast. Mutual Support Group meets the first and third Tuesday monthly with Jack being the moderator. All you lucky folks around Auburn, be sure to take advantage to help this group get off to a good start, and I am sure Jack will be at his best in supporting *you!*

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Austin, Texas. Heartfelt thanks go to our Friends in Austin, who worked so hard for a successful lecture and workshop in Texas last November. Blessings to Diane Haug, Patricia Klaras, and Cindy Pickard.

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Seattle, Washington. Our Seattle Friends are very happy to report successful workshops were held for Teens and Children in October. There are 15 teenagers and 22 children who along with us are grateful to this hard-working group. Highlights of their fund raising efforts were a benefit concert donated by a gifted singer/songwriter, Carol Ann Stockton, and Cory's poster, "The Rainbow Bridge to the Crystal Castle Where God Lives." The group raised almost $4,000 to provide scholarships for the children who needed financial assistance to attend the workshops. Special THANKS are in order to the core group of Shirley Enebrad, Steve Geller, Carol Ann Stockton, Richard Peters, Christine Daverio, Marjorie Porta, Karen Mindt-Howell and Jenny Stamm!

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Charlottesville, Virginia. Friends of EKR will meet on March 9, 1986, at 1:30 p.m. at Sally's house (804-971-2521).

Needed Urgently

We need more families nationwide who are willing to take one or more children with AIDS* into their house as foster parents. Five families have been found already. For information, call our office and ask for Sharonjoy (in my absence).

* 6 months to 3 years old, all terminally ill in different stages, survival chance up to 18 months.

Congratulations . . .

- to John and Jan Alexander from Springfield, Virginia, who added Joshua to their family on September 30, 1985.
- to Rus Dowda and Jeff Cooper from Albany, New York, and Max Guthrie, born 11/14/85.
- to the Debbe Haler-DeMers Family, who had another miracle baby while in recession of her cancer.
- to Irene Smith, Jr., who was honored in San Francisco for her untiring volunteer work with prisoners and patients with AIDS.

And our condolences to the family of Richard Boucher of 15 Chester Drive, Manchester, Connecticut, our old workshop friend and Vietnam Veteran who attended our pinecone ceremony in Maine as one of his last trips. We will hold him in our prayers and thank all those who sent a contribution in his name.

Elisabeth's Lecture Schedule

(March - June 1986)

MARCH 1986

6 — "AIDS: The National Conference for Practitioners," 2660 Woodley Road, N.W., Washington, D.C. 20008 (Open to physicians, nurses, other health related professionals). Call 1-800-826-1877 (Mon.-Fri.)

11 — University of Virginia School of Medicine, The Division of Hospital Epidemology - Infection Control, Charlottesville, Virginia 22908. "AIDS: Current Issues" (open to health care professionals).

20 — "Zuricher Oberland" (1,400 persons) Rueti, Switzerland. Kathrin Giger-Bless, CH-8635 Durten, Tel. 055/31 69 79.

APRIL 1986

5 — Benefit Lecture (public), Richmond, Virginia. Contact: Irene Mercer, R.N., (804) 272-1682.

11 — Medical College of Virginia, Virginia Commonwealth University, Richmond, Virginia (Open to MCV medical students and health care workers). Contact: John McLaulin (804) 355-3033.

MAY 1986

2 — The Hermitage, 3650 East 46th Street, Indianapolis, Indiana. Contact: Rusty Moe, M.A., (317) 545-0742.

3 — University of Arkansas, #2 University Center, Fayetteville, Arkansas. Contact: Nancy Rogers (501) 575-3604.

JUNE 1986

15 — Hospice of Tulane County, 208 W. Main, Suite H, Visalia, California 93291. Contact: (209) 733-0642.

SPEAKING BOARDS

In our work with terminally ill patients few have touched us more than those who have had ALS (Amyotrophic Lateral Sclerosis or Lou Gehrig disease) and those who—after a stroke or accident, brain tumors, etc. have been totally paralyzed and unable to speak. It is not only tragic for the patient, but an extremely tiresome and frustrating experience for the caregivers and family members to keep in touch with those patients.

What a wonderful tool the Speaking Board is and how easy it can be learned by anyone, old and young alike.

For the United States, the cost of xeroxing and mailing Speaking Board information is $1.50 per packet. Please forward this amount along with your request for further information to the contact persons below.

Contact for more information:

USA
Elisabeth Kubler-Ross Center
S. Route 616
Head Waters, Va. 24442

Janet Raven
764 Cypress
Newbury Park, Ca. 91320

ALS Association
15300 Ventura Blvd., Suite 315
Sherman Oaks, Ca. 91403
Attn: Marsha Litvac

CANADA
Mrs. Estherelke Kaplan
3 Clarendon Ave.
Toronto, Ontario
Canada M4V, 1H8
#416-927-8403

Lorraine Dick
3660 Shadbush Court
Mississauga, Ontaria
Canada L5L 1X7

EUROPE
Annika Minnberg
Kiltrast v. 11
S. 16137 Bromma,
Sweden

Frau Seeger
Oberdorf 30
CH-4458 Eptingen
Switzerland

Mrs. Constance Harvey
Buerwey 22
1861 CJ Bergens
Holland

SOUTH AMERICA
Barbara Swirska
Caixa Postal 54167
San Paula, Brazil
01296

AUSTRALIA
Betty Riordan
24 Hales St.
Sunnybank, Bris., QLD.
Australia 4109

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Control of Chronic Pain

As Dr. Elisabeth Kubler-Ross so often states in lectures, interviews, and books, the need for adequate PAIN CONTROL for the terminally-ill person is vitally important in giving good supportive care.

Contrary to older concepts of letting pain build to a point of intolerance before relief is offered or suggested, "Never PRN" (Never Pain Relief As Needed) is keyed to providing real relief from chronic agonizing pain in patients before the onset of the pain. This control should be done with a scheduled administration of on analgesic which gives adequate relief for at least three and preferable four or more hours. More information on medication and dosage schedules can be obtained by writing our Virginia Center, c/o "Pain Control."

Writing in Foreign Languages

NOTE: Those of you writing to Elisabeth in a language other than English, please know that she may not be able to answer for several months due to her travel schedule. If you have a request for general information and our staff can assist you, know that you will need to have someone translate into English. You can also contact one of our "Friends" groups in your country. (They are listed elsewhere in this newsletter.) Thanks.

Screaming Rooms

If you know of existing screaming rooms in hospitals, prisons, or elsewhere, please write our Virginia office (Attn: "Screaming rooms").

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Elisabeth is working on a book about AIDS, **The Trials and Challenges of AIDS.** Anyone who can help with information about children, woman and/or prisoners with AIDS, please contact us at our Virginia office address.

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NOTE: Please let us know if we can use your name with your correspondence (or excerpts from it) in our newsletter.

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We would love to have an Apple or an IBM computer. Anyone interested in donating one to the EKR Center? Please call us.

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New Cookbook
In helping to support the building of our Center, Debra Haney will coordinate a new fundraising project that everyone, everywhere, can take part in. Please send all healthy (and some not so healthy but delicious), not fancy or expensive recipes you wish to contribute to:

Debra M. Haney
63 Youle St.
Melrose, MA 02176

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Life, Death and Transition Workshops . . .

Dear Friend,

I am writing this to inform you about our five-day, in-depth, live-in workshops held in different retreat places throughout the country. Most of you have not participated in previous workshops and I want to be sure that you have no erroneous expectations or illusions of what to anticipate in these heavy, hard-working retreats.

The workshops consist of 80-90 people from a variety of cultural, religious and professional backgrounds, as well as terminally ill patients and parents of dying children. Except for the latter, couples, friends, relatives and co-workers are required to sign up for different workshops, as they have a tendency to mutually inhibit each other.

There is no commuting allowed, even for people who are local residents, since we have to become a group within a very short time. Visitors are allowed only after the workshop has ended.

Each workshop begins at lunch on Monday and ends after lunch on Friday. We work all day and evenings, often until the early morning hours, in a rather intense, experimental manner. Lectures and case presentations are included, but there is also much personal sharing. There is much working through the fears, pains, hurts and unfinished business from your own past.

The emphasis of the workshop is on YOU, to help you get in touch with any negative aspect of your being (fear, shame, guilt, hostility, etc.), thus enabling you to work better with dying patients and/or other people. The more you are able to share of your own feelings, memories and issues, the more you will gain from this workshop.

Food, dress and accommodations are simple. There is much singing. You are encouraged to bring musical instruments and other material you wish to share.

I am looking forward to seeing you.

Love,

Elisabeth Kubler-Ross, M.D.

New Horizons

During the years since Dr. Elisabeth Kubler-Ross began conducting 5-day workshops in 1977, her organization has developed Training Programs to teach professionals effective and positive ways of helping themselves and others externalize their feelings of anger, guilt, grief and fear. A team of well-trained, experienced and sensitive professionals now help facilitate the work begun by Dr. Kubler-Ross. Her message has inspired thousands, and at our workshops, whether conducted by Elizabeth herself or others, the healing work continues. Strangers come together, find themselves supporting one another in an unconditional and nonjudgmental way, and emerge, nevermore strangers because they are no longer strangers to themselves. During the five days they challenge their personal "windstorms" . . . and discover the "beauty of their carvings."

While Dr. Kubler-Ross loves the workshops and being part of the beautiful healing and transformation that occurs there, her personal schedule and new commitments now leave little time even to enjoy rare moments at her home in the lovely "Swiss log cabin" in the Shenandoah mountains. In 1986/87, Elisabeth will personally conduct our 5-day Life, Death and Transition Workshops whenever her busy schedule allows. She will always wish and try to be there; though her physical presence at all of them cannot at this time be promised, her strengthening and loving spiritual energy can be assured.

Mark 9:24

Many of us today, believe in a life after death, have loved ones who have gone before us, and so do not fear death. Many do not believe in a life after death, as yet have not lost a loved one, and do not fear death. Many fear death though they do believe in a life after death. They have not learned to trust Jesus. "I do believe, help my lack of trust."

Registration Form — LDT Workshop

REGISTRATION PROCEDURE:

The fee for the Life, Death and Transition Workshops is $550 (U.S. Dollars) for all participants. In circumstances of limited financial resources, special consideration can be made and partial scholarships, reduced fees, and extended payments given. Please contact our LDT coordinator for more information. **The fee includes room and board. It does not include transportation to and from the workshop site.** At the time of your enrollment and acceptance into the workshop, your deposit becomes non-refundable. Personal checks and money orders should be made payable to Elisabeth Kubler-Ross Center, should indicate the date of desired workshop, and be sent to the address below. (We request that you do not include workshop checks with any personal correspondence you are sending to Dr. Kubler-Ross.) These workshops are conducted by Elisabeth and/or her well-trained staff who have worked closely throughout the years. Because there is a demand for the limited number of spaces in these workshops, please register as early as possible with a deposit to guarantee a place.

Please send registration forms and fees to:
COORDINATOR OF PROGRAMS
ELISABETH KUBLER-ROSS CENTER
S. ROUTE 616
HEAD WATERS, VIRGINIA 24442
703-396-3441

ALL INFORMATION ON THIS REGISTRATION FORM WILL BE KEPT CONFIDENTIAL

Name (please print) _____ (Last First) 1st Choice Workshop Location _____ Workshop Date _____

Address _____ (street apt. city state zip)

Home Phone ( ) _____ ☐ Business Phone ( ) _____ ☐
(please check the phone number at which you would be willing to accept a collect call)

Occupation _____ Date of Birth _____

Enclosed is check for _____ $200 (non-refundable deposit) or _____ $550 (full fee)

Please make checks payable to: Elisabeth Kubler-Ross Center (U. S. Dollars only)

You may charge my _____ Visa _____ Mastercard for _____ $200 (non-refundable) _____ $550 (full fee)

Card Number _____ Expiration Date _____

Authorized Signature _____ Today's Date _____

Please attach a photograph of yourself and a stamped, self-addressed envelope.

Alternate Choice Workshop Location _____ Workshop Date _____ ☐ Please accept deposit and place me on waiting list. ☐ If choices are filled, return my deposit/cancel application.

How did you hear about the LDT Workshops? _____

Would you prefer a ☐ "smoking" ☐ "non-smoking" sleeping room? ☐ vegetarian diet? _____

Hospitalizations within the past two years for psychiatric reasons? _____

Are you currently in counseling or receiving any psychotherapeutic treatment? _____

Is your therapist aware of and in agreement with your participation in this workshop? _____

Current medications? _____

Do you have special physical needs? _____

What are your personal experiences in the area of death and dying and/or losses? _____

_____

Please read, sign and date the form below.

WAIVER

I understand my participation in this program, its workshops and other related activities is voluntary. It may involve my emotions in a manner which might subject me to emotional distress. I agree to accept such risks and assume the responsibility for emotional distress and/or other effects thereof. Further, I release the Elisabeth Kubler-Ross Center, its staff and personnel, and Elisabeth Kubler-Ross, M. D. from all claims made by me or on behalf of me (or my estate) by reason of any illness or damages arising from attendance or participation in the workshop and/or related activities.

Date _____ _____
Signature of participant

FOR OFFICE USE ONLY

Date Rec'd: _____
Date Accept: _____
_____ Waiver
_____ Vegetarian Diet: _____
_____ Smoking Room
Fee: _____
Paid: _____ _____
_____ Other Considerations _____ _____ _____ _____

SCHEDULE

Unless otherwise indicated, please contact our Virginia Center regarding workshop registration, etc.

When "Contact" is listed, please send registration form and all inquiries to that group. Thank you.

When NO group is listed under retreat site, send correspondence, registration forms, etc. directly to our Virginia Center.

1986

January 20-24
Australia
Contact: Australia "Friends" (see list page 2)

January 28-February 1
New Zealand
Contact: New Zealand "Friends" (see list page 2)

February 10-14
Camp Mokuleia
Waialua, Hawaii

April 7-11
Camp Friendship
Palmyra, VA
WORKSHOP FILLED

June 16-20
St. Francis Center
San Juan Bautista, CA

June 23-27
Mission San Luis Rey
Oceanside, CA

August 4-8
Michigan

August 11-15
Washington State (tentative)

August 25-29
Ireland
Contact: See Ireland "Friends Group" (page 2)

Sept. 8-12
Holland
Contact: See Holland "Friends Group" (page 2)

Sept. 17-21
Germany
Contact: See Germany "Friends Group" (page 2)

Sept. 29-Oct. 3
Europe (tentative)

Oct. 27-31
Camp Holiday Trails
Charlottesville, VA

Nov. 10-14
Arizona (tentative)

Dec. 1-5
Florida (tentative)

Follow-Up Intensive Workshops

For those who have attended a 5-day Life, Death and Transition Workshop, the Follow-Up Intensive provides the opportunity for more individual work and concentration on personal growth. The group is limited to 20-30 people, with the sessions beginning Friday morning and ending during the afternoon on Sunday. Cost: $250 (includes room and board).

Three-day "Intensives" presently confirmed are:

May 9-11, 1986
Syria, Virginia

July 25-27, 1986
Santa Rosa, California

Training Program in the Externalization Process

This training program is designed for all licensed counselors, psychotherapists, mental health and health care professionals. Certain exceptions are made for paraprofessionals and those who work under the supervision of professionals who have been trained in this process. The training teaches theory and methods of facilitating the externalization of repressed feelings in order to bring about resolution of deep emotional pain. Healing takes place by working through the fears, anger, anguish, and grief that make up our "Unfinished Business." The Externalization of Feelings process is a most effective tool to be used either in private practice or in group situations.

The Training Programs are 3-day residential, week-end workshops. They begin Friday morning at 9 a.m. and end Sunday after lunch. Cost: $350, which includes tuition and room and board expenses. There are no scholarships offered for these programs. enrollment: 15-20 trainees. In addition, 15-20 participants will attend the experiential portion (Saturday) of the weekend. (See "Guests" below.)

When you feel you would like to begin our Training Programs (after completing one of our 5-day Life, Death and Transition Workshops), please complete an application for Training I (available upon request from the Coordinator of Programs, Elisabeth Kubler-Ross Center, South Route 616, Head Waters, Virginia 24442). When your application is received, it will be evaluated by our staff facilitators and/or Elisabeth, and you will be informed of their recommendations and of scheduled trainings.

"GUESTS" WELCOME AT TRAINING PROGRAMS!

During the second day (Saturday) of our Training Programs, any person who has attended one of our sponsored workshops previously may come and work on personal issues. Trainees will be their facilitators, supervised by the teachers. COSTS ARE FOR ROOM AND BOARD ONLY.

TRAINING PROGRAMS PRESENTLY CONFIRMED ARE:

Training I
April 4-6, 1986
Charlottesville, Virginia

Training I
July 18-20, 1986
Syria, Virginia

Training II Program
Sept. 12-14, 1986
Syria, Virginia

Training I
Sept, 19-21, 1986
Santa Rosa, California

Teenage & Children's Workshops

Two workshops are being organized in the San Francisco Bay area:

Teenage: April 18-20, 1986
Children's: April 21, 1986

Contact: Katie Allen (Oakland) (415) 533-0163
Roberta Gelt (Half Moon Bay) (415) 726-7103

GIFT CERTIFICATES . . .

Gift certificates are now available for our membership program which includes this quarterly newsletter, items offered through our complete mail order list, and as full or partial payment for sponsored programs during 1985 and 1986. (This does not include overseas workshops or lectures.)

Upon receipt of your order, we will mail a certificate to the person you select, along with a gift card in your name - or we will send them to you, as you prefer. You will also receive a confirmation or receipt.

The certificate must be used at FULL value and is nonrefundable. It may be transferable to another recipient within the valid time limits. Give someone a gift of personal growth in support of Unconditional Love.

Gift Certificate Order Form

To order, send this form to: The Elisabath Kubler-Ross Center
Attn.: Gift Certificates
South Route #616
Head Waters, Virginia 24442

Donor's name _____

Street _____

City, State, Zip _____

Recipient's name _____

Street _____

City, State, Zip _____

Mail certificate to: donor recipient Certificate value $___ ($20 minimum)
Make checks payable to: The Elisabeth Kubler-Ross Center (U. S. dollars, please)

Visa Mastercard Account # _____

Expiration date _____

Signature _____ Today's date _____

THIS CERTIFICATE EXPIRES DECEMBER 31, 1986

Scholarships

We have a scholarship fund to support those people in extreme financial need (such as our many terminally-ill patients and physically-disabled patients).

If you wish to contribute, please send donations to our Virginia Center marked, "Attn: Scholarships." When you wish the contribution to be for a specific workshop (Teenage) or individual (AIDS patient, veteran), please indicate this with your correspondence.

With the exception of personal contributions, all money for scholarships comes from Elisabeth's handknitted scarves, no two exactly alike, which are regularly auctioned off at the end of each Life, Death and Transition Workshop. Once we have our "foster home" for children with AIDS, you will probably see her sitting on a plane knitting baby things instead of scarves!!!

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Our Thanks . . . .

to everyone who has helped with the many details involved in producing the recent workshops, those who met planes, transported supplies and provided their services so willingly in various ways:

Audrey Cross, LaVonne Cross, Joe Flamini, Sally Harper, Martha Hogshire, Louise Meister, Allen Mickelsen, Patricia Ostrow, Kim Terry, Liz Tsatsios, Mark Jackson, Paul and Christie Johnson, and all the staff of Camp Holiday Trails. Training II Program and Life, Death and Transition Workshop, October 25 - November 1, 1985, Charlottesville, Virginia.

Mary Lou Holland, Joann Mecca, Alexandra Teguis, Carey DeCaprio, Jim Reed and all the staff of Phoenicia Pathwork Center. Life, Death and Transition Workshop, November 11-15, 1985, Phoenicia, New York.

Diane Haug, Cindy Pickard and all their helpers, Leta Rosetree, Garland Midgett and all the staff of Camp Lone Star. Life, Death and Transition Workshop, December 2-6, 1985, La Grange, Texas.

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Reflections on a Kubler-Ross Workshop

It's the pain we dared to share,
That's what knit us together.
That's the bond that endures.
We were guided to go deep, to caverns and dragons within,
to the pain within,
and to dare to let it out,
to bring it out of dread and darkness
into the healing light.
It was neither sweet nor harmonious,
not at all congruent with the surface smile,
with the chatty social self,
but it was real
buried there all along
haunting us always with threat of storm and thunder.
But during our days of daring
we released some of that storming thunder,
some of the kicking and the screaming and the sobbing,
some of the feelings imprisoned perhaps for a lifetime.
Only Monday day to Thursday night
but what a transformative journey.
Who can forget our feelings at first?
Eager and awkward and scared all at once,
knowing intensity and challenge lay ahead but not knowing
what kind
and fearing we might lack the heart.
Witnessing others confront their pain in an atmosphere
of invitation and trust
readied each of us to confront our own.
It wasn't a Sunday afternoon picnic by a long shot,
but was not that which we experienced Thursday evening --
made possible by the rigors preceding it -- worth
ten thousand Sunday picnics?
That will always be the Halloween evening of our lives
when what we celebrated were masks taken *off*.
That will always be the evening of our fire ritual, our fire offering,
memorial to a dragon slain within it
and testimonial to a phoenix rising from it.
Not one of us will forget that fire.
Nor will we forget the laughter that followed,
highlighted by Yellow Pages, Mattress and Rubber Hose
strutting their number to remind us of our bizarre path to peace.
How our Thursday eyes revealed a shining and a softness
that were not to be seen on Monday.
Amazing, is it not, that we know so little
about the details of each other's lives
and yet know each other so well?
It's the pain we dared to share.

By a former workshop participant

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A poem written by a father to comfort his dying son.

TAKING CARE OF ME

Although it't not plain to see
God has made two parts of me
There is my mind, it's called my soul
It makes me me, it makes me whole.
With my mind I think and dream
Or imagine almost anything.
Then there is the part you see
My arms and legs, my whole body.
Hands and fingers I use to touch
But when not well my body can hurt so much.
When I find the pain too great
I don't have to stay and wait.
With my mind I'll float free
And God, He'll take care of me.

David Stevens (California)

JEFFREY DAVID STEVENS
SEPTEMBER 1, 1980 - FEBRUARY 5, 1985

Gregg Furth's "Interpretations of Drawings" Workshops....

Gregg Furth Workshop Schedule — 1986

Intro. -- Introduction to the Interpretation of Drawings
F.T. -- Fairy Tales
Symbol -- The Symbol As A Healing Agent
HTP/Dream -- House-Tree-Person & Senoi Indian Dreamwork

July 28-Aug. 1 -- Intro
Kamloops, B.C. Canada
Diana Livingston
6190 MacDonald St.
Vancouver, B.C. V6N 1E6
CANADA (604) 261-6422

Aug. 6-10 -- Intro.
Annapolis, Md.
Bill Griswald
Growing Thru Grief
P.O. Box 269
Arnold, Md. 21012
(301) 974-4224

Aug. 11-15 -- HTP/Dreams
Annapolis, Md.
Bill Griswald
(same as above)

Aug. 18-22 -- Intro.
New Jersey
The Center
Mary Ball
600 Blue Hill Road
River Vale, N.J. 07675
(201) 391-4473

Aug. 25-29 -- Intro.
San Luis Rey, Calif.
Shirley Bruns
2544 Navarra Drive, #4
Carlsbad, Ca. 92008
(619) 942-3893

Sept. 11-15 -- Intro.
Anchorage, Alaska
Rikki Fowler
3605 Artic #1208
Anchorage, Alaska 99503
(907) 276-7472

Sept. 16-20 -- HTP/Dream
Anchorage, Alaska
Rikki Fowler
(same as above)

Sept. 22-26 -- Intro.
Portland, Oregon.
Bev Chappell
Dougy Center
6941 S.E. Division St.
Portland, Oregon 97206
(503) 775-5683

Sept. 29-Oct. 3 -- F.T.
Portland, Oregon
Bev Chappell
(same as above)

Oct. 6-10 -- Symbol
Wareham, Mass.
Dorothy Schaefer
27 Tabb Place
Staten Island, N.Y. 10302
(718) 273-2985

Oct. 13-17 -- F.T.
Wareham, Mass.
Dorothy Schaefer
(same as above)

Oct. 18-22 -- Intro.
Charleston, WV
Barrie Kaufman
410 Sheridan Circle
Charleston, W. Virginia 25314

Nov. 3-7 -- F.T.
Kamloops, B.C., CANADA
John Dormer
2235 Valley View Drive
Kamloops, B.C. V2C 4C8
CANADA (604) 374-7600

Nov. 10-14 -- Intro.
Chicago, Illinois
Simek Memorial Foundation
Audrey Simek
1414 Cedar Lane
Northbrook, Illinois 60062
(312) 272-4842 or 272-7622

Nov. 15-19 -- F.T.
Chicago, Illinois
Simek Memorial Foundation
(same as above)

For more information, please contact:
Dorothy Schaefer
27 Tabb Place
Staten Island, NY 10302
718-273-2985

Five-Day Intensive Growth Sessions

For those who desire a very intense growth experience (and have already attended the 5-day Life, Death and Transition Workshop), this is a 5-day period of as much individual attention as is needed to work through grief, fear, anger, and any other "unfinished business." Silence will be maintained, except during the growth work, and there will be no reading, TV, music, smoking, or other distractions from feelings. Limited to two participants, who will work individually.

Offered and scheduled directly by staff facilitator Jack Toomey, with whom dates can be arranged:

Jack Toomey,
440 Minot Ave.
Auburn, ME 04210
(207) 345-2001 (home)
(207) 784-3573

Location: Notre Dame Spiritual Center, Alfred, Maine (near Portland)
Fee: $550 (including room and board) Sunday evening through Friday afternoon.

A Five-Day Intensive Workshop for Women Abuse Survivors

You will have a unique experience of being able to safely and confidentially explore -- in a healing, nurturing environment -- how the experience of childhood abuse affects your life today. You will come away from the workshop with knowledge and tools to improve your self-esteem and confidence.

This intensive 5-day workshop is an unusual opportunity for women -- who have explored their own pain and grown from it -- to come together in a safe place to share their experiences, to learn about themselves and to discover new ways of coping with the remaining scars of early abuse so they can move forward in their lives.

The workshop will provide participants a structured, intensive opportunity to experience themselves and their relationships with others. Included in the workshop are: family dynamics; childhood experiences; old feelings and memories; impact on present life; sexuality, self-esteem and goals for the future.

Dates: May 5th-9th, 1986
The workshop begins with Registration at 9:30 Monday morning and ends after lunch on Friday.

Location: Ski Hi Ranch (near Apple Valley, California)

Fee: $525, includes sleeping accommodations, 3 meals per day and tuition.

Workshop Leader: Sharon L. Tobin, LCSW, recognized expert in treatment of adult survivors of incest and child abuse. Psychotherapist in private practice with extensive experience in individual and group therapy, workshops and training. Additional staff includes Sheila Hill and Shep Jeffreys, Ph.D.

Networking

In each newsletter we would like to present other organizations that are working toward furthering the growth of Unconditional Love in various ways. Any groups that can donate toward printing costs are certainly welcome to do so . . .

The Life and Death Transition Center
724 Delaware Ave.
Buffalo, N. Y. 14209
881-5182

They are planning a Teen Suicide Program, whose purpose is to promote acceptance of peers and true listening to other's problems and concerns.

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Children's Hospice International
501 Slaters Lane #207
Alexandria, Va. 22314

Co-founded by Dr. Elisabeth Kubler-Ross
Children's Hospice International has been established:
- to promote hospice support through pediatric care facilities;
- to encourage the inclusion of children in existing and developing hospices and home care programs;
- to include the hospice perspectives in all areas of pediatric care and education;
- to make the public aware of the needs of seriously ill children and their families.

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New Beginnings Support System
1935 HWY. V
SUN PRAIRIE, WI. 53590
608-837-7073

Learning to choose life when faced with a life-threatening illness. An audio-cassette program, "New Beginnings," represents a historical breakthrough in enhancing medical treatment by focusing on the emotional and spiritual aspects of total health care. This is accomplished through the learning of effective communication skills, the developing of healthy, supportive relationships and providing spiritual opportunities and supports for those dealing with such life-threatening illnesses as cancer, multiple sclerosis, heart and circulatory problems, paralysis respiratory diseases, alcoholism and diabetes.

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DECIDE TO NETWORK

Decide to network
Use every letter you write
Every conversation you have
Every meeting you attend
To express your fundamental beliefs and dreams
Affirm to others the vision of the world you want
Network through thought
Network through action
Network through love
Network through the spirit
You are the center of a network
You are the center of the world
You are a free, immensely powerful source of life and goodness
Affirm it
Spread it
Radiate it
Think day and night about it
And you will see a miracle happen:
the greatness of your own life.
In a world of big powers, media, and monopolies
But of four and a half billion individuals
Networking is the new freedom
the new democracy
a new form of happiness.

Robert Muller

Registration Information

There will be a limited enrollment so that all workshop participants will have ample time for individual attention. To register, fill out form below and mail with $200 non-refundable deposit to Sharon L. Tobin, LCSW, 11575 Hartsook Ave., North Hollywood, CA 91601. For further information, please phone Sharon Tobin at (818) 980-6949. A detailed letter and map will be sent as acceptance of registration.

REGISTRATION FORM

Five-Day Intensive Workshop for Women Abuse Survivors

Please print all information.

Name _____

Address _____

City _____

State _____ Zip

Phones: Home _____ Work _____

Enclosed is a $200 non-refundable deposit on the workshop.

Please check all that apply to you
I was a victim of ☐ incest ☐ physical abuse ☐ emotional abuse ☐ other (explain)

MAIL ORDER LIST . . .

BOOKS AND BOOKLETS by Elisabeth

*Autographed by Elisabeth

***ON DEATH AND DYING,** by Elisabeth Kubler-Ross, M.D. What the dying have to teach doctors, nurses, clergy and their own families. $4.95 (paperback), $7.95
***QUESTIONS AND ANSWERS ON DEATH AND DYING,** by Elisabeth Kubler-Ross, M.D. Elisabeth answers questions about accepting the end of life, suicide, terminal illness, euthanasia, telling the patient he is critically ill, the special difficulties surrounding death. $3.95 (paperback)
***TO LIVE UNTIL WE SAY GOODBYE,** by Elisabeth Kubler-Ross, M.D. This landmark book shows Elisabeth's counseling work with terminally ill patients. Memorable spontaneous photographs by Mal Warshaw and text by Elisabeth. An intimate, close-up look at helping the dying truly live before they die. $7.95 (paperback)
***LIVING WITH DEATH AND DYING,** by Elisabeth Kubler-Ross, M.D. Elisabeth and several eminent colleagues answer questions such as: How do children regard death? What "language" do children use in the presence of death? How does the child understand the idea of his or her own death? In the face of death, what are the child's needs for love, reassurance and honesty? $5.95 paperback)
***REMEMBER THE SECRET** by Elisabeth Kubler-Ross, M.D. A beautiful children's story about love, caring and loss, illustrated by Heather Preston. $8.95
LETTER TO A CHILD WITH CANCER — THE "DOUGY LETTER" is a booklet written and illustrated by Elisabeth for a child threatened by cancer. 1-10 copies, $2.95 ea., 11-24 copies, $2.50 ea., 25 or more $2.00 ea. (postage and handling included)
***DEATH, THE FINAL STAGE OF GROWTH,** by Elisabeth Kubler-Ross, M.D. Why do we treat death as a taboo? What are the sources of our fears? How do we express our grief and accept the death of a person close to us? How can we prepare for our own death? These and other questions are answered by Elisabeth and others from a spectrum of viewpoints. $3.95 (paperback)
***ON CHILDREN AND DEATH,** by Elisabeth Kubler-Ross, M.D. Dr. Ross describes the difficulties parents with dying children must face and making use of letters from parents, offers loving and practical help in handling these crises. $12.95

CASSETTE TAPES by Elisabeth

TAPE NO. 1 — **LIFE, DEATH AND LIFE AFTER DEATH** — The basic teaching tape by Elisabeth Kubler-Ross, M.D. 60 minutes $8.00
TAPE NO. 4 — **ELISABETH KUBLER-ROSS TALKS TO HIGH SCHOOL STUDENTS** — Elisabeth talks with teenagers about the quality of life, how to live more fully and with fewer anxieties about life and death. 60 minutes $8.00
TAPE NO. 7 — **THE SANTA BARBARA LECTURE** — 1981, on location recording of a lecture by Elisabeth centering on the importance of unconditional love, with practical examples for the enhancement of life. 60 minutes $8.00
TAPE NO. 9 — **THE HEALING IN OUR TIMES CONFERENCE LECTURE** — by Elisabeth Kubler-Ross, M.D., October 22, 1982, at the Shoreham Hotel in Washington, D.C. 90 minutes $9.00
TAPE NO. 10 — **THE MAUI PRISON TAPE** — Elisabeth and Bobbi Leone of Shanti Nilaya/Maui discuss the Maui Prison intercut with prisoners' spiritual songs. A moving and inspiring testimonial. 60 minutes $8.00
TAPE NO. 11 — **THE A.R.E. LECTURE** — by Elisabeth Kubler-Ross at Association for Research and Enlightenment. Easter '85. A set of two cassette tapes for $14.95.

Video Tape Teaching Aids by Elisabeth

Taped at the University of Washington, the following six Video tapes are each 60 min. in length. Prices each are $65.00 Beta II or ½" VHS ($85 for ¾" format).

1982
VIDEO NO. 1 — Elisabeth Kubler-Ross: **LIFE, DEATH AND THE DYING PATIENT - PART I:** An inteview given in 1982 at the University of Washington School of Medicine. Dr. Ross talks with Lynn Rob Frumkin, a medical student, on her understanding of the human personality and the development of the physical, emotional, intellectual and spiritual quadrants of the personality.

VIDEO NO. 2 — Elisabeth Kubler-Ross: **LIFE, DEATH AND THE DYING PATIENT — PART II:** Continuation of the University of Washington School of Medicine interview. Dr. Ross continues her talk with Lynn Rob Frumkin, elaborating on the five natural emotions and the results of dealing with "unfinished business" of repression.

1983
VIDEO NO. 3 — **INTERVIEWS WITH CHILDHOOD CANCER PATIENTS AND THEIR FAMILIES:** Includes 3-year-old and 8-year-old patients, young siblings and grandparent. Parents share the experiences and stresses of long-term cancer treatment and life-threatening illness.

VIDEO NO. 4 — **DIALOGUE WITH ELISABETH AND MINISTER/MEDICAL ETHICS PROFESSOR: SPIRITUAL ISSUES AND RESOURCES FOR THE TERMINALLY ILL:** This tape is relevant to helping professionals, newly diagnosed patients and long-term survivors of illness as well as those facing death.

1984
VIDEO NO. 5 — (New tape) . . . **DIALOGUE WITH ELISABETH AND TOM McCORMICK/MINISTER/MEDICAL ETHICS PROFESSOR: CARING FOR THE DYING PATIENT:** This tape touches on the patient's intuitive knowledge of his/her disease, honesty in the relationship between patient and physician and how unfinished business affects our approach and reaction to patients.

VIDEO NO. 6 — (New tape) . . . . **KUBLER-ROSS INTERVIEWS ADOLESCENT AMPUTEES:** Elisabeth talks with 5 teenage cancer patients, all amputees, about their experiences, perceptions and challenges.

OTHER VIDEO TAPES BY DR. ELISABETH KUBLER-ROSS:

VIDEO NO. 7 — **NOTHING FINAL:** TV documentary on the life and work of Elisabeth Kubler-Ross, originally produced for the B.B.C. in London. Features rare footage of house calls with dying patients. 60 minutes, $225.00 Beta II or VHS format (add $25 for ¾ inch format)

VIDEO NO. 8 — **NEVER TOO OLD TO DANCE:** Elisabeth and Katie Wright Macdonald helping the elderly learn to move to music again. VHS $40.00 or Beta $40.00, ¾ inch $65.00

VIDEO NO. 9 — **THE CIRCLE OF LIFE:** Elisabeth Kubler-Ross and Virginia Satir share insights in this 6-hour video presentation. Individually and together they relate innovative concepts and discuss issues surrounding today's families. Three cassettes totaling 6 hours for $450.00. *Please send all orders for this tape to:* Delta Associates, Inc., P.O. Box 55546, Seattle, Washington 98155.

Mail Order Form on Next Page

OTHER FAVORITE CASSETTE TAPES

OCEAN, beautiful flute music by Larkin. $7.95
ACCEPTING CHANGE -- MOVING ON, by Emmett Miller, M.D. In whatever form, loss can lead to a greater appreciation for your unique strengths and abilities. Guides you thru letting go and moving on. $10.95
THE HEALING JOURNEY, by Emmett Miller, M.D. The words and music (side 1) and the music alone (side 2) are designed to facilitate the healing process. $10.95
SOULMATES by Julian St. George. Heart-touching music designed to bring you on a peaceful inner journey. $9.95.
CARVINGS IN THE CANYON, Barbara Meislin sings warm sensitive songs inspired by Elisabeth's work (includes "The Rose"). $7.95
CRYSTAL LOVE, by IASOS. New Age music to expand consciousness and uplift the spirit. $7.95
ANGELIC MUSIC, by IASOS. Replacing loneliness with feeling of being filled with love. Many people have said this is what they would like to be hearing when they die. $7.95
AND . . . SONGS BY THE BROTHERS OF WESTON PRIORY
WHEREVER YOU GO, used in Elisabeth's workshops, a wide spectrum of inspiring songs. $7.95
The following tapes by the Brothers are on sale for $5.95
CALM IS THE NIGHT.....SO FULL OF DEEP JOY
GO UP THE MOUNTAIN.....LISTEN
LOCUSTS & WILD HONEY .....WINTER'S COMING HOME
CHRISTMAS SONGS.....SPIRIT ALIVE
THAT THERE MAY BE BREAD
THE HEART IS THE VESSEL by Evan Hodkins and the School of Alchemy Chorus and Orchestra. An exceptionally heartful collection of New Age chants. The chants are repetitive mantra-like phrases. With each recitation, we are invited to step aside a deeper chamber of the heart. The chants are from a variety of religious traditions and reveal a profound sense of spiritual universality. Alas! The soul is given wings. For inside the heart, the world is One. Cassette tape $9.00.
MOATSTOWN CHOIR audio cassette. Beautiful and uplifting sounds of warm feelings give everyone a new sense of hope. $7.00 (90 minutes). *Note from Elisabeth: There is a sign about 10 miles from our farm: "This is God's country, Be aware." It is a very special place. Two sisters started an underground railroad during the Civil War in Moatstown, West Virginia. This was the beginning of a lovely community of people who still live and share together. We found this black church a year ago and have attended it as often as possible. The women there sing a mixed folk-gospel music and everyone just loves them. So, we decided to record them and here it is for your enjoyment. It is a village community that truly practices unconditional love and we want to support them.*

OTHER INTERESTING BOOKS:

QUEST, by Derek Gill, biography of Elisabeth Kubler-Ross, M. D., her early years. (paperback) $3.95
THE QUIET MIND, (a White Eagle Book). "Sayings" chosen to give guidance & help with living. $3.50
PRAYER IN THE NEW AGE, (a White Eagle Book). Inspirational prayers of this spirit leader. $3.95
I, MONTY, by Marcus Bach. Monty is a caterpillar. More correctly, Monty is a butterfly. To be perfectly correct, Monty is you. $8.95
ANO, ANO THE SEED, by Kristin Zambuka. The history of the Hawaiins, their culture, and introduction to Christianity. A tribute to the Hawaiians and mankind's endless quest for meaning. $11.95.
KEEPERS OF THE EARTH by Kristen Zambuckas. $11.95
LOVE IS LETTING GO OF FEAR, by Gerald G. Jampolsky, M. D. His story of how the "Mini-Course in Miracles" has helped his life, plus more. $5.95
EASY DEATH, by Da Free John. Collection of talks, essays and personal accounts. This book will change how a person chooses to live every moment of life. $10.95
WHO DIES, by Stephen Levine. An Investigation of Conscious Living & Conscious Dying addresses what most people consider to be a sensitive subject. (paperback) $9.95
THE HUNDREDTH MONKEY, by Ken Keyes, Jr. Brings us to higher consciousness about nuclear war. Prevention is stressed and how we can help. $2.00
FOCUSING, Eugene T. Genlin, Ph.D. Helps you get in touch with "old" tucked away feelings. $3.95
AS A MAN THINKETH, by James Allen. The discovery & perception of the truth that — "They themselves are makers of themselves." $1.50
THE MANIFESTATION PRINCIPLE, LESSONS FROM DREAMS & THEIR ANALYSIS, by the late Barbara Smith Fritts, $7.00
THE ART OF AGING, by Evelyn Mandel. Contains a chapter by Elisabeth, $8.95
BORN TO LIVE, by Gladys T. McGary, M.D. She brings to the process of birth the same insights and practices that Elisabeth brought to the process of dying. $5.95
COMING HOME, by Debra Duda. A guide to home care for the terminally-ill. An invaluable resource book for those wishing to help an individual to die at home. $8.95
IN THE CENTER OF THE NIGHT: JOURNEY THROUGH A BEREAVEMENT, by Jayne Blankenship. This young widow's story, of how her coping changed and stretched her, is "hope" to others on similar journeys. $17.95
THE CONCLAVE, by Mary Whitlock Meadows. A fantasy based on the philosophy of rebirth as seen through the eyes of a canine friend. $3.00
LIFE AT DEATH, by Kenneth Ring, Ph.D. A scientific investigation of the near-death experience. $7.50
HEADING TOWARD OMEGA, by Kenneth Ring, Ph.D. In search of the meaning of the near-death experience. $15.95
EXPRESSIVE THERAPY WITH ELDERS AND THE DISABLED, by Jules Cary Weiss. Provides health-care workers with new arts therapies in working with residents in long-term care settings and those in other therapeutic and social settings. $13.95
DEALING CREATIVELY WITH DEATH, by Ernest Morgan. Guide to simple and inexpensive burials, sample memorial services, lists of Hospices, Anatomocal Gift Banks, and much more. 168 pp. $6.50



VISION QUEST by Steven Foster with Meredith Little. The authors have courage and compassion for the many of us who seek vision to give meaning to our lives. They share many of the intense, deep experiences of vision quests while explaining the steps of severance (preparation), threshold (the questing itself) and return. Ranks with such classics as **Black Elk Speaks** and **Lame Deer: Seeker of Visions.** Paperback - $8.95.

WHERE DID THE SUN GO?, Evelyn Avsharian. Working on overcoming her fear of death, the author wrote this book within two weeks of returning from a Life, Death and Transition Workshop with Dr. Kubler-Ross. (Evelyn died last year of Leukemia.) (paperback) $4.95

SUN BEAR: THE PATH OF POWER by Sun Bear, as told to Wabun and to Barry Weinstock. Sun Bear continues to interpret ancient philosophies for today's readers. Paperback - $8.95.

WITHIN THE BONES OF MEMORY, Kay Gould-Caskey. Collection of teaching stories following the journey of Blowing Grass, a Native American. It speaks with voice, vision, movement. His thoughts and actions from a young man to a man of many years as he observes all around him. Rivers, prairie grasses, falling snow, the call of birds, his grandfather, and silence were some of his teachers. (hardback) $10.95

GRIEF HURTS, Edith Mize. A collection of poems written by this mother after the death of her 26-year-old son from cancer. (See article with poems by Edith elsewhere in this newsletter). (paperback) $5.00

HOW CAN I HELP?, Ram Dass and Paul Gorman. For service professionals and the "helper" in each of us. Natural compassion as a human "instinct." Serving others by learning about ourselves and our needs. Excellent -- in keeping with this author's other enlightening books. (paperback) $5.95

WHERE'S JESS? by Joy and Marv Johnson with The Goldsteins - Heather, Ray, and Jody. Art work by Shari Borum. For parents concerned about caring for their surviving children. (24 pages) $3.00.

BUSY DAYS by Dawn Hart. For boys and girls whose brother or sister is very sick. $2.00.

MISCARRIAGE by Joy and Marv Johnson with Robin Bock, Carol Dannen, M'Lee Hasslinger, Peggy Jaegly, Sylvia Smith and special thanks to Peg Lorovic and Mary Vondra. Art work by Shari Borum. A book for parents experiencing fetal death. $2.50.

SHE WAS BORN, SHE DIED by Marion Cohen. A collection of poems following the death of an infant. $3.00.

CHILDREN DIE, TOO by Joy Johnson and Dr. S. M. Johnson. Art work by Shari Borum. A book for parents who have experienced the death of a child. $2.50.

NEWBORN DEATH by Joy and Dr. Marv Johnson with Chaplains James Cunningham and Sarah Ewing and RN's Dale Hatcher and Carol Dannen. Art work by Shari Borum. A book for parents experiencing the death of a very small infant. $2.50.

SUICIDE OF A CHILD by Joy and Dr. Marv Johnson and Adina Wrobliski. A book for parents whose child has committed suicide. $3.00.

A MOST IMPORTANT PICTURE by Joy and Dr. Marv Johnson, Chaplain James Cunningham, Irwin Weinfeld, M.D. This is a very brave book. In answer to a very real need for hospital staff and other involved persons to take quality, meaningful pictures of stillborn babies and infants who die, Centering Corp. and a fine team of caregivers have worked together to give guidelines on taking soft, tender photographs of even difficult situations. Its gentle samples show pictures of stillborn babies, babies with parents, siblings and staff and includes a check list of things to do and give to parents when a baby dies. $10.50.

New Books Now Available

LIVING WITH DEATH (for ages 4-10) by Mary Jane Cera. (paperback) $6.95.

LIVING WITH DEATH (for ages 11-Adult) bny Judith Bisignano (paperback) $6.95.

STARSEED TRANSMISSION by Ken Cary. Excellent channeled work regarding our evolutionary process (paperback) $5.95.

VISION by Ken Cary. Definitely a book of "The New Age." Offers hope and insight to man's destiny (paperback) $5.95.

HANG TOUGHF (spelled by a 10-year-old cancer patient) by Matthew Lancaster. A heart-touching courageous story told by a 10-year-old boy with cancer . . . . A great example that everyone should read! (paperback) $3.95.

THE TRANSFORMATION OF JENNIE by Heloise Arden. Heloise has captured the essence of a dying child's transformation . . . the journey through fear and anger into a state of peace and love . . . an inspired book. One which will comfort and bless many families. (paperback) $6.95.

Other Items Now Available!!

CATERPILLAR BUTTERFLY — Used by Elisabeth in her workshops, soft zippered caterpillar turns inside out to reveal a colorful full-grown Monarch butterfly ready to take off. $23.95.

RUBBER HOSES, $7.00.

SUMMERLAND POSTER by Cory. A special friend of Elisabeth's, Cory recently died after a 5½ year struggle with leukemia. His third relapse at the age of 7 signaled the end of life. At that time Cory had many "out of body" experiences and actually visited the other side many times. He walked in God's garden and came back with wondrous tales of his journeys. He drew pictures of what he saw there. Elisabeth uses his drawings in her workshops worldwide. A particularly good drawing is of the 'crystal castle' where God lives in a land over the rainbow bridge called "Summerland." A poster of the drawing done by Cory for his mother depicting the same scene, is now available through our newsletter. The proceeds will be donated to the children's workshops. We thank the community of Seattle, Washington, and Cory's mother (Shirley Enebrad) for this lovely contribution in support of this work. Color poster (20"x24") $9.95 each.

1986 CALENDAR CARDS. 12 different color photos of wildflowers from Virginia's Shenandoah Valley mark each month. Each card (4"x9") can be used as post card or saved and framed. To allow for more correspondence on the back, Elisabeth's recipes (as mentioned in our last newsletter) will be reserved for our new Center cookbook to published next year. The 12 calendar cards will come in a plastic holder with envelope included for mailing as gift item. The cost is only $6.00 plus postage and handling. Many thanks to Tesi and Jim Lamb of Staunton, Virginia, for their beautiful photography.

Membership Program

Your support has made it possible to continue the message begun by Elisabeth over 15 years ago. Since then, her books, lectures and workshops have benefitted thousands of people all over the world. Training Programs now promote quality support and caring for the whole person. In many communities, support groups have formed where feelings are shared in an open and honest way. In 1977, a non-profit organization called Shanti Nilaya ("Home of Peace") was founded by Dr. Elisabeth Kubler-Ross. In this "house" there are many dreams and visions. Your membership will continue to make them come true. And, by joining together with us now you will receive:

(1) Our "new" quarterly newsletter with upcoming schedules of sponsored events; complete lists of books, tapes, videos; articles from/about our hardworking and growing network of conscious, loving people.
(2) Priority seating up to 30 minutes before all lectures by presenting your "Membership Card."
(3) Free "Dougy Letter" with each new membership donation.
(4) Special offer (this newsletter only) Surprise book with at least $15.00 membership.

MEMBERSHIP FORM: Elisabeth Kubler-Ross Center
South Route #616
Head Waters, Virginia 24442

Winter, 1985

Membership is valid for 1 year from date of receipt.

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Check one if the amount enclosed exceeds total cost please:
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Thank you!

Please Note: Change of Name and Address

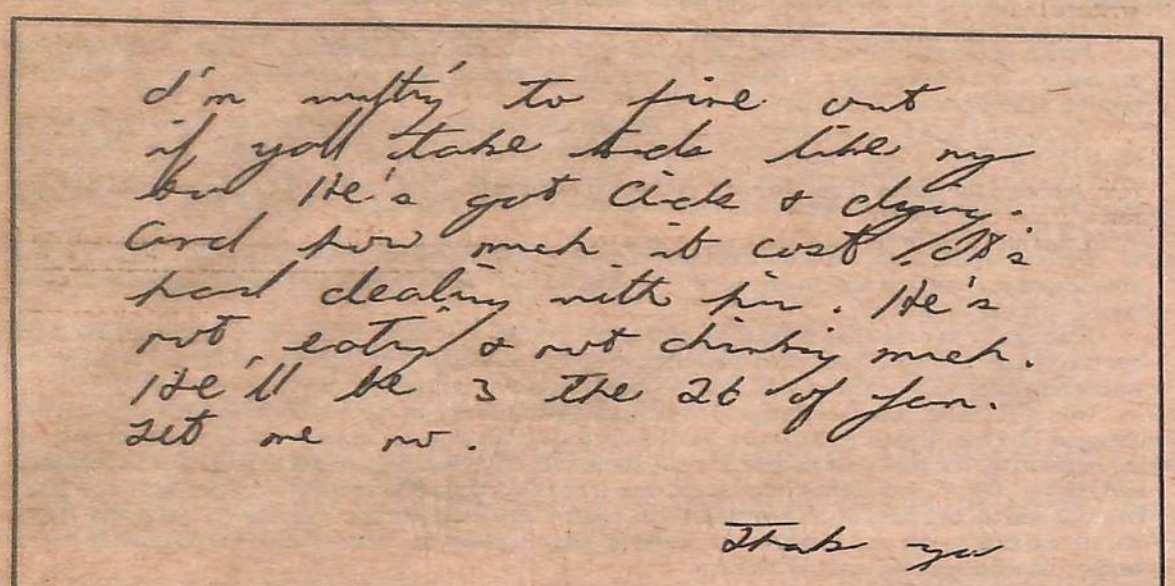
On February 8, 1984, Elisabeth formed Eliabeth Kubler-Ross Center, a Virginia non-profit corporation. On January 8, 1985 we received a determination from Internal Revenue Service that the new Virginia corporation was granted a tax exempt status retroactive to the date of incorporation. Since then Shanti Nilaya has become an inactive organization. We now operate as Eliabeth Kubler-Ross Center even though the Shanti Nilaya logo and the words Shanti Nilaya will continue to appear on our stationery, newsletters, and brochures.

We now ask your cooperation in making the job of our accounting office a little easier, by making **ALL CHECKS** whether they are for books, tapes, workshops, or donations payable to **ELISABETH KUBLER-ROSS CENTER.**

Our "General Delivery" address has been changed to: South Route #616. Please make sure you change it on all correspondence or the postal service will be returning your mail, and we DO want to hear from you.

The Miami Herald / Saturday, January 4, 1986

Letters From Our Mailbag



I'm writing to fine out if you take kids like my son. He's got AIDS and is dying. And how much it cost. It's hard dealing with him. He's not eating and not drinking much. He'll be 3 the 26 of Jan. Let me no.

Thank you

I'm writing to fine out if you take kids like my son. He's got AIDS and is dying. And how much it cost. It's hard dealing with him. He's not eating and not drinking much. He'll be 3 the 26 of Jan. Let me no.

Thank you,
A mother in Virginia

Dear Dr. Kubler-Ross:

I am writing to you on the evening of Nov. 16, 1985, in a small town in northern New Hampshire, as the first snow of the season falls outside. I feel compelled to write to you about my daughter who died 1½ months ago of AIDS. She was only nine months old.

I am not sure what it is that I want to write here . . . maybe I am trying to rid myself of grief and frustration, and although I have never met you, I know how closely you live with death, and I'm familiar with your tremendous compassion and humanitarianism toward the sick and dying. I have also been told from a social worker at a hospital in New Hampshire that you are in the process of organizing a hospice specifically for children with AIDS. As I am sure you know, this is a truly dreadful disease, and it's agony to watch anyone dwindle away at the mercy of it, let alone a child. Losing my daughter was the most devastating experience of my life, but once I had accepted the fact that her chances for survival were null, all I was really concerned about was the quality of her life during the time that she still had left. The pediatric staff, most importantly her doctor, all were very understanding of this wish; she was able to go home a few days after dignosis, where she remained for a week or two at a time. Medical treatments were kept to a fair minimum. Her illness progressed swiftly, also causing atrophy of her brain and a general failure to thrive. One and a half months after diagnosis she developed CMV pneumonia, which was the direct cause of her death a week later. I emphatically stressed that I wanted no great life-saving measures taken -- her *comfort* was top priority for me, and for her to be able to be *home, away from the trauma of the hospital, was something I felt stongly about.*

The few weeks that she did have at home she was peaceful and generally content, with a minumum of suffering and discomfort. I will treasure that brief time that we had together always. I was very lucky to be able to be with her in the hospital when she was there, sleeping next to her in the ward at night. The nurses, interns, social worker and, of course, her doctor, were wonderful -- extremely supportive and sensitive to my wishes for my daughter.

I want to tell you about how my baby actually died. We were alone in the hospital room, she and I, together, and I was rocking her in my arms. For the previous 24 hours she had been only on morphine, with an oxygen tube in her nose to help her breathe, and everyone knew that at any time she could die. But she kept hanging on, certainly past the time they thought she could or would, and it was agony for me watching her struggle for her every breath. So I took her in my arms and I told her we would sit there together until she could let go. It took about half an hour and then, finally, I felt her will leave, felt something in her stop struggling. Five minutes later she took her last breath. I watched her soul rise, floating towards the window on the far side of the room, and I knew my daughter was free -- finally free of the pain and suffering she had endured.

I don't know why death has been taught to us as this profoundly disturbing and frightening thing, but that September evening, when my child died, it was the most natural and somehow calming process. It seemed that when I stopped resisting, and surrendered to the natural order of things, that she could do the same; and sitting there, talking to her, telling her that she could let go and that there was nothing to hold onto any more, I felt I was helping her to release the life that in nine short months she had become so attached to. It was a profound revelation having gone through the magnificent experience of birth, helping her in a struggle to be born, and then helping her later in her stuggle to die.

Of course, there is no way to escape the grief -- to avoid a feeling of being robbed of a life -- a life I cherished to my soul. But I know my daugher is very much alive in spirit, and I feel her all around me. It is only the body that housed her shining soul that is dead . . . and I will always feel deeply blessed at having her presence in myu life, short though it was, and for all the gifts she brought to me through her being.

You can imagine I feel passionately about AIDS, and I read every bit of information I can about it. I am interested now, not so much in the medical side of it, but in what kind of treatment, what kind of quality of care, what spiritual or emotional relief and comfort these people are getting. And even more importantly, are they receiving their personal and civil rights -- their natural right to die with some degree of dignity and grace? I care about the horrible ostracism they experience -- that "leper" brand that has been so prevalent with the "plague." I do know about this kind of isolation, as my daughter contracted AIDS from me, presumably while still a fetus. I am not sick, however, and would never even have known I was infected, if not for her. Of course, having the threat of this disease, and all its ramifications, hanging over my head is a burden. But I don't dwell on it, and I'm thankful for the continuing state of good health I find myself in.

I want to be involved with this disease and with the people who are being touched by it, either in severe or light ways, but I am not at all sure of what I can do or what part I can play. I am single, almost 23, with only a high-school education to speak of. But I am deeply encouraged that you have become so involved with AIDS, and specifically with the children who are such innocent victims of it. If there is anything I can do, please write and tell me -- I feel so for these people, and I think because of my little girl, I somehow feel a responsibility; I don't want her little life or her suffering to have been in vain.

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Dear Elisabeth,

Thank you so much for your letter. It was a stepping stone in our path towards faith. We would be very grateful if you would include my sharing about the retreat center in the Newsletter.

I hope you had a wonderful Christmas. I'm sure the love of so many all over the world must fill your heart with the blessing of great joy. May you always have the time to feel it.

We are a family here now on the 37 acres. Terry (my husband, an artist and musician), myself, Nathan (14), Tierra (6) and Shasta (4). Many friends are willing to come and share in the service of the nearest retreat center in the summer.

I thank you for your precious time! May you feel the love and respect that comes with this letter. Thank you, thank you for beginning the walk out of the darkness of the fear of death and bringing so many with you.

Peace and joy,

A Friend from WA

Tot Dying of AIDS Finds No Volunteers in Search for Home

by ELLYN FERGUSON
Herald Staff Writer

A Palm Beach County woman dying of AIDS wants her 2½-year-old daughter to have a home — a home she can no longer provide.

But no one wants little Sophonie because she is dying, too.

While the young mother nurtured the infant in her womb, doctors said, she passed along acquired immune deficiency syndrome, a fatal disease that destroys the body's ability to fight infections.

In a desperate move Friday, the usually tight-lipped state Department of Health and Rehabilitative Services went public with its search for a foster family willing to put aside fear of AIDS and embrace the toddler.

The girl's pediatrician said Sophonie could die in a month or live for a year.

"We have permission [from the mother] to talk about the case to find . . . a home," said Mary Bosco, an acting HRS supervisor for foster care. "I just hope we can find somebody to take this child so she can have quality to her life."

HRS declined to reveal Sophonie's last name or her mother's name.

"She's not a bad mother," Bosco said, "I guess one thing I can say about mom is that mom has shown a strong devotion to her. The whole situation is just sad."

A North Miami Beach physician who treats AIDS patients, said there would be no danger to a foster family -- there are no recorded cases of family members or friends contracting AIDS while caring for a patient with the disease.

"You don't share toothbrushes and you're careful with bodily fluids, using gloves to handle them," he said.

None of the foster parents in the nearly 70 foster homes for pre-schoolers in Palm Beach County and the four other counties that make up HRS's District 9 are willing to take Sophonie, a reed-slim child with big, brown eyes.

When Sophonie was admitted to a local hospital Oct. 16 with vomiting and severe diarrhea, she weighed 13½ pounds, her pediatrician said.

The child weighed 15 pounds, 12 ounces Friday, two months after battling infectuous hepatitis, respiratory infections and recurring vomiting and diarrhea.

Although the child will need periodic checkups, the time has come for Sophonie to go home — wherever that may be, her pediatrician said.

"She really needs somebody to love . . . . The nurses are good to her . . . but there's not [just] one person who is dedicated to her."

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Dear Elisabeth:

When I read your latest newsletter about the AIDS children, and the reaction of your neighbors, I felt deeply stirred inside.

It's 3 a.m. on a cold Canadian night (12 degrees below 0, Centigrade, or about 18 degrees F) and I cannot sleep. My mind and heart reach out to you, or perhaps to the entity that is your dream.

You are right about the power of prayer.

Elisabeth, I believe that you should set a date and a time for all of your friends to pray for the AIDS children.

(Elisabeth says, **"Good Friday at noon"** Virginia time!)

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Dear Dr. Kubler-Ross:

I have read with great enthusiasm and sympathy your newsletters for the summer and fall of 1985 in which you have described your efforts on behalf of children with AIDS. I would like to do something in support of your work with these little patients.

Although I am not, unfortunately, able to contribute financially, I am very willing to become the "seed person" for a fund raising effort in my area. I must say that I have not done something like this before (i.e., from the ground up), I believe, however, that if a housewife from Love Canal can shake up the federal government I surely ought to be able to do something for you and these children.

A friend from N. C.

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Dear Elisabeth:

I think it's great, what you are planning to do for young children afflicted with AIDS.

Enclosed is a small contribution for this project, in memory of a good friend of mine who shot himself not long ago.

I had always made a practice in my printing and publishing company of hiring and promoting socially disadvantaged people on an equal basis with others. This young man was a homosexual and also a brilliant artist. He remained with us because he felt accepted, and he contributed a great deal through his artistic talent. It was a shock and sorrow to us when, unexpectedly, he shot himself. A post mortem revealed that he was suffering from AIDS.

A friend from Burnsville, NC

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Dear Elisabeth,

I want to join you in your efforts to take in and care for infants afflicted with AIDS. I am not afraid of the disease. I heard about your plans first through George Tate, Phd. at UNC, then through National Public Radio. It was then that I learned of your desire to open several centers throughout the nation.

I am a graduate student in Counseling Psychology and expect to earn a Master of Arts degree in 1987. I have been a student of yours since 1980, after being exposed to Death and Dying classes.

I also feel a sense of urgency. I am a nursing mother. My baby is now 18 months old and shows no signs of wanting to wean. It is my desire to give my breast milk to the AIDS babies. I have plenty, I still flow freely and abundantly.

I have the energy to build a center here, but I don't know where to begin.

I am willing to put my master's degree on hold. How can I help you?

I remain willing,

A friend from Colorado

Lecture/Book/Tape Feedback

Dear Dr. Ross,

I am a school nurse working with developmentally disabled students who range in chronological age anywhere from 12-22 yrs. with a mental age which varies from 36 mos.-5 yrs.

Our concern is how we can best help these young people when they are confronted with the loss of a loved one. It is particularly difficult for the staff to help those who are non-verbal and, of course, the family is hard-pressed also to handle the situation.

Your great book 'On Death and Dying' is one of a kind and we are most fortunate to have it available. Thank you.

J. R., Downey, CA

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Dear Dr. Kubler-Ross,

I am a Senior in high school, and I was assigned to read your book "On Death and Dying" for my Religion class. As the last in a long list of books I had to read for the course, I did not approach the book with very much enthusiasm. I was, however, greatly surprised.

I expected the book to by dry and technical, but I was amazed and intrigued by your sensitivity and perception in dealing with the dying patients. I thought the interviews with the patients were very enlightening and helped me to understand what goes through a dying person's mind. I just felt I had to write and tell you. You must be a wonderful person to be so sensitive and caring. I am going to college this September to study for a career in Social Work, and I hope that someday I will possess even half as much insight and sensitivity as you do.

R. C., Leominster, MA

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Dear Elisabeth,

I enjoyed hearing you, for the first time, last Friday night in Watertown, MA. My first exposure to your work was about a month ago, when I came across a copy of "To Live Until We Say Goodbye" on my house-mate's bookshelf. Reading it brought waves of anger and tears and many questions about my unfinished business. No one close to me has ever died, though I've watched my mother die, in some ways, as she has moved through various stages of Alzheimer's disease over the past six years. I feel it is time for me to get help, and share my feelings of grief with others.

Again, thank you for your words, your inspiration -- for being there and stirring up hope in my heart.

J. F., Dorchester, MA

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Dear Elisabeth,

I brought my family, two teenage sons and my husband to hear your lecture in Albany, NY. The lecture was on Life and Living. I wanted to give my children some insight as they are getting ready to leave home on their own.

Your lecture was an inspiration to me. My husband is a disabled veteran from Vietnam, and I have been going through a rough time in my life coping with fears and phobias. We needed come encouraging words!

I wish I could tell you how good I felt after hearing your lecture. I wanted to let you know that the work you are doing is appreciated and really helping people. Thank you, and God be with you.

B. B., Laurens, NY

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Dear Elisabeth,

On August 15th I had the opportunity to hear you speak to the Compassionate Friends Organization in Charlottesville, on Death and Dying.

For so many years I have admired your work and dreamed that one day I would have the chance to meet you in person. My dream came true that night. I was truly amazed at how much insight you had regarding death. On May 8, 1978 our 17 year old son died suddenly from an apparent heart attack. On December 10, 1984 we lost our 24 year old son from the same causes. This double loss has been extremely difficult to cope with or understand. However, I have been able to gain some inner peace through hearing you and from reading your books on death and dying.

Please continue your worthwhile work and I look forward to when I will have the opportunity to see you again. You are a very special lady to me.

M. S., Richmond, VA

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FRIENDS

How long will my heart keep aching?
When will this empty feeling subside?
How many times will my tears
surprise me when I least expect them?
And if I surrender to my tears,
will they come and come, and never stop?

The gentle voice of peace within me answers . . .

"Your tears are your friends.
There is no need to fear them.
They will wash away
your pain and sadness,
The will soothe
your crying heart,
They will free you to feel
the fullness of joy
And will lead you back
to love
once again."

A Friend from Colyman's Hollow, NY

Dear Elisabeth,

It is now almost three months since we met at the workshop in Benburb, Northern Ireland, and although I know you've probably met hundreds of people since and don't remember me, I feel I must write to thank you for all the help you gave me and for leading me into a "new life."

I went to the workshop feeling scared, but with a firm conviction that there "God would supply all my needs -- not necessarily my wants -- but my needs," and all I had to do was to be open and willing to receive. I came home a different person.

For years I had lived in inner turmoil, feeling lost and alone and clinging to the hope that one day my Dad (who died 13 years ago) would come back and make everything O.K. At the workshop I was able to let him go and I found that instead of losing him, he is now closer than ever and I can enjoy him and remember all the happy times we had together, whereas before I could only think of him with an aching sense of loss and despair.

I was also able to get rid of the tremendous weight of guilt and self-hate which I have been carrying around and am now learning to love myself -- faults and all -- and to accept that I'm not perfect and allow myself to make mistakes.

I can really say that I've lived these past three months. Not that I've been on a "high" all the time, but I have a deep sense of peace and contentment and a knowledge that I can cope and that I'm not alone, wandering aimlessly on this planet, but there's a purpose in my being here.

One of the most precious things to have happened since is how my relationship with my Mom has changed. She has Alzheimer's disease, and I looked after her at home for six years. She has now been in the hospital for the past year and can't move, see or talk. My visits consisted of sitting by her bed crying and asking "Why?", wondering how I could cope if she died that night or if she lived for years and years like this and all the time feeling so guilty that I didn't do enough for her when she was at home. Now I can sit and talk to her and just love her as she is, knowing that she is being cared for physically and is happy and with my Dad most of the time.

I know it won't always be easy, but I also know that I am not alone and that I will be able to cope, no matter what.

I'm just so happy to be "alive" again and want to say a big THANK YOU to you and Sharon and Shep for giving of yourselves to all of us during those few days.

With much love and thanks,

A workshop participant from Ireland

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For nearly a year I have been carrying a letter to you around inside of me. Life has been galloping at such a fast pace that I never seemed to have time to say all that I wanted to. Now my thank you's to you are such a compulsion that I must put pen to paper although words cannot express the gratitude and joy that I feel at being connected with and helped by your work.

When you reached out your hand to me at Wembly and asked me to come to Emmeans House Workshop, it was like a light being turned on inside me! I saw the miracle of patterns of pain and choice.

I don't know that I had so much anger in me at my parents, sister, friends, myself and even the angels. I was furious at feeling so lonely that they must have heard me at the other end of the universe when I screamed for help.

I felt quite scared going to Holland amongst all those intelligent doctors and therapists and I found it really hard to practice listening without imposing myself. However, it turned out that we are, of course, all human beings subject to similar joys and pains and the sharing of them was once again a beautiful and humbling experience.

S.H., England

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From you I learned most your trust in the strength of everybody. The way of not-helping (I "helped" too much before).

Now, I believe and feel my own strength, I can see it more in others and trust in that and stay out of it -- solely be *present*.

After the workshop I had a dream about you: You and I walked as friends -- we were signing, then I was rowing in a boat on a stream and at the end was a steep waterfall. I climbed on the fall and you helped me. We sang in the melody of Leonard Cohen's "Jesus Was a Sailor" but we sang "Jesus Was a Flyer" -- and you corrected: "Man is a flyer"!

I look forward to coming to the USA next year to get trained more by your staff. I hope to see you somehow, somewhere. I wish you strength and love to go on with your life's task.

R.O., The Netherlands

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Dear Elisabeth,

I read with great interest your newsletter. I was deeply touched by your dedication and commitment to the children with AIDS. They are indeed treated like lepers. Somehow I do believe that your work with God's special people will come to be. I believe that the world will be blessed and flourish. Unfortunately, though, like all the prophets of truth, there will be many obstacles to face. Perhaps you know already the suffering of the prophet yourself. You see, dear Elisabeth, whenever truth is placed before us and we are called into facing our own false selves and our own unChristian values, there will be voices that are so threatened that they have to try to drown out the truth, the good. My prayer for you and for your work is that you will continue to speak the truth and to challenge others to live the truth. In the end, you and I both know that truth will prevail and God's little ones will find a home, and peace will come. I can only encourage you to continue. I share with you once again my gift of hope.

Let us continue to support one another in truth and in prayer.

Thank you for you. Hopefully the time will not be too distant when I will see you.

With much love and a grateful heart,

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Dear Elisabeth,

I wanted to share with you a quote by Janusz Korczak, who joined the 200 children of his orphanage in Warsaw and went to the gas chambers at Treblinka on Aug. 4, 1942, because he did not want the children to go alone to their deaths, although because of his fame the Nazis did not want to kill him. He said, "If my presence can save but one child a few moments of terror, then my life is well lost."

I hope that more and more people will come to know this truth and I will add my prayers to the many being made for the people who are opposing the AIDS children hospice at the center. Someday soon I hope to help you more directly. Thank you from the bottom of my heart for being my most important teacher.

A Friend from Pittsburgh, PA

A big, big THANK YOU to everyone for their contribution to the SURPRISE Christmas Fund. We really did it again, and surprised her with it.

Contributions for the Year of 1985:

Center (includes Canada)	$127,031.44
Switzerland	4,490.00
Special Donations	
AIDS	$13,390.48
Christmas (includes Canada)	37,923.25
Christmas from Switzerland	10,000.00
Christmas from Germany	4,349.79
Christmas from Holland (approx.)	2,000.00

Dear Elisabeth and Staff,

I am a Vietnam Veteran who met Elisabeth at a workshop in New York in August of 1982. Sandy Teguis from Manchester, Connecticut, was the one who encouraged me to go.

While at that workshop, I met another Vietnam Veteran, also from Connecticut. His name was Richard Boucher. We became close friends over the past few years.

Richard died the Friday after Thanksgiving because of cancer. I had a chance to spend a lot of time with him during his final months and I know he appreciated everything Elisabeth did for him. He was able to see Elisabeth at a Pine Cone Ceremony last September in Maine. It turned out that was the last major trip he was able to make.

In October my father suffered a major heart attack and last Wednesday, Dec. 11, he went through about 11½ hours of open heart surgery at Yale New Haven Hospital.

I guess what I am trying to say in this note is I'm grateful to have met someone like Elisabeth. She helped me once before in trying to overcome the nightmares of Vietnam, the depression and my useless attempts at suicide. These past months have brought the old problems back again. I'm hoping that by writing and trying to read some of Elisabeth's writings I can again get on with what needs to be done. The reading has helped me remember the positive things from New York and I'm trying to focus on them.

If possible, please let Elisabeth know that there is at least one Vietnam Veteran who is glad she was there once and that she is thought of often.

Please try to keep up the good work in the coming year because I know there are still a lot of people that need your time and energy.

A Friend from Storrs, CT

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Dear Elisabeth,

We've been praying hard for the children with AIDS. Betty Ann and I both are working on a project through CHESS (Community Health Essential Support System) to set up housing for PWAs and intermediate care facilities for those times between being able to care for oneself and going into hospice. We are very involved with this project.

Elisabeth, we are also very interested in taking in a couple of children with AIDS or ARC. Do you know anything about how we'd go about doing this? We both feel so deeply that these children belong where love is and we have so much love to give them. We have our own home and I'm not working. Benjamin (who is 7 now) has been part of our decision making. He told us that he wants a brother and/or a sister and he doesn't care if they have AIDS. (He knows what AIDS is all about because of our work and the fact that at church we have an AIDS candle and prayertime.) He said all kinds should have love, even if they're alive for a short time. (Oh, the wisdom of a child!) He even offered to help care for them. What a joy the unconditional love of a child is!

If you know of someone we can contact about taking in one or two of these children, please let us know. We've done a lot of praying on this and keep getting this answer from God: "Take care of My children." We will keep you, the center and the children in prayer Our hearts ache to help those children and we know, at the center, there'll be love for them.

Friends from Portland, OR

Elisabeth's Christmas Fund

I want to thank all of you who have contributed to Elisabeth's Christmas surprise. The total donations of more than $44,000 will be used to bring the completion of Healing Waters closer to a reality for Elisabeth. This gift was given to Elisabeth on Christmas Eve at her home and she was happily surprised and feels your warmth and support throughout all she is trying to accomplish.

To those who helped with the administration of this surprise, I want to say: *Thank you! Thank you!*

This was the second year we did this "surprise Christmas" and it was a delight for us to receive such kindness and support from you all throughout this country and from our colleagues in other countries. However, this next season I will not be making a collection like this. The surprise effect was diluted this second time around, but we did it. I believe each of us knows when the Christmas season comes around that a helping hand to our favorite organization or charity is beneficial to both them and to ourselves. It is wonderful for organizations to receive a gift of funding at Christmastime, but it is also good for our souls to be able to give and participate in a way that reaches out to life no matter the size of our contribution. What matters is that we are participating and with this participation our universe, our society, our clan can go on -- nice to know there are people like you all out there.

Thank you for being there and I want to send greetings and wishes to all for a good, joyful and healthful New Year of Life in 1986.

Gregg Furth

Income and Expense Statement for the Year 1985

Income		Expense	
Scholarships	$ 29,900.51	Book and Video Purchases	$ 35,795.58
Home of Peace	1,004.50	Salaries and Wages	132,721.63
Contributions	131,521.44	Employee Expenses	59,698.20
Contributions (AIDS)	12,385.98	Repairs and Maintenance	1,415.63
Pledges	320.00	Workshop Expenses	208,963.53
Lectures/Benefit	38,850.65	Volunteer Expenses	12,457.59
Christmas Gifts	37,923.00	Depreciation	5,182.37
Gift Certificates	935.00	Insurance	9,448.38
Memberships	15,213.87	Rental Office	13,100.00
LDT Workshops	322,153.96	Rental Equipment	1876.85
Other Workshops	38,382.05	Rental, Other	891.50
Training Workshops	31,376.03	Lecture Expenses	5,564.27
Book and Video Sales	79,598.17	Permits and Licenses	328.00
Newsletter	6,351.40	Taxes and Other Expenses	17,401.98
Job Shop	512.87	Public Promotion	7,672.16
Interest	2,575.04	Travel	6,893.89
Other Income	132.99	Advertising	208.62
		Office Supplies	5,561.63
		Postage and Shipping	18,340.86
		Printing	10,017.06
		Professional Services	63,877.70
		Supplies and Minor Equipment	4,481.43
		Telephone	10,814.84
		Utilities	1,934.60
Total Income	749,137.71	Total Expenses	634,648.30

I do have cancer but I'm not sorry that I was born. I am grateful to have been born and lived my life. And I will continue to live my life, as much as possible, in the here and now. No one knows how or when they will die. It may be a hit-and-run driver, a plane crash, a heart attack, cancer, old age, or any one of a hundred different ways. For right now -- we are alive. My children are alive and healthy. Just as important, they know they are loved. No matter when I die -- or when they die -- we will always have our love and that transcends all else . . . . That message is what I have learned from Elisabeth, from the workshops and training I have attended and from my life's experiences.

You cannot live your life in fear of what might happen. you must simply live -- and love! And hopefully, you will "light a few candles" along the way.

With love and hugs to all of you.

D.H.D., San Jose, CA

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Thank you for the meaningful experience of attending your 5-day workshop. (I was pretty "spiritually dry" and blocked emotionally and physiologically when I felt a need to attend and participate.)

The concept of the parents as being "one of the patients to consider" is a valid one to me. (I am still a patient 2½ years after my son's death due to a brain stem injury which resulted in brain death and followed by the deterioration of his bodily systems.) He was on life-supports and died 6 weeks later.

Upon return from the Phoenicia workshop, I was asked what it did for me and I responded, "Elisabeth gave me back Vincent and also something in me that was dead." From you and my "Working Through" the indescribable pain of seeing my son and my "sun" deteriorate, I gained the sense that Vincent remains in my life. Parts of me that died with him were also re-activated (i.e. sense of humor, assertiveness, perseverance). Your philosophy and sense of humor had a tremendous impact upon me.

A friend from New York

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Thank you again for taking a moment out of your hectic schedule to speak with me. It helps me to know that if our need becomes overwhelming, you will be there somewhere pulling for us.

From a Virginia mother whose daughter has cancer

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Dear Elisabeth:

I cannot write about Bobby yet. My mind is still too scattered and my grief too great. But I had to let you know how very grateful we are for your teachings, your concern, your love — and your "being there" for all of us. We are grieving, but we have no "grief-work" to do. We said all we had to say to Bobby and did all we had to do. We have peace. And we have you to thank for it.

Our hearts run over.

Parents who lost their children

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Dear Friends:

In your latest newsletter you wanted to know about organizations that are using screaming rooms. We have just completed one in the basement of our offices. Since it is in the non-heated portion, people will apparently have the opportunity to both scream and freeze at the rate our weather is going here in the Northwest this winter.

Look forward to more information about others using this.

Bear Tribe, Spokane, Washington

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Dear Elisabeth,

I have so much to thank you for. I hardly know where to begin. Thank you for being you - for seeing life the way you do and doing the life work you have done and continue to do. In particular, for your clear eyed documentation of death and your concept of death as part of life. My own trip to the door of death -- after 50 years -- seems now to be becoming a source for living energy for the first time. For understanding that feelings need release -- are a reality -- contrary to most of your psychiatric colleagues I'm sorry to say, and devising a way that feelings can be externalized that doesn't hurt other people. Thank you for finding a way to confront denial that's healing rather than devastating to the bearer. Thank you for being a beacon or acceptance to all of the human community, the denied as well as the deniers.

Especially I need to thank you and the workshop staff for release of enough of my life long pain that I am for the first time hopeful that I may yet access permission to be!"

C. N., Virginia

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Look to the day with a challenge
Lift your eyes to the sun
not the shade!
Keep your heart filled with song,
as you travel along
For this is the day that God hath made!

Look to the day with a purpose
Of fulfilling the plans that you've had,
With a joy in your hears
That will never depart,
For God's made this day to be glad!

Look to the day with a prayer
And a quiet request for His aid,
And be glad all day through
In whatever you do,
For this is the day that God hath made!

From "On Children and Death"
Elisabeth Kubler-Ross
(Psalm 118:24)

Buffalo News -- Oct. 20, 1985

Mother Teresa, State Plan AIDS Home

ALBANY — Mother Teresa called Gov. Cuomo on Friday and suggested the state and her religious order, the Missionaries of Charity, jointly establish a home in New York City for victims of Acquired Immune Deficiency Syndrome, particularly children.

Martin Steadman, the governor's press secretary, said Cuomo had assigned state Health Commissioner David Axelrod to work with the Catholic nun in establishing the home.

Mother Teresa, a Nobel Peace Prize winner who has spent years working with India's poor, was in New York to speak to the United Nations today.

"She said we must make these children feel wanted, loved, cared for," said Axelrod. "She said we should begin with children, from infancy to approximately 12 years old, and in this way provide new hope for them as well as everyone with AIDS."

The health commissioner said Mother Teresa had asked the state to work with Cardinal John O'Connor of New York on the project when she was not available.

About half of the 167 children under age 13 with AIDS are in New York State. Children constitute about 1.2 percent of all AIDS cases. Most children with AIDS contracted the disease from their mothers before birth. But a few have contracted the usually fatal condition through blood transfusions.

Dear Dr. Ross,

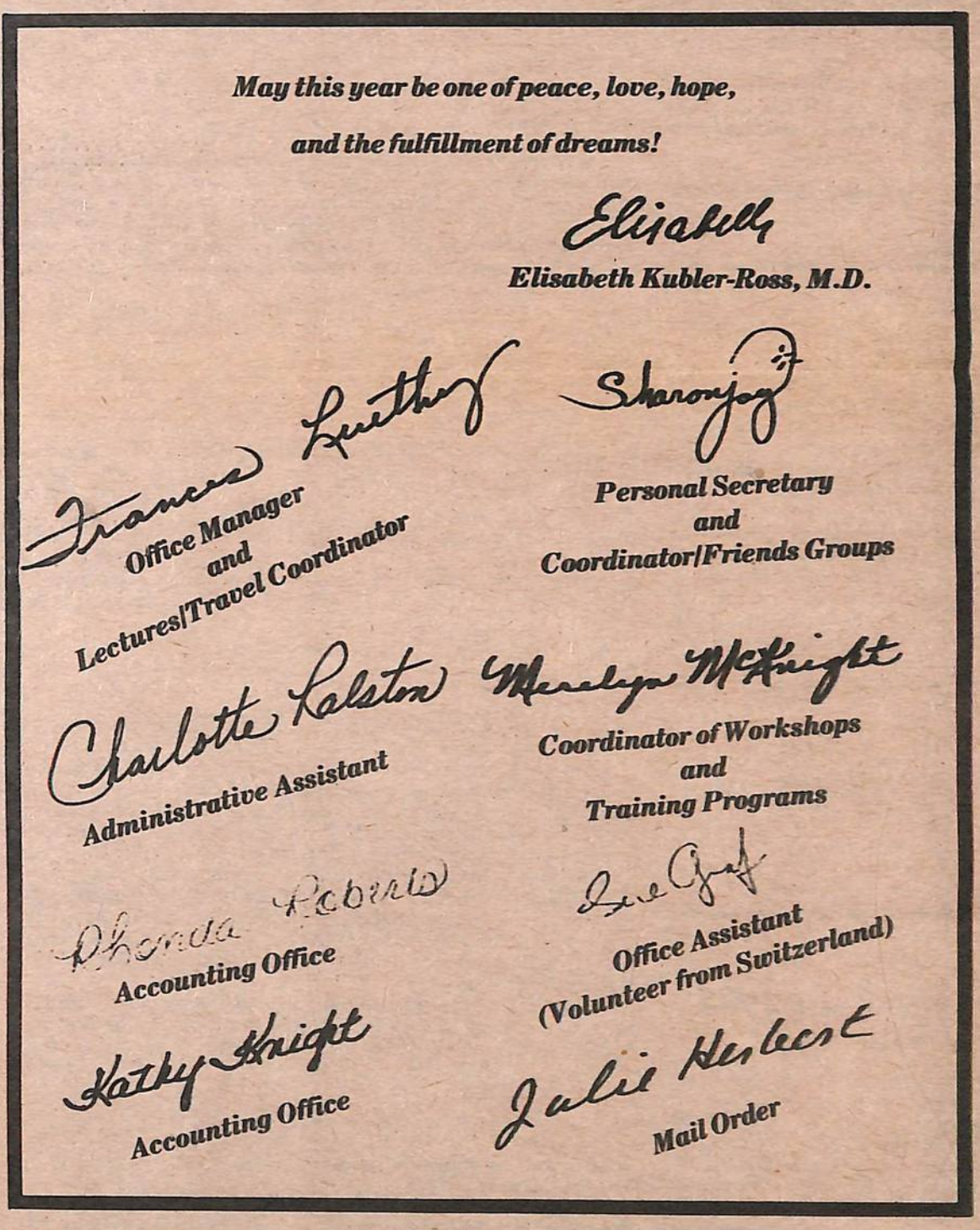
I have just had the chance to hear two of your tapes. One on, 'Life, Death and Life After Death,' and one to 'High School Students.'

Several years ago I read one of your books and it impressed me at the time. However, your lectures have moved me so much that I want to thank you (even before listening to the third tape I have). We are lucky to have you educating people on Life and Death. For some reason your message brings me to tears. I think because I wish that I have lived each day to the fullest in the way you suggest. Your description of unconditional love, our accountability for our deeds, the fear and anger that must be discarded, and sincere communication between people . . . . I cannot summarize your words but I understand these truths so much better now.

I am a college student recovering from Bulimia. I have been hospitalized several times for my eating disorder, as recently as this past month. At times I have felt quite suicidal, but today I have a strong recovery and a lot of hope. I realize that there are people in my life who love me unconditionally, and I want to learn to love in the same way.

We are lucky to have you as a teacher and example. I am far from understanding and fully believing in life after death as you know it, but I am open to learning more. You are beautiful – thank you.

T. C., Baltimore, MD



Elisabeth's Awards/Honors 1985

The Algernon Sydney Sullivan Medallion, Mary Baldwin College, Staunton, VA.

The Elisabeth Kubler-Ross Award, American Society of Hospic Care, Weston, MA.

Honorary Clinical Professor, Department of Behavioral Medicine & Psychiatry, School of Medicine, University of Virginia, Charlottesville, VA.

"Enriching the Circle of Care" Award, Children's Hospice International, Alexandria, VA.

"Dedication & Outstanding Support" Award, Children's Hospice International, Alexandria, VA.

THE CENTER FOR YOUTH WITH DISABILITIES

The Center for Youth with Disabilities is a recently established resource center supported by the Bureau of Maternal and Child Health and run by the Adolescent Health Program at the University of Minnesota in collaboration with the Society for Adolescent Medicine. This Center will identify and track the major research published and currently underway on issues related to youth with chronic illnesses and physical disabilities. In addition, it will monitor laws and legislation, as well as innovative programming, which impact this population. Finally, the Center for Youth with Disabilities will serve as a setting for chronically ill and disabled teenagers, such as the summer three-week wilderness program run in the past by the Adolescent Health Program entitled Adventure, Etc.

For further information or to share your related activities, please contact:

Dr. Robert Blum
University of Minnesota
Adolescent Health Program
Box 21, Mayo
420 Delaware Street, S.E.
Minneapolis, MN 55455
(612) 376-8413

Mary Parojinog (our Mary), who used to work in Mail Order, is terminally ill. Please send her love and prayers. You can send them to:

Mary Parojinog
1217 Lower Brown's Creed Road
Burnsville, NC 28714

Dear Dr. Kubler-Ross:

I have wanted to share this book with you for some time now. I first felt prompted to do so after attending one of your lectures here in Harrisonburg. I let time slip by and, after reading the Washington Post article about you, decided I must mail it right away.

As a nurse, I have long admired your pioneering work; and as a Christian, have an even greater admiration for your nonjudgmental and selfless concern for others.

I will include you in my prayers and hope your plans for caring for the AIDS children will become a reality. With the Lord, all things are possible.

Sincerely, a friend from Virginia

Here are some pictures I took while at your workshop in Maui, Hawaii last February. Needless to say I loved it and I love you and the wonderful work you are doing in the world. Mostly I was impressed by your manner of digging deep for anger and helping those people to start releasing it. You made me understand how important it is to rid oneself of it in order to proceed in life unincumbered by those blocks.

I was one of the four ladies in the 'Senior Group'.

F. P., Massachusetts

I attended the workshop in Alfred, Maine the last week of September 1985, and have been wanting to express my thanks to Elisabeth and her staff for one of the most important events, 'experiences' in my life. The taste of trust and sharing plus the opportunity for growth still liners on and I believe I'll never lose it.

Thank you again for putting us in touch with our uniqueness and our ability to grow.

H. H., Maine

Anger is a gift.
It lasts but fifteen seconds
Without a shift
There is repression
Look for the source
Talk, write, exercise
When anger runs its course
There is no remorse

The more anger we unload
The less we explode
Honest, happy, lighter we feel
With a strength to yield
Our love is a shield.

A Friend from Macon, GA

Is there anybody who can help a Dutch student, working at a Master's Thesis on griefwork and arts, with information about grieving and theatre-work?

Please write to: Ruth-Marijke Smeding
c/o of Goddard College
Plainfield, Vt. 05667
U.S.A.

We cannot tell the precise moment when friendship is formed. As in filling a vessel drop by drop, there is at last a drop which makes it run over; so in a series of kindnesses there is at last one which makes the heart run over.