

ST ALBAN'S EPISCOPAL CHURCH Presents

Growing in Grace: *Spirituality of Aging*

Saturday, March 30



Keynote speakers:

The Very Rev. Tracey Lind and Emily Ingalls

Tracey, former Dean of Trinity Episcopal Cathedral of Cleveland, and her spouse, Emily, will talk about their life together as they face the challenges of Tracey's temporofrontal lobe dementia.

Over a delicious lunch, we'll be entertained by the great musical political satirist Mark Russell and a stand-up comedian from our parish.

Three afternoon workshops to choose from:

- **Spirituality at the End of Life**
- **Embracing People Who Have Dementia**
- **Creativity, Play, and Aging**

There is no cost for the program but we request that you RSVP so we can have enough food for lunch (Register at goo.gl/dn7avn).



St. Alban's Episcopal Church 3001 Wisconsin Ave NW Washington DC 20016 / 202-363-8286

Growing in Grace: *Spirituality of Aging*

Our Keynote Speakers

The Very Rev. Tracey Lind is the former Dean of Trinity Episcopal Cathedral of Cleveland (2000-2017) whose ministry has included work for social and environmental justice, interfaith relations, sustainable urban development, arts and culture, and progressive theology. Most recently, Tracey's ministry has extended to include the spiritual insights and lessons she has gained from a life complicated by dementia. From October to December 2017, she was invited to speak at seven European churches in Belgium, France, Germany, Italy and Switzerland. **Emily Ingalls** spent more than 20 years in commercial real estate and project management. In 2000, she championed the "greening" of Trinity Cathedral in Cleveland, helping to create the city's first sustainable building. Emily is now Chief Logistics Officer, responsible for managing a life and home turned upside down by dementia.

Afternoon Workshops - 1:30-3:00

Spirituality at the End of Life with *Maude Harrison-Hudson*

This workshop will provide an opportunity for family members, caregivers and friends to explore what the dying person needs and wants before exiting this world. We will explore how best to support and fulfill the desires and wishes of the dying. During our time together, we will share our ideals and thoughts on the spiritual needs of loved ones. Participants will come away with a toolkit for meeting and identifying the elements that will bring peace and integrity at the end of one's life. **Maude** is a bereavement counselor at a local hospice. She has facilitated numerous workshops and support groups on the topic of grief and loss including suicide and drug addiction. An ordained United Church of Christ minister, she has served as chaplain at the Washington Hospital Center and Holy Cross Hospital.



Embracing People Who Have Dementia with *Dorothy Linthicum*

This workshop will address several issues to help congregations welcome people with dementia and honor the gifts these people bring with them. We will begin by briefly identifying the underlying theology that clarifies beliefs about God's relationship to different kinds of people and what that means for communities of faith. We will then move to more specific kinds of ministry, such as memory cafés, specialized worship, Godly Play storytelling, and memory boxes. Communication tools will be introduced to illustrate ways people with dementia can be integrated into the life of the church. Participants will also have time to reflect on their own settings to identify appropriate ministries to strengthen and enrich their unique communities of faith.

Dorothy is an adjunct instructor at Virginia Theological Seminary, Dorothy Linthicum has studied and taught courses and workshops about older adult spirituality and ministry at the seminary, conferences, dioceses and churches. Her study led her to write with co-author Janice Hicks the book *Redeeming Dementia* (Church Publishing, 2018), which looks at dementia through the lens of spirituality, theology, and science.



Creativity, Play, and Aging with *Kate Amoss and Liz Lescault*



Join us to explore InterPlay, a complete system that refreshes, energizes and reconnects body and spirit! We will explore InterPlay's simple yet powerful forms based in movement, voice, story and stillness. Enjoy a creative process rooted in affirmation and ease. Discover the importance of creativity and play as we age. **Kate** is deeply invested in many paths that bring healing and wholeness to individuals and groups. She is a licensed clinical counselor in private practice and is grounded in depth psychology, expressive arts. **Liz** leads InterPlay at Iona Senior Services for elders with chronic conditions and cognitive disabilities. She is a sculptor by profession



and teaches art at her home studio.