The Elisabeth Kubler-Ross Center

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

Newsletter No. 27 Fall, 1986

The Elisabeth Kubler-Ross Center/Shanti Nilaya is a non-profit organization dedicated to the promotion of physical, intellectual, emotional, and spiritual health. It is now located in the foothills of the Appalachian Mountains, 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 judging, for loving unconditionally. It is our goal to reach that potential.



Shanti Nilaya

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

Fall, 1986

Dear Friends,

I am watching a great thunderstorm over the mountains, and you don't really appreciate the rain unless you have just come through a severe drought which forced some of the farmers in the Southeast to feed hay to their animals in the middle of July. This has not been an easy year for farmers. We had just completed some (but not all, by all means) of the mess from the fall flood when the water shortage came and gave us another taste of the perils of farming and, naturally, the power of Mother Nature!

In the meantime, I have reached my 60th birthday and celebrated it with my two triplet sisters, who arrived here in the USA just in time to surprise my daughter, Barbara, for her graduation at the University of Wisconsin. She, and my son, Kenneth, joined us in our celebration on the farm. Frances, my office manager -- another gift from Heaven -- also turned 60 on the same day; Merelyn and Page, from the office, had birthdays, and the whole office and farm family had a wonderful picnic on the grounds of the office, next to our stream. With music, singing, lovely guests and visitors from many places, it was a good beginning of the 7th decade! We received a mountain of birthday cards and I want to use this opportunity to thank everyone for thinking of me, although it is impossible to answer them all personally.

Some of you have not received the last newsletter. We want to apologize for that. We changed from an old-fashioned computer to a new IBM-compatible one, in order to accommodate all the thousands of addresses from here and abroad. In the process of it, some newsletters were mailed and then -- POW -- the electricity went out before we had finished the backup and we had to start from scratch. Had it not



Elisabeth and her sisters

signed up to adopt an AIDS baby, and my very special favorite one is in good hands in Massachusetts. The offers came in from Maine to Alaska!!

We will keep you up-to-date before the year is over. Have a wonderful late summer and early fall and send me energy so I can keep going on during this rather hectic September schedule across Europe. Ireland is, naturally, looking forward to having us again and we have again, like last year, hopefully, half Catholics and half Protestants in the adult and children's workshops. It is such a blessing to be able to contribute a bit to the peace that this country so desperately needs and wants.

While I am typing this, my daughter is river-rafting in Utah with a group of Irish children who came from Ulster to spend a more peaceful and fun-filled summer in this country.

Let us hear from you, and how you are doing.

Love and blessings,

Elisabeth

Elisabeth



the other volunteers who helped out in the office during rough times. The other problem we are faced with is the fact that only ten percent (10%) of all our supporters have signed up for membership. So, if you have not registered yet, do it now and you will be assured of getting our quarterly newsletter regularly (and hopefully on time!)

Super news is the fact that we have the right professional Fundraiser in the person of Milton Hood Ward, who was recommended to me during a visit to Japan. I met him, personally, during my lecture in Chautauqua, and liked his attitude, philosophy, and integrity. So if you are contacted by him and/or his associates, know that he is an answer to our prayers! Stephen and Elisabeth Keese have joined him in his official fundraising efforts. If you have any talent, we can use a few more volunteers.

With the funds coming in for the completion of our Center, we will soon, again, hear the motors of heavy equipment, the sawing of wood, and hammering of nails. We are planning to enlarge our Board with some not only prestigious, but active members who can contribute actively to our projects. Any suggestions are always welcome!

The farm is thriving, vegetables are getting canned; the buildings are weather-proofed and painted, the wood sheds are stacked full of wood for the next two winters and the barn is filled with our own good-smelling alfalfa for our animals.

I have taken the whole month of July off to complete my new forthcoming book, "The Challenges of AIDS," which Macmillan is publishing, and at the beginning of August, I will be on the road again. Six workshops in five countries, and as many lectures before I return for the canning season in October, hopefully, with my sister, Eva, who, by the way, loves her log cabin -- and fell in love with our St. Bernard dog.

Richard is leaving for England (he is homesick for Virginia already); Sue and Heidi, our two Swiss girls, leave in early September, and Jan and Penny had to return to work in Oregon.

We are making progress with our AIDS baby hospice on the West Coast, and if our main pilot project is off the ground, we will start another on the East Coast, and later in the Midwest. How is that for a start? Twenty-seven families have so far



Extensive excavating and drainage ditches are being completed at the Center site.

-Ross Center
ginia 24442

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

Requested

Elisabeth Kubler
S. Route 616
Head Waters, Vi

Address Correction

Friends of Elisabeth Kubler-Ross

Support Groups . . . .

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

ALASKA

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

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

Jim Avila
3726 16th St.
San Francisco, CA 94114
415-861-2857

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

Candeen Kinney
7350 Langley Canyon Road
Salinas, CA 93907

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

Mary Lou Hainer ("Mo")
1554 Pleasant Crest Lane
LaHabra Hts., CA 90631

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

Edward & Elizabeth Massey
173 Spring Valley Road
Ridgefield, CT 06877
203-431-0007
203-431-0023

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
808-572-9996

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

KENTUCKY

Contact Person
Charles Killian
Asbury Theological Seminary
Wilmore, KY 40390-1199
606-858-4228 (H)
606-858-3581 (O)

MAINE

Friends of EKR/Auburn
Jack Toomey
34 Clifford St.
Mechanic Falls, ME 04256
207-345-9873

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

Contact Person
Jacob Watson
Star Rt. 2
Bath. ME 04530
(207) 443-3136

MARYLAND

Contact Person
Pat Ostrow
6416 Wiscasset Rd.
Bethesda, MD 20016
(301) 229-6276

MASSACHUSETTES

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

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.

MICHIGAN

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

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 MEXICO
Contact Person
Bobbie Stasey-Stubbs
728 Val Verde Southeast
Albuquerque, NM 87108
505-265-6540

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

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

NORTH CAROLINA

Contact Person
Ellen Mitchell
Rt 5, Box 204
Chapel Hill, NC 27514
(919) 929-9243

PENNSYLVANIA

Contact Persons
Michele Feingold
5660 Munhall Rd., #3
Pittsburgh, PA 15217
(412) 521-4335

Joe Rapchick
Box 70, Star Route
Singlehouse, PA 16748
814-698-2348

TEXAS

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

Patricia Klaras
3625 So. 1st #218
Austin, TX 78704
512-448-3995

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

VERMONT
Contact Person
Bonnie Parent
Willians Rd., #C-6
Colchester, VT 05446
(802) 878-2670

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 79
Turramurra, NSW

Contact Person
Wendy Ball
15 Park Rd.
Woodford, NSW 2778
047-586-897

Contact Person
John Rogers
10 Albany Rd.
Toorah 3142
Victoria, Australia

AUSTRIA
Contact Person
Walter Kaltenbrunner
Nisslstrasse 24
A-4040 Linz

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
P.O. Box 212
London NW8 7NW
01-530-6454

FRANCE
Friends of EKR/France
Tori Rea
Puyvel
Labastide Murat
Lot, 46240
France

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

Contact Person
Graham Jones
22 Third Ave.
Tauranga Bereaved
Support Grief Centre
Tauranga, New Zealand

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.

WELCOME . . . to our 6 new Contact Persons who have volunteered to give us a hand in their respective communities. Our thanks to:

Candeen Kinney (Salinas, CA)
Jim Avila (San Francisco, CA)
Edward and Elizabeth Massey (Ridgefield, CT)
Charles Killian (Wilmore, KY)
Bobbie Stasey-Stubbs (Albuquerque, NM)
Joe Rapchick (Shinglehouse, PA)

With friends such as these, Elisabeth will soon be able to realize her dream of having a Friends Group in every state. There are Contact Persons in over half of the states now. Thank all of you!

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CALIFORNIA, San Francisco. The monthly Support Groups are held at the San Francisco Home Hospice Center. Next meetings will be held on Sept. 14, Oct. 12 and Nov. 16 from 12:00 to 6:00 p.m. Please contact Irene, Jim or Nancy.

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DISTRICT OF COLUMBIA - MARYLAND. Support groups meets 2nd and 4th Sundays of month from 3-5 p.m. For location call Pat Ostrow (301) 229-6276; Joel Wilcher (301) 927-6133 or Andrew Sparber (301) 330-8635.

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HAWAII, Honolulu. Group now meets on the 3rd Tuesday of every month at Nuuanu Congregational Church at 7:00 p.m. (808) 545-3799.

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ILLINOIS, Chicago. Mutual Support Group meets semi-monthly in Oakbrook on the first Tuesday of each month (7:00 to 9:00 p.m. at Sunnie Glyman's) and in Chicago on the third Sunday afternoon (1:00 to 3:00 p.m. at Sharon Krupa's). Co-leaders are Sunnie and Sharon. For info call Sunnie (312) 654-8785.

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Reston, Virginia. Mutual Support Group meets on the 1st and 3rd Sunday from 4:00 to 6:00 p.m. For info call Donna Oden (703) 476-5383 or Joel Wilcher (301) 474-2922.



Elisabeth's Lecture Schedule

(October - December 1986)

OCTOBER 1986

24 — Hospice Association of Cape Cod, Inc., 66 School Street, Hyannis, MA 02601. Public lecture: 7:00 p.m. to 9:30 p.m., at the Cape Cod Community College, Bannstable, MA. For information, call (617) 778-5037, ask for Mary McCarthy, R.N.

NOVEMBER 1986

4 — American Academy of Pediatrics Annual Meeting, Sheraton-Washington Hotel, Washington, D.C. Open to meeting attendees only. For information, call 1 (800) 433-9016, ask for Diane Long, Registration Assistant. 9:15 a.m. to 9:45 a.m. Special Presentation: The Dying Child and the Grief of Parents. 2:30 p.m. to 5:30 p.m., Life Death and Transition: Helping Children and Parents Come to Terms with Death.

15 — Benefit Lecture, Gallop, New Mexico. 7:00 p.m. to 9:30 p.m. For information, call Jean Harter, (602) 755-3834.

17 — National Hospice Organization Symposium, Radisson Hotel, Denver, Colorado. Open to Conference participants. For information call John Mahoney, President, NHO, (703) 243-5900. Keynote Speaker: 8:30 a.m. to 9:45 a.m.

21 — Long Island Foundation for Hospice Care and Research, Inc. Public Lecture: 7:30 p.m. to 10:00 p.m., at the New York Institute of Technology, Old Westbury, N.Y. For information call Ginger Sendor, (516) 334-0950.

22 — The Living Arts Foundation, 1200 Fifth Avenue, New York, N.Y. 10029. Public Lecture: 1:00 p.m. to 3:30 p.m., Riverside Church. For information, call Wendy Levine (212) 348-8894.

Thank You

To Sally Harper and her drivers, Dorothy Williams and all the staff of the Christian Counseling and Teaching Center, Syria, Virginia: Follow-Up Intensive Workshop, May 9-11.

To Joyce Mathos, Pamela Rosengard, Sharon Miner and all of their helpers, Bob Ward and all of ths staff at St. Francis Retreat, San Juan Bautists, California: Life, Death and Transition Workshop, June 16-20.

To Nancy and David Mullins, Michael Newman, Glenda and all of the staff at Mission San Luis Rey, Oceanside, California: Life, Death and Transition Workshop, June 23-27.

To Sally Harper and all of her drivers, Barbara Davis, Doris Pearce, Charlotte Passel, Rochelle Griffin, Kathy Carter and all of the staff of the Christian Counseling and Teaching Center: Training I Program, July 18-20, Syria, Virginia.

To Joyce Mathos and all of her helpers, Tricia and the staff at the Angela Center, Santa Rose, California: Follow-Up Intensives July 25-27 and August 15-17.

To Jeanette Wirtz, Kath Housler and their helpers, Father Patrick, Donna and all of the staff at St. Paul of the Cross Retreat House, Detroit, Michigan: Life, Death and Transition Workshop, August 4-8.

To Jenny Stamm, Marjorie Porta and their helpers, Mick Hull and all of the staff of the LOMA Center for Renewal, Issaquah, Washington: Life, Death and Transition Workshop, August 11-15.

All of you make our work possible. THANKS!

Special Notices

We recently received a note from Greg Furth concerning his book. It will be out in late spring of 1987 and will be all in color. Watch for more complete details in future newsletters. Thanks for your support.

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Anyone who would like to write an imprisoned, lonely and isolated AIDS patient, please send the letter to us and mark it "prison" -- we will gladly forward it.

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We have a 3M VQR III copier that is in need of cleaning and some repairs that we would like to give to any Non-Profit Organization willing to cover the cost of transportation from our home to yours. Please contact Frances Luethy, Office Manager.

Cookbooks

GOOD NEWS! Our cookbooks are coming along quite nicely. The 250 recipes are contributions from all of you who sent in your favorites and ones from Elisabeth (mainly Swiss dishes and Swiss Christmas cookies) which she prepared for her daughter, Barbara. Thanks to all of you! The books will be here in plenty of time for those of you who like to give lovely and useful gifts at Christmas. The cost is $5.00 (U.S. funds) plus $1.50 postage and handling. Please send orders to: Mail Order Cookbooks, Elisabeth Kubler-Ross Center, South Route 616, Head Waters, Virginia 24442.

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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.

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

Huggers
Embrace Life

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, experiental 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 Elisabeth 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 Appalachian mountains. In 1986/87, Elisabeth will personally conduct our 5-day Life, Death and Transition Workshops whenever her busy schedule allows. She will be in all of them for Thursday and Friday to cover the spiritual quadrant.

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.

SCHEDULE

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

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

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

1986

October 27-31 FILLED
Virginia

November 9-13 (Sun.-Thu.)
Amity Center
Tucson, Arizona

December 1-5
O'Leno Park
High Springs, Florida

1987

January 19-23
St. Francis Retreat
San Juan Bautista, CA

January 24-28
Maui, Hawaii
(Tentative)

February 2-6
Australia

February 9-13
New Zealand

March 9-13
Virginia

March 23-27
Louisiana

April 6-10
New York Metropolitan Area

May 11-15
California

May 18-22
New Mexico

June 9-13
Ireland

June 15-19
Switzerland

June 22-26
Austria

August 24-28
Winnipeg, Manitoba

August 31-September 4
Edmonton, Alberta

September 9-13
Oregon

October 5-9
Maine

October 26-30
Virginia

November 9-13
Indiana

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:
MERELYN McKNIGHT
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) _____ 1st Choice Workshop Location _____ Workshop Date _____
Last First

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? _____

_____

In case of emergency, please notify: _____
(Someone local to workshop site if at all possible) Name Phone Number Relationship

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
_____
_____
_____



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 with lunch and ending during the afternoon on Sunday. Cost: $250 (includes room and board).

Three-day "Intensives" presently confirmed are:

October 3-5, 1986
Sorrento, B.C.

November 28-30, 1986
Wareham, Mass. FILLED

March 13-15, 1987
Santa Rosa, CA

February 20-22, 1987
Madison, VA

May 22-24, 1987
Syria, VA

June 5-7, 1987
Bangor, PA

Training Program in the Externalization Process

This training program is designed for 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, 10-15 participants will attend the experiential portion (Saturday) of the weekend. (See "Guests" below.)

An application for the Training I may be submitted upon completion of our 5-day Life, Death and Transition Workshop and the 3-day Follow-Up Intensive. Please send completed application to: Pat Bartley, Coordinator of Programs, Elisabeth Kubler-Ross Center, South Route 616, Head Waters, VA 24442.

"GUESTS" WELCOME AT TRAINING PROGRAMS!

During the second day (usually 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 3-5, 1987 - Virginia
May 1-3, 1987 - Santa Rosa, CA
July 17-19, 1987 - Syria, VA
Sept. 18-20, 1987 - Southern California

Training II: Oct. 4-6, 1986 - Charlottesville, VA
Feb. 6-8, 1987 - Watsonville, CA
Sept. 11-13, 1987 - Syria, VA
Nov. 20-22, 1987 - Santa Rosa, CA

Teenagers and Children's Workshops

Teenagers: Sept. 26-28, Seattle, Washington.
Children's: Sept. 29.

Navajo Indian Children's Workshop: Nov. 14, 1986

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

Sept. 16-20 -- HTP/Dream
Anchorage, Alaska
Rikki Fowler
3605 Artic #1208
Anchorage, Alaska 99503
(907) 276-7472

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, WV 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

5-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) 345-9873

Location: Notre Dame Spiritual Center, Alfred, Maine (near Portland)

Fee: $550 (including room and board) Sunday evening through Friday afternoon.

Networking

A Guide to **Hotlines Nationwide**

AIDS
1-800-342-AIDS

Alcoholism
301-468-2600

Cancer
1-800-525-3777
In Colorado
1-800-4-CANCER
In Alaska
1-800-638-6070
In Washington, D.C.
1-800-636-5700
In Hawaii (Neighbor Islands Call Collect)
1-808-524-1234

Kidney Disease
1-800-638-8299
In Maryland
1-301-986-1444

Lung Disease
1-800-222-LUNG

Make Today Count
(For adult cancer and other terminally ill patients)
319-753-6521

Organ Donations
1-800-528-2971
In Texas
1-713-528-2971

Candlelighters Foundation
(Network of over 155 self-help groups of parents of children with cancer and of the medical and psychological professonals who serve them)
202-659-5136

Compassionate Friends
(for bereaved parents and siblings)
312-323-5010

Down's Syndrome
1-800-221-4602
In New York
212-764-3070

Drug Abuse
1-800-638-2045
In Maryland
1-301-492-2948

Heart Disease
1-800-241-6993
In Georgia
1-404-523-0826

Parents of Murdered Children
513-242-8025
513-721-LOVE

Ronald McDonald House
(Home-away-from-home for children with cancer and other serious illnesses)
212-876-1590

Second Surgical Opinion
1-800-638-6833
In Maryland
1-800-492-6603

Stomach & Intestinal Trouble
Tuesdays & Thursdays
7:30 p.m. to 9:00 p.m.
1-301-652-9293

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Larry Lincoln, M.D., Internist, who is now assisting in Elisabeth's workshops, is conducting half-day or day-long seminars called CARING FOR THE CAREGIVER. These seminars introduce caregivers to such topics as the use of natural emotions in our daily lives so that we do not accumulate distorted ways of handling day to day stresses, how unresolved personal losses prevent us from giving maximum support to our patients and common traps that helpers fall into -- ones that lead to resentment, guilt and regrets for those we care for and which lead to burn out at work. If you would like more information or wish to set up such a program for your hospital or organization, please contact:

Larry Lincoln, M.D.
109 Edgewood Road
Wilmington, DE 19803
302-575-1572

Larry will be the "heir" to my workshops when I move on to other work or other "planes." He is wonderrrrful!

Elisabeth

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Jacksonville Center for Attitudinal Healing
Aslan House
P.O. Box 57716
Jacksonville, FL 32201
903-353-HELP

The J.C.A.H. is offering support groups for young children, adolescents, adults, seniors and family members of anyone with a chronic or life-threatening disease. They offer grief and bereavement workshops and make home and hospital visits. Anyone with a chronic or life-threatening illness who would like to use their Microtel Help Line to talk with others with the same illness can obtain application forms from J.C.A.H. ALL SERVICES ARE FREE.

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CHMIC is a non-profit organization which provides reports about traditional, non-traditional, unproven and late-breaking treatment options that are available to people with a particular diagnosis. For more information, please contact:

Consumer's Health and Medical Information Center
P.O. Box 390
Clearwater, FL 33517
813-734-9016 or 531-6047

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The Million of Minutes of Peace Appeal

We would like to tell you about a unique project which is currently capturing the imagination of people all over the world.

The Million of Minutes of Peace Appeal is a global initiative taking place in 48 countries in support of the United Nations International Year of Peace, 1986. Each country is taking up the unusual challenge of collecting one million minutes of peace during one month, between September 16th and October 16th.

The aim of The Appeal is to give people everywhere the opportunity to become involved in creating their own awareness of peace. They can contribute to The Appeal by donating their time in the form of prayer, meditation or thoughts of peace for the world. The attraction of The Appeal is that it it simple, universal and open to anyone willing to help generate a powerful atmosphere of peace.

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The Love and Healing Workshop
P.O. Box 81082
San Diego, CA 92138
Co-facilitators: Sue Bonner, Ph.D. - 619-745-9452
Hal Frank, Ph.D. - 619-294-8328

We are specially trained to provide support and workshops for patients, caregivers and survivors dealing with the AIDS crisis. CEU's are given to nurses who participate in the Love and Healing Workshop. For follow-up, bi-monthly support meetings and counseling are available in the San Diego area and we have a screaming room for anyone interested in further externalization work.

Letters From Our Mailbag

A Gift and a Letter from the Giver

The letter which follows accompanied a very generous gift to Hospice of Yancey County (NC) of three video tapes describing the life and work of Dr. Elisabeth Kubler-Ross, whose dedication and creativeness in helping the terminally ill has made a lasting impression world-wide.

Dr. Kubler-Ross visited Yancey County several weeks ago to confer with the Hospice team of doctor, nurse, and lay volunteer providing assistance to the donor of the video tapes, who has given permission for her letter to be shared.

Dear Gwen:

Please accept these three video tapes as a token of our appreciation for the wonderful work that is being done by all of you for so many of us.

The first I ever heard of Dr. Elisabeth Kubler-Ross was an appearance on public TV when I was living in the Washington, D.C., area. I was "all ears," having been unhappy with our funeral and burial for several years, and this lady was urging us to take death out of the closet, to talk about it and be comfortable in its presence.

I immediately bought all the books she had written and read them; then with the 'busyness' of being a working, single parent of three sons, Dr. Kubler-Ross was pushed to the back of my mind together with her work for several years.

One of my sons died in January of 1978 and his twin brother in 1979. Soon after the death of my second son, I learned that Dr. Kubler-Ross was operating an organization near Escondido, California. I sold my condominium, put everything into my car and went, with the idea that I'd work at whatever was necessary until I could get on her staff. I did a lot of volunteer work in her administrative office, then part-time work and finally became a full-time staff member in 1983. That was one of the big thrills of my life!

I was amazed at the amount of work it took to keep things running smoothly for her travels, lectures and workshops all over the country as well as many other countries. I worked mainly in keeping the 20,000 name mailing list up-to-date, and processing and shipping the mail orders that came in for her books and tapes.

I really did not want to leave Southern California, but when Elisabeth decided to move the office to Headwaters, Virginia, I moved with her. By late 1984, I began to feel that my work with her was finished, and I was tired of working every day. With my 62nd birthday in February, 1985, I looked more and more longingly at taking early retirement, which I did at the end of June.

I am so grateful for having had the time with Elisabeth Kubler-Ross. Having been familiar with her teaching on death and dying, as well as on life and living it to the fullest, I have been helped enormously in accepting my own impending death.

I know that anyone who sees these tapes will benefit greatly.

Sincerely,
Mary Parojinog

Mary died of cancer on April 22, 1986

I will live this day as if it were my last. I will not waste a moment regretting yesterday. Why throw good after bad? Yesterday is buried forever. And tomorrow? Leave it be. Why throw now after what could be? Should tomorrow's funeral cast its shadow backwards and darken my today? Never. Why should I torment myself with problems that will never see the light of day? Yesterday is a stale cheque, cancel it. Tomorrow is a promissory note, leave it. Today is ready-cash, spend it. Perhaps this is the day I have been waiting for, when my life will really unfold, leap forward, and I will discover that fullness that is my dream. I have another opportunity to be the person I know I can be. The hours ahead are *priceless, and had my hours been called for by death, I could not have brought them back with all the* gold in all the vaults on earth. Use the day to prove your love . . . . Embrace your children, treasure your wife or husband, lift up a friend in need, and gladden this earth with your warmth and your smile. The finest gift that could possibly come your way this day is already given you: you're awake, you're alive, you are.

Millions have not received that gift . . . and one day you and I will not greet the dawn.

Anonymous

Sunrise, Sunset

The early morning mist
The crisp clear smell of dawn
The sky, grey, blue, pink
What a glorious delight
Thank-you magnificent maker
Your spiritual energy, guides us
And unto dusk . . . Sunset
Ominous Beauty . . . purple, deep pink, blue, green, yellow
Through the prism of life
You are. I am.

A friend from San Francisco, CA

Dearest Elisabeth,

This is a "happy birthday, aren't you wonderful" letter.

I was just reflecting, this week, on all the lives you have touched personally. Those I know so well! Then there are the ones who sidle up to me and say, "Are you connected with Kubler-Ross?" Well six years ago, I heard her speak and never told but something she said . . . . Changed my life forever!

Well, this letter is from one who went to a Michigan Workshop in 1982 -- an unconscious therapist; yet cracked open enough to start her journey -- and here we are hundreds of pounds and tons of consciousness later. Just to think, the depth of that despair; how close I came to missing all this wonderful life and its gifts.

So I'm writing you to thank you for a gift -- my ransomed life! To think, in my despair, I might have missed all this!

From one to whom you made life possible, I wish you the most happiest of birthdays and an exciting, challenging, new year.

Following you with love and prayers.

Always,

A friend from Illinois

Dear Friends,

I am enclosing an order and a check to cover the cost of the items along with postage. I would also like to become a member in the Lifetime Category.

I cannot thank Elisabeth and all who work with her enough. My experiences at the LDT workshop in Phoenicia are in my mind and heart daily. The work you do and the gifts you give to the lonely, fearful, the suffering and the lost who arrive at your doors emotionally frozen and leave, five days later, reaching out and smiling, is a wonderful thing to behold.

I still have much work to do and hope to return someday able to release the rest of my anger and fear. I thank you for helping me to get started and opening my mind and my heart.

Love to all,

A Friend from New York



Elisabeth and her son, Kenneth

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: March 30-April 3, 1987
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: $550, 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.

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 on this page 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.

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.

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) _____

Lecture/Book/Tape Feedback

Dear Elisabeth,

How blessed I know I am to have had the great opportunity to have shared 5 days of your work, love, caring knowledge and most of all, Godly Spirit. My life can never be the same again -- I can never be the same again. I can only be more loving and caring, first to me and then the immediate planet!

Bless you for praying for my daughter and her twins. For I'm sure it was your prayers that turned the "Specialist Doctors" predictions into mockery. No one died or was premature or anything.

Two magnificent expressions of God came into this world at 5 lb., 7 oz. each, one 17¾" long (Michelle the girl) and the other 18" (Steven the boy)!!! I am sorry I had to leave a few hours earlier and I'm so happy for all my blessings.

Love, Light, and God Bless you,

A Friend from California

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Dear Elisabeth,

While attending the San Juan Batista Workshop, I met you for the second time.

Your immediate presence filled me with love and reverence -- You I do not see as a Guru but as the living testimony to the mighty "I am" omnipresence; we have been born to the Joy and the union with the Will, not mine, but thine.

I hope you have found the time to enjoy the Richard Byrd tape. My favorite, "Ordinary People," is a blessing for all the Death & Dying workers.

I keep you in my prayers. I know those with great commitment have also great needs -- for our bodies don't always keep up with the rest of us.

A Friend from Illinois

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Bear with me. It's just a stage I'm going through & through & through -- as I learned at the workshop and at the follow-up support group. For the first time, I'm not told, "This is the answer, now you'll be fine." Instead, I saw beautiful people struggling through life, being creative, caring, good people with so much covered up pain. Yet willing to find a way to work it out.

Thank you, Elisabeth and staff, for a memorable workshop and a chance to begin my metamorphosis as a butterfly. I wish to thank all the people who shared so openly with me. The experience is beyond the word "experience." The leaders were kind and caring and so skilled, yet were as I, not above me. The pine cone ceremony was a highlight. To see and hear people come back and say they're still plugging away, that's good and okay.

Thank you all,

A friend from Fullerton, CA

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If we have not thanked you, I want you to know -- I thank you in a living way.
We journeyed these few short days and gathered gold among the dust
I take to my soul the memories I Trust
For I mirror the ocean and form mist like the clouds . . .
I travel inland into experience and shed tears from my form
How great the little flower grows and springs forth brilliant bloom . . .
Hush . . . Clouds quietly take shape again -- from each morning's dew . . .
And drift oh so discretely to rivers on the move
Thus with the Grand Melodies . . . I chant, Thank you
Thank you
Thank you
In rhythm with time. Time without end . . . .

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Dear Friends,

Thank you for the opportunity to share in an LDT workshop. What an incredibly beautiful experience. Enclosed is my membership form so I can continue to receive the newsletter. It all makes so much more sense to me now. The enclosed poem came out of my work at the workshop. If you think it may be useful to anyone else, please share it.

God Bless you all,

A Friend from California

For Angela Kathleen

No birth certificate . . .
No death certificate . . .

I didn't know I should keep the doctor's bills --
the only physical acknowledgement of the
existence of one so small.

You, tiny one, brought us joy,
brought us love, brought us hope
You brightened our lives with anticipation
You surprised us with your kicks and helped us laugh
You brought me close to God as I listened
to your tiny, fast heartbeat within me.

And, then, one day,
there was no heartbeat.
And the joy and anticipation
turned to sorrow and anger and pain.

The blackness crept throughout my body,
my soul, my spirit
Until someone helped me unlock the black
and it spewed forth
And my spirit surged towards freedom.

The key was "goodbye"
but I hadn't yet said "hello."
You came to teach me, though,
and I finally listened.
Thank you.

"Hello, my dear, sweet, little one, and
Goodbye
for now."
Love,
Mom

----•----

There's a Perpetual Rainbow in My Heart

Hope, the Pot of Gold . . . .
Inner Peace, Harmony, Love and bodily health
The spirit is within
I love everyone
Unconditional love is flowing from my healed heart
I pray . . . .

A friend from San Francisco, CA

I went to watch a workshop,
But I shared a process.

I went to draw a "spontaneous" mountain,
But I drew a black tombstone.

I went as a stranger to my grief,
But became its friend and gave it, with love and a pine cone,
to the fire.

I went expecting heavy days,
Yet sang and played a tambourine.

I went to "do it right,"
But found no right or wrong.

I went to be alone,
But became one with many.

I went to become stronger,
And learned to ask for help.

I went to be my anger,
But saw that anger is not who I am.

I went with fear that after 30 years my courage might fail,
But realized that love is timeless.

I went with the fear of his death,
But found it the door to our life.

I went to be with Elisabeth,
And I was.

A friend from Chapel Hill, NC

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Dear Elisabeth,

This little note is to say thank you for the most important 5 days of my life spent at the LDT near Camden NSW. There I received a whole new beginning and a re-inforced sense of purpose in my work with the terminally ill.

A friend said I should share with you, the glimpse I saw of you at the workshop as a venerated, wise old squaw sharing wisdom with the young members of the tribe, it was so clear.

A friend from Victoria, Australia

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The Truth That Sets You Free

Oh, My Children, can you not see
The cross you bear is your own responsibility;
That you must do those things which need to be done
In order that your race can be won?

You All are Part of My Wonderful WHOLE,
If you would open your mind, then you would know
That what you do to others rebounds upon you,
We ALL are ONE; YES, it really is true!

You would 'know' it if you had a chance
To listen, to be told; for this would lance
The boil of corruption, which for so long has grown
In your finite mind; but it is time to be known

That TRUTH can no longer be hidden from view,
The veil has to be rent, and it must be by YOU;
We are now marching fast -- no time to spare,
You must listen, take heed, and for those who dare

To join the march against the foe,
The Faith will be given for you to 'know'
The TRUTH, which is easy to understand,
If it is only exposed; it is your right to demand

To know the TRUTH, which will set you free,
It really is simple, if you could but 'see';
Don't blaspheme that which may sound new to you,
Have tolerance and patience — think it through.

If you will persevere, be diligent and kind,
Sincerely desire, keep the purest mind;
You will be amazed how fast you can learn
To reverse your attitudes, which will help you earn

The qualities needed to expose to your 'sight',
That darkness is because you've 'turned away' from my Light;
The shadow you cast is the illusion which you
Must willingly dispel, by reversing your view.

When the shadow is behind you, then you are facing My Light,
On your way *back* Home -- what a wonderful sight!
It will not all be 'peaches and cream',
But the illusion will be over, it was only a 'dream'.

The TRUTH is really the fact that WE
Are ALL of One WHOLE -- You and Me;
The illusion is now shattered and can no longer be,
My World of Reality is your destiny.

Your Crown of victory is waiting for thee,
Wrought by you to the fullest degree;
Come -- be adorned with your 'rainment of white,'
No darkness remains when ALL is Light.

Let the Light shine for all to view,
Many are waiting to help you come through;
To claim your "I"dentity, your Christ within,
Then the foe is defeated, the WHOLE "US" will win!

A friend from Atlanta, GA

Dear Elisabeth and Staff,

Love and greetings from Winnipeg. I found this story in an old journal. I had written it after witnessing one of life's most precious miracles, birth. I thought I would share it with you and others. Use it as you wish.

Gifts

Life is an ongoing challenge, a daily process. Sometimes the "valleys" seem endless and the hills once conquered, have steep cliffs hidden from view, unseen until the foot begins to slide.

The loss of a beloved child and the currents of emotion which follow are the hills, valleys, and cliffs as the grip of grief begins to loosen its hold, we begin to rebuild the fragments of a shattered life, never again to be our "old selves," there will always be scar tissue. As we begin to inch forward we are fearful, our innocence is gone. We have become one of those "other" people that bad things happen to and if it happened once . . . .

Somewhere in the midst of the "hurting healing" process a kind of metamorphosis begins to unfold Through somewhat reddened eyes, we begin to see life in a different way. We begin to give recognition and appreciation to all of those "little things" that our hectic busy lives stripped from us. Just maybe, these are the gifts of our pain and vulnerability and just maybe, hurting so deeply gives us the eyes to see.

Gifts take on so many different forms. They come from the heart, are priceless, but cannot be bought at J.C. Penney or anywhere else for that matter. The true gift is in the giving for the one who gives and the one who receives. I was chosen to be a recipient of a gift which I will carry with me always. A dear friend allowed me to share with her, the birth of her second son. She, like me, had endured the agonizing irony of burying an infant. Together we would team together for the process of labor and delivery and what ever lie just beyond birth. At first I was very excited about the prospects of being a coach, but as time wore on I began to have serious misgivings as to whether or not I had the stamina to be a support to another human being in pain, about to give birth and what if this baby died? Fear began to cloud my thinking, but my most heart felt desire was to witness life. In some strange way it was as if I needed this event in my life to be balanced again. Such was the driving force that helped set my decision to participate in concrete.

The morning she went into labor I excitedly dashed out of the house, reviewed quickly in my mind all the prenatal "stuff" we had learned, briefly reflected on the births of my 5 children and convinced myself that this was going to be a "piece of cake." When I arrived to take her to the hospital she was in heavy labor in a lot of pain. All of a sudden the fear I was busy trying to ignore almost doubled me over. She needed my presence and time was of the essence. I stopped fighting for a few brief minutes. I let the fear consume me. As I yielded to it, it began to loose its hold. I knew we would both make it.

A short time later I was a witness to one of humanity's most awesome and beautiful miracles, the beginning of a new life. An old soul, back on planet earth to live and love and learn. This was so much more than just a birth experience. It was a gift from one person to another -- from a divine source to his children. It was a lesson in inner strength and for both of us, a labor of love. Had I not allowed my fear its "due" I doubt I could have weathered it.

Happily, the baby is fine. My beautiful "other" son is thriving. He is testimony to love. His life -- a gift to his mommy and a gift to a pretty special coach, me.

A friend from Winnipeg

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Here in the solitude of my room, images of forever cascade through my mind. Oblique shadows and figures, once hidden, now resurface in my mind. Figures once so clearly known now only vague egos of another time. Pseudo faces without personalities, hidden when, from what?

Why do these images invade my crying as I meditate here in my room? Are they past silhouettes of the person I used to be? The Spiritual me appears to be moving now, like woven threads through and around them and recognizing each as fear ties them all together and releases them to the past.

There is no fear now as I review this Id of the old and I wonder when the real me came to surface. Love changed Ego into a Spiritual realm. Unconditional love that now cries out to be shared with someone.

Love, so strong, encircles my present worlds atmosphere, echoing and rebounding-untouched, it envelopes me with God's peace.

My tears are dry, the images have left, and the fragrance of the Lord permeates my every being. I am swept into a timeless space so familiar and interium between my present and past life. A voice, upspoken, comes to me, and repeating over and over the words are imprinted in my mind, "Never fear anything and never long for love for mine is with you always. I am love."

Peace and love are at one with me now and nothing else exsists -- only the spiritual me at one with love. This fantastic peace overwhelms me. As I drift off to sleep the essence of "The I Am" lingers into my peaceful sleep and comforts me.

A friend from Texas

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This is the story written by Helen, the mother of a 14-year-old girl who died May 6th. It speaks for itself. May all parents, one day, have this knowledge and keen wisdom.

Elisabeth

Tuesday, April 14, 1986
2:00 a.m.

I'm nearly at the top of this mountain. It has been a hard climb, but I've enjoyed the challenge.

I'm carrying Lesley on my back for the climb to the summit. Guy, Alex and Travis will wait for us at the camp.

She's not heavy. I will make it easily although I'm not sure I'm ready for the climb down alone, because I'll leave Lesley there.

It's closer to God at the top. We can look back on our last climbing time and see the view. A few clouds block some blue sky, but that is all. Oh, we can see so much already from where we are. Imagine how far we will see when we get there!

I want to stay at the top with Lesley for a while. I'm really not ready to go back down, but maybe that's because I'm not there yet. I'll hold her safely while we rest, and she'll go on. She won't have to fly so high because we are not starting at ground level. I'm so glad I took her to the top of a mountain before leaving. She can just jump off and float up, rather than have to have a running start from ground level.

I'll be alone for awhile as I descend to meet Guy and the boys. They will be hard steps to take, but I'll still have a lonely view because I'll be so high up still.

Then I'll carry them down to the valley of the shadow of death and I will fear no evil because thy rod and thy staff they comfort me, and we will walk together as one until we see another mountain to climb.

A Mother

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Elisabeth, Dear Friend,

As I have written to you previously, in working among the terminally ill, the greater portion of that much needed work with AIDS afflicted persons. Some are young, very young, others on in years, both men and women. Many are drug addicts, others from the gay community, all needing the same care and concern. For some particular reason, at the mention of AIDS personal friends and even members of the immediate family show up for hospital visits with greater infrequency. More than the illness, this completely devastates the afflicted person and demoralizes them. How important that there are persons who care for them and give them the inner spiritual support they need. It's not enough to tell them that God loves them. They already know that and what they want and need is that human love that is understanding and reinforces the good feeling about themselves that is there. There are so many misconceptions about AIDS that people literally panic when they know that anyone is afflicted, even some professionals, doctors, nurses and others in the health care field who are grossly misinformed.

Though a certain cure is in the offing and we pray that the science-medical field is successful in its goal, still in all there is a need for a mass program of education. I believe that more than anyone else, you have and are setting a role model for all of us to copy and live each day by. Your sincere love, care and concern for the afflicted displays the very love of Christ for each one of us. May your work flourish and may the Lord bless your resolve.

Love and Peace,

A Friend

Hello,

I read an article in *U.S. News* that spoke of your attempt to establish a home for children that have AIDS. I had not realized that these kids were the cause of so many negative feelings.

The Lord has touched my heart about them and I have had some time to consider in what ways our family might help. We have decided that we would like to take some of these children into our home. I doubt that we fully realize all the changes this will bring to our lives but as I read that article, I felt a very real compassion for those children that I want to apply in a day-to-day situation. I believe we might want to begin as a foster home and with one child. As my wife had always wanted a daughter and we have two boys, a baby girl would be an excellent beginning.

Last winter, we had a home study done for adoption and we can send that for your information if you feel we can be a help in this situation.

Please reply with your thoughts. Thank you and God Bless!

a friend in Alaska



Our first adopted AIDS baby, in a loving home in Mass.

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Janet Bennett
54 W. Sherman St.
Lebanon, OR 97355

Dear Friend,

As a way of participation in the International Year of Peace, a non-denominational, non-political hour of world-wide prayer, meditation, contemplation and/or thought has been scheduled for December 31, 1986, from 12 noon to 1 p.m., Greenwich Mean Time. This hour is one in which the tide of human events can be changed, and a gigantic step made towards lasting peace.

I believe that this tremendous task can be accomplished in the months that stretch out before us, by asking all world leaders, both political and secular, organizations, and groups to participate in this peace vigil by urging their members, and all citizens of our planet, to dedicate this hour to the upliftment of the world. The task of communication is before us, but we have the methods at our fingertips. If all of us will choose to take on just a little responsibility, by the year's end, word of this peace vigil will have reached into the far corners of the globe and each human being on this planet can be part of an event like no other in history: Together, for one hour, young and old of all nations will focus on a world united in a common bond of brotherhood.

I urge you to inform all your members of this hour of peace on next New Year's Eve, and ask them to contact, and continue contacting throughout the year, national and international political and secular leaders, organizations, groups and individuals so that no one in the world will be left out of this opportunity of contributing towards world peace. Noon GMT falls between 2 and 7 a.m. in this country.

People everywhere want to do something to bring about world peace. This is their opportunity. Please do everything within your power to help communicate this message. Together, we can take our stand as a planet, and re-direct the course of human events. Thank you.

Towards a world united in peace,

Janet Bennett

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The workshop my husband and I have attended has indeed changed our lives. I would like to send you some poems I thought you might like to publish in some of the subsequent issue of your newsletter.

Just Being There

when his son died
it ripped his gut
and left a gash
that wouldn't heal

when his son died
it crippled him
and left him limping
all alone

when his son died
I watched him suffer
but had no words
that could have helped

when his son died
I just stood by
until he noticed
that I was there

by Natasha Jose Lovitz,
from her new book,
Natasha's Words for Families

Mail Order Catalog



Elisabeth Kubler-Ross Center

Elisabeth has been working very diligently on her new book, THE CHALLENGES OF AIDS, which will be out next year. We will keep you informed in the newsletters when it will be available.

Fall 1986

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. $7.95. Paperback, $4.95.

***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. $6.95 (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. $4.95 (paperback)

WORKING IT THROUGH by Elisabeth Kubler-Ross, M.D., will be available in paperback in the spring of 1987.

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 $50.00 Beta II or ½" VHS ($65 for ¾" format).

1985
VIDEO NO. 3A — 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. 3B — 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. 4 — **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. 5 — **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.

1985
VIDEO NO. 9 — (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. 10 — (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 Elisabeth

VIDEO NO. 2 — **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, $125.00 Beta II or VHS format (add $25 for ¾ inch format)

VIDEO NO. 7 — **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. 11 — **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 with checks payable to:* Delta Associates, Inc., P.O. Box 55546, Seattle, Washington 98155.

Mail Order Form on Last Page

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 and 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 Hawaiians, 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 Kristin Zambucka. $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 Keys, 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 and 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.

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

New Books Now Available

GIFTS FROM EYKIS by Dr. Wayne Dyer. Highly recommended by Elisabeth. This marvelous, supposedly fictional encounter between an Earthling and a citizen from Uranus allows the reader an opportunity to observe where we are in our society and where we might be if we would have the courage to follow through with the recommendations given to us by the "outside observers." $3.95.

TO PROVIDE SAFE PASSAGE: The Humanistic Aspects of Medicine by Pauline R. Rabin and David Rabin. David Rabin, an amyotrophic lateral sclerosis patient, died about the time this book was published. This volume depicts a humanistic and practical approach to perhaps the most difficult segment of the physician's duty-responsibility to the "incurable" patient. This book is a must for everyone in the medical field and for those whose lives have been touched by chronic or progressive illness. $19.95.

New Tapes

EARTHLIGHT by Larkin and Friends. Beautiful flute melodies with special effects of the ocean, wind, birds and crickets and child's laughter. $9.95.

HUMANITY, the most recent and finest recording by Robbi Gass and Wings of Song, includes old favorites such as New & Brighter Day, The Earth is Our Mother, Perhaps Love, The Rose, and new songs such as Message to Moscow. $9.95.

MANY BLESSINGS, chants and songs from many different traditions celebrating human unity, includes Listen, Listen, Listen, May the Long Time Sun, From Thee I Receive, Tis a Gift to Be Simple, performed by Robbi Gass and Wings of Song. $9.95 Songbook $3.00.

TRUST IN LOVE, heart felt and moving songs by Robbi Gass, including Welcome to This World, Hunger, Opening the Heart, Trust in Love. $9.95 Songbook $2.00.

ON WINGS OF SONG, original songs of awakening and transformation by Robbi Gass, includes Not My Will But Thine, Spring Hill, You Can Be a Tree, Wake Up Cambridge. $9.95 Songbook $2.00.

FAIRY RING by Mike Rowland. Colorful piano melodies unfolding on graceful synthesizer harmonies. These special pieces have a personal touch of quiet magic. $9.95.

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.

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
Other tapes by the Brothers ($7.95 each):

CALM IS THE NIGHT
GO UP THE MOUNTAIN
LOCUSTS & WILD HONEY
CHRISTMAS SONGS
THAT THERE MAY BE BREAD
SO FULL OF DEEP JOY
LISTEN
WINTER'S COMING HOME
SPIRIT ALIVE

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

SAYING OLIN TO SAY GOODBYE by Donald Hackett. This book is the result of grief work by a father after attending a Life, Death and Transition Workshop. $3.00 (paperback).

DEATH, INTERMEDIATE STATE AND REBIRTH by Lati Rinbochay. A Tibetan view of death. $6.95.

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 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

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. $10.50.

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

LIVING WITH DEATH (for ages 11-Adult) by 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

RUBBER HOSES, $7.00.

POSTCARDS. 12 different color photos of wildflowers from Virginia's Shenandoah Valley. Each card (4"x6½") can be used as post card or saved and framed. The cost is $3.00 plus postage and handling. Many thanks to Tesi and Jim Lamb of Staunton, Virginia, for their beautiful photography.

Mail Order Form on Last Page

SUMMERLAND POSTER by Cory. A special friend of Elisabeth's, Cory died after a 5½ year struggle with leukemia. His third relapse at the age of 7 signalled 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.

Suggested Items

SONGS BY CAROL ANN STOCKTON. With sensitivity and strength, Carol Ann sings of life, Love and Transitions. Original, contemporary, heart-warming folk songs. $10.00. Please send orders to Carol Ann Stockton, 2307 North 63rd, Seattle, WA 98103.

CONNIE ARNONES BOOKS: The Awakening of a Spirit, Bless Me Lord, Sharing is Healing, Just Changed Am I, Caring (currently out of print). Five titles of inspirational poetry written by a mother following the accidental death of a 16-year-old son, for whom emotional catharsis involved the facing and working through of "feelings" re: *that* experience, and later others as well. Recommended reading by Jack J. Leedy, M.D., whose many books have emphasized the healing use of poetry (current book, **Poetry as Healer**). Pocket-sized, paperbook books, $2.00 each, postpaid. Please send orders to: Connie Arnone, Inspirational Poetry, Space 71, 12472 Riche Canyon Road, Colton, CA 92324.

HOME CARE FOR THE CHRONICALLY ILL by Monica Loose Jones. The only complete, comprehensive guide to caring for your ill or disabled child at home. 306 pages. Contact Mail Order for more information.

VOICES OF SURVIVAL by Dennis Paulson. The single most effective tool for building the massive people's movement necessary to give politicians the will to stop this mad race toward oblivion. Between its covers are all the wisdom and skillful methods necessary to prevent humankind's self-annihilation. $8.95 paperback from Capra Press.

The HUG messages are on products from The Hug Factory. To receive their catalog, please send $1.00 to cover postage and handling to: The Hug Factory, Dept. ER, Box 4353, Louisville, KY 40204 or call 502-451-9790. SPREAD HUGS AROUND!



PSYCHIMMUNITY & THE HEALING PROCESS, A Holistic Approach to Immunity & Aids by Jason Serinus. This life-affirming book explores the origins of ill health and the nature of the healing process. $9.95 plus $1.50 postage and handling. Please send orders to: The Holistic Group, P.O. Box 3073, Oakland, CA 94609.

TO HEAL AGAIN by Rusty Berkus. This is a magnificent, colorfully illustrated book that offers an enchanting and fascinating journey through wordscapes that uplift, restore and inspire the reader to a greater experience of love, joy and inner peace. $13.95 plus $1.50 shipping and handling and 6.5% CA sales tax where applicable. Please send order to: Red Rose Press, P.O. Box 24, Encino, CA 91426.

FOR SASHA, WITH LOVE -- AN ALZHEIMER'S CRUSADE by Gail B. Holland. This is a true story of candor and courage that informs, inspires, and offers special support and hope to families and friends of brain damaged victims. A valuable reference section also describes current community action and the latest medical research. $16.95. Send orders to: Dembner Books, 80 Eighth Avenue, New York, NY 10011.

WHEN MY FATHER DIED, WHEN MY MOTHER DIED, $3 each. Also available, **MY MOTHER TOLD ME, MY FATHER TOLD ME,** $2 each. Order from: Little Tan Books, 10758 Chelmsford Road, Cincinnati, OH 45240.

JOURNEY OF A SURVIVOR by Constance Nightengale. A book of inspirational poems. $7.95, includes postage and handling. Please send orders to Constance Nightengale, 10 Hepburn Road, Bristol BS2 8UD, England.

THE CHILDREN WE REMEMBER by Chana Byers Abells. This is a story about the children who lived and died during the Holocaust and also a story of courage and endurance. $9.95. William Morrow & Co., Inc., 105 Madison Avenue, New York, NY 10016.

Membership Program

Your support has made it possible to continue the message begun by Elisabeth over 15 years ago. Since then, her books, lectures, workshops and newsletters 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 honest way.

Our Newsletter is our main source of contact with many of you, keeping you abreast of all of the happenings. Some of you have memberships, and others do not.

Rising expenses make it necessary to contact you at this time. We would like each of you to continue receiving our Newsletter, and in order to do that, we ask that you subscribe to a membership in whatever capacity you are able.

If you have not already paid for a year's membership, please complete and return the application below to ensure that you receive our next Newsletter.

Thanks so much for your understanding and help! By joining with us now you will receive;

$15 - Limited income
Dougy Letter
Membership Card
Gold Brochure
Newsletter for one year

$20 - Individual
All of above and Tape #1

$30 - Family
All of above and Tape #7

$50 - Sponsor
All of above plus Tape #9

$100 - Patron
All of above and
On Death and Dying

$500 - Lifetime
All of above and
a set of Elisabeth's first
set of books, autographed by her

ALL MEMBERS, OLD AND NEW: Please send your Social Security Number to us so we can use it to enter your name on our computer.

MEMBERSHIPS
Elisabeth Kubler-Ross Center
South Route 616
Head Waters, Virginia 24442
703-396-3441

TYPE OF DUES (please check one) -

_____Limited Income -$ 15 _____Individual -$ 20
_____Family -$ 30 _____Sponsor -$ 50
_____Patron -$100 _____Lifetime -$500

Name(s) _____

Address _____

City _____ State _____ Zip _____

Telephone ( ) _____ ( ) _____
Daytime Evening

Social Security Number _____

Dues Amount $_____
Contribution $_____
Total Amount $_____

Type of Payment:
_____Check _____VISA
_____Master Card

Make check payable to:
ELISABETH KUBLER-ROSS CENTER

Credit Card # _____

Expiration Date _____

Signature _____

Membership is valid for 1 year from date of receipt.

MAIL ORDER FORM: Elisabeth Kubler-Ross Center
South Route #616
Head Waters, Virginia 24442
Telephone: (703) 396-3441

Name _____

Address _____

City _____ State _____ Zip _____

Please type or print legibly. Thanks.

Qty.	Title	Price	Amount

POSTAGE
$1.00 for first item
$ .50 ea. additional
(U. S. FUNDS ONLY)
Check_____ M.O._____ _____
Mastercard _____ VISA _____
Exp. date _____ Signature _____
Check one if the amount enclosed exceeds total cost please:
| | accept as a donation
| | refund to me

Sub-total _____
Va. Res. add 4% Tax _____
Postage & Handling _____
Total (U.S. Funds) _____
Charge card no. _____

Thank you!