

## Re-Igniting the Spirit of Caring Facilitators' Gathering November 2010

Last week was a wonderful gathering of Re-Igniting the Spirit of Caring Facilitators from across the US. We had facilitators from California, New York, North Carolina, Ohio, Illinois, Pennsylvania, Colorado, Michigan, and Louisiana! I love the privilege I have in doing this work all of the time, but I have to confess that there is hardly anything that trumps this amazing gathering each year. People who are chosen to facilitate RSC by leaders in their organizations are passionate, self-directed, and committed individuals. The energy of the group is electric as we experience a week of learning together, sharing best practices, debriefing "wobbles" and continuing to evolve our ability to "be present" and "aware." The facilitator participants shared beautiful stories of transformation in their organizations as they described RSC participants reconnecting with the power and nobility of their work in caring and serving patients and families. They shared struggles and achievements and left at the end of the week with great devotion to their work and organizations.

A highlight for us was our day with Leslie Crowley Srajek from Heartland Writing ([www.heartlandwriting.com](http://www.heartlandwriting.com)) who led us through an experience of Therapeutic Writing. We reflected on caring for ourselves, our colleagues and our patients and families by reading poetry by Mary Oliver, Rilke, and David Whyte and then writing our feeling responses to the poetry. We would then read and discuss our writing. It was a reflective experience that deepened our self-knowing and our understanding of universal human emotions and struggles. We balanced the intensity of the reflection with some great physical movement, dancing, and laughing... we repeated this last part every day!

My appreciation to all who attended this year's gathering and I look forward with great anticipation to next year. Hold your calendars for November 8-11. 2011!

Blessings to all. Mary Koloroutis