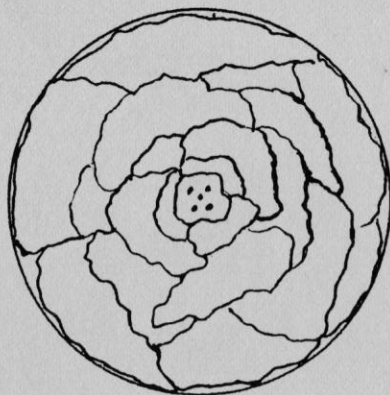


Dedicated to my Mom

Katharine Pritchard Férry Daughaday  
Hospice Volunteer, extraordinaire.

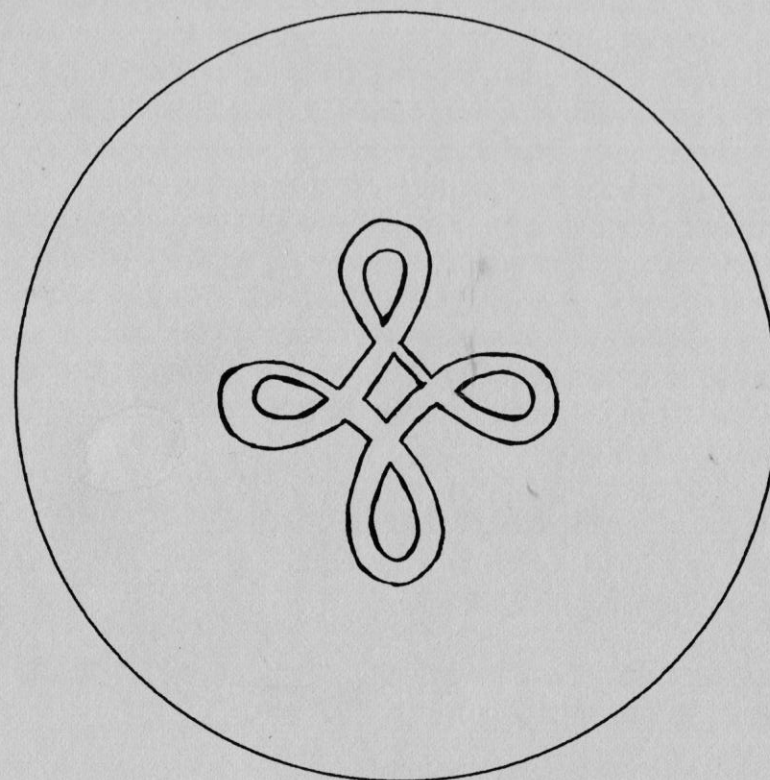


BEAUTY

Ellen E. Howie, RNC, CARN is a Registered Nurse, Spiritual Director and folk artist concerned with the healing of individuals and communities through the artistic expression of their day to day experiences of death and new life. She lives and works in Altamont, New York.

Cover Mandala: PILGRIMAGE

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*A JOURNEY OF CARE*

Mandalas For You

Mandala, a circular art form and ancient symbol for wholeness, is a Sanskrit word meaning to have possession of one's wholeness. Throughout the ages and across the globe mandalas have shown up as creative outward images of internal journeys. This journal of mandalas is for all who seek to be a caring community and to create within themselves a spirituality of hospitality. In preparing to identify and meet your own needs so that it becomes possible to meet the needs of others, you are invited to reflect upon your journey through expressing your experiences artistically. You will come to know yourself at a level deeper than words; to see in your art work what is coming to be in your own consciousness. As you add to these mandalas, coloring them, creating your own, you will be experiencing art as meditation. You are encouraged to do your art work in silence, then to reflect with others, gathering to share:

### MANDALA REFLECTIONS

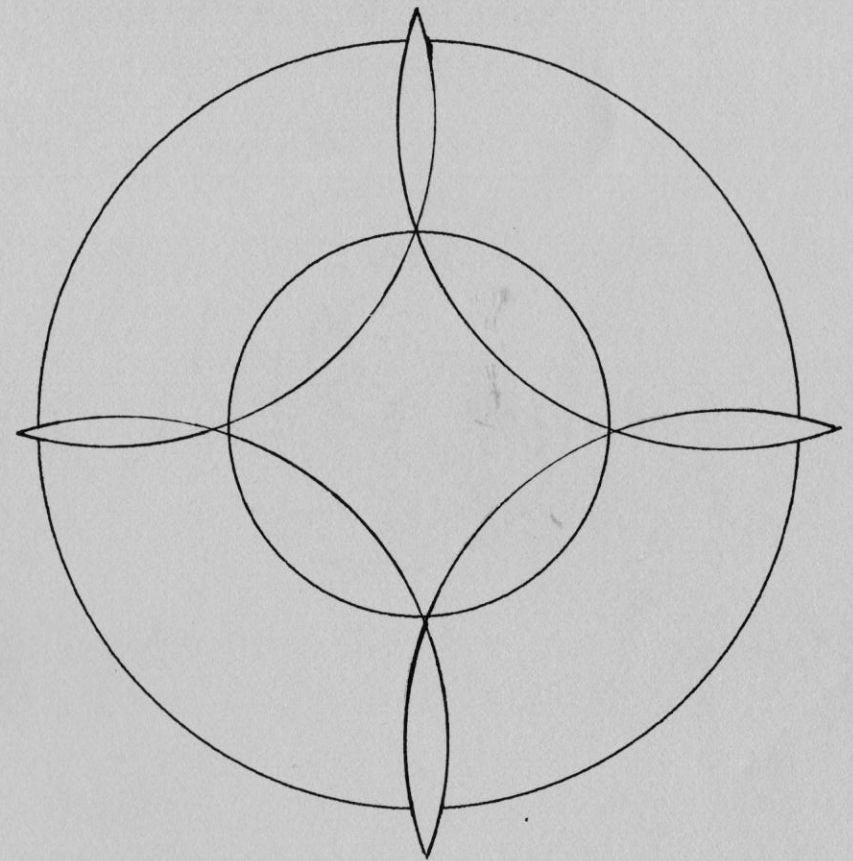
What colors did you chose?

What feelings/thoughts/sounds did you notice?What old memories/new insights were aroused?

Who are your companions on this journey?

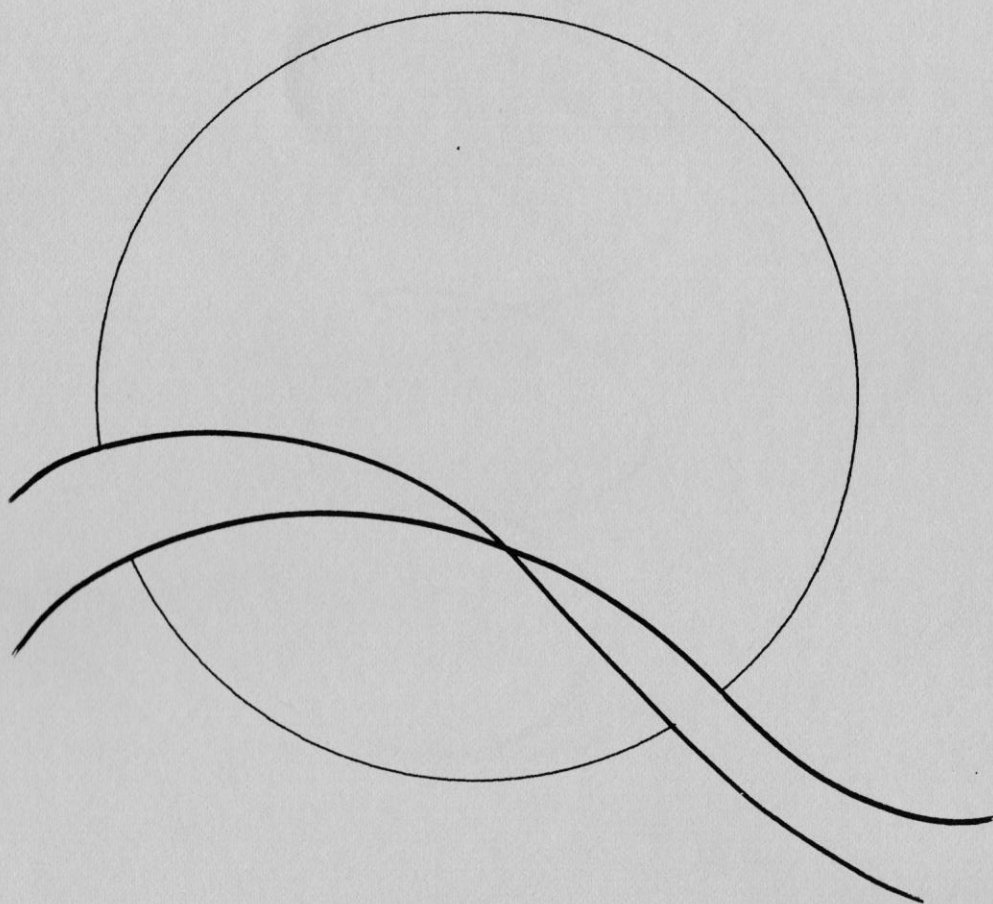
What thoughts and prayers were in your mind and heart while you were coloring...journal writing...listening to God, to others?Is there anything you would find helpful and healing to share with another person...to include in your prayers?

What name will you give to your journal?

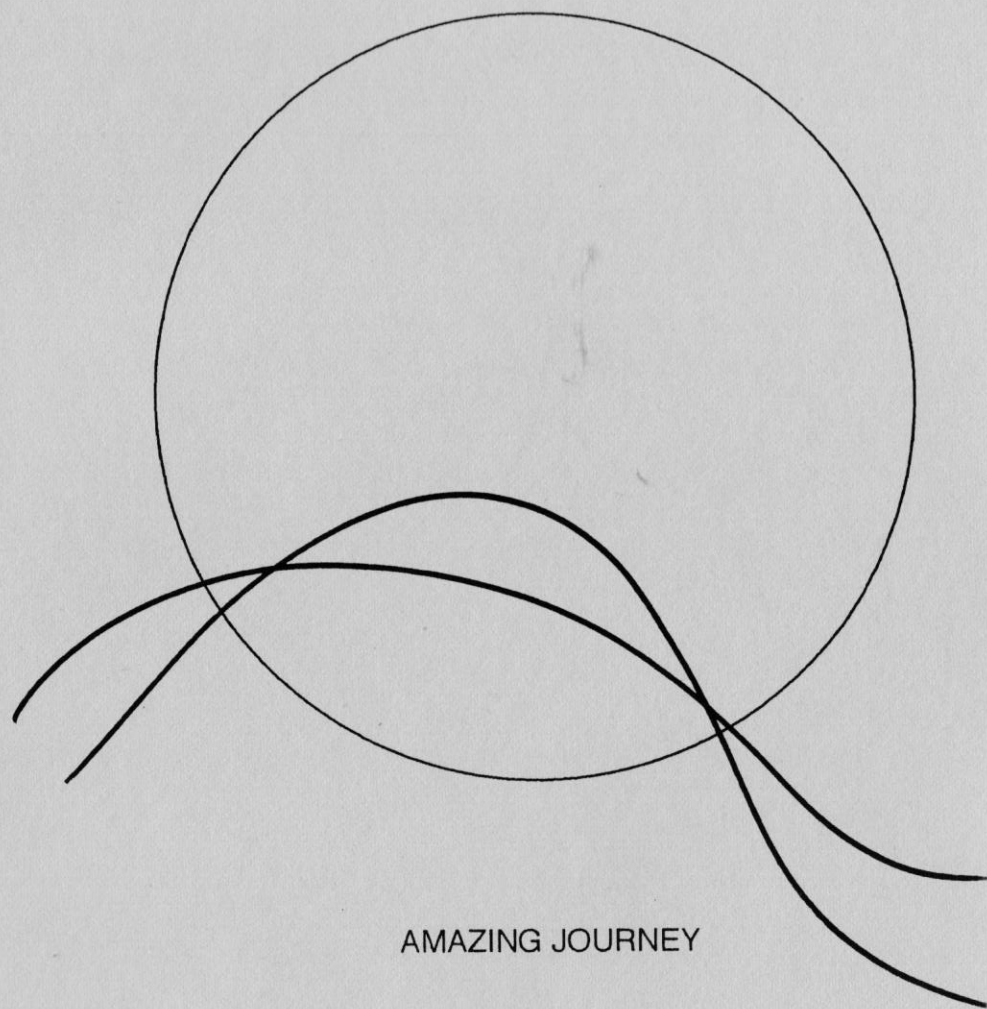


BEGINNINGS

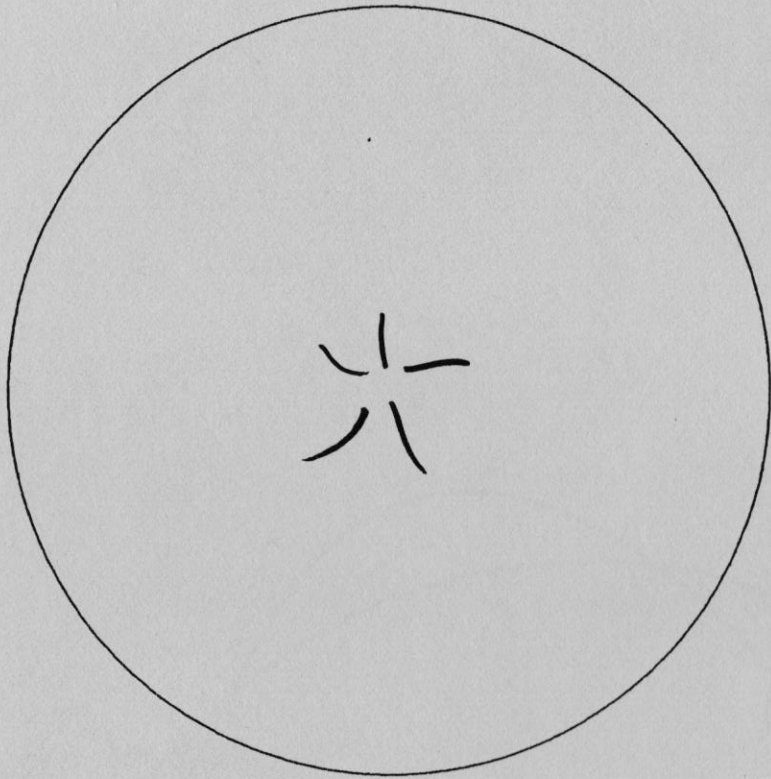




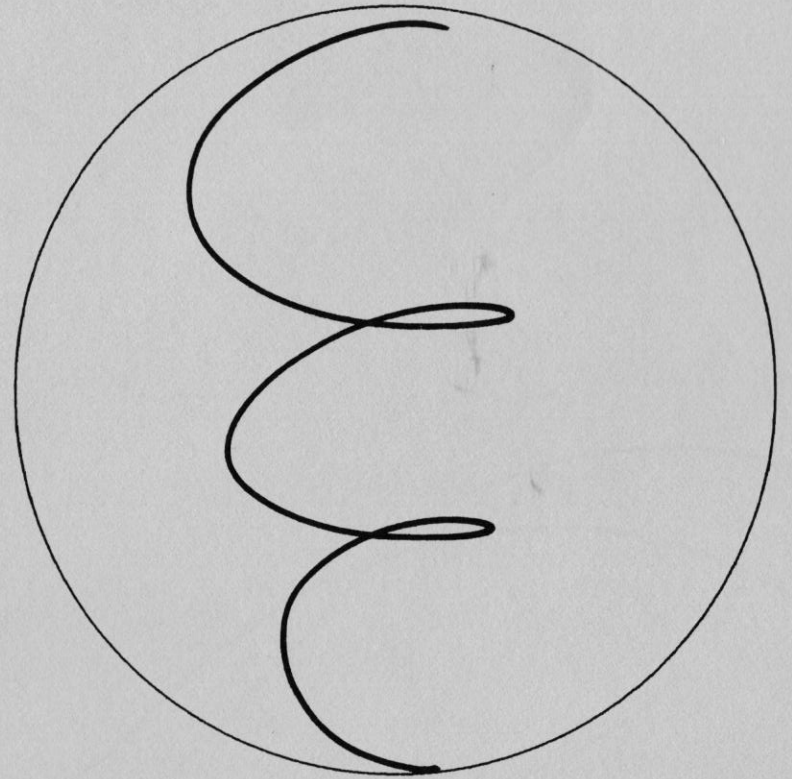
ENDINGS



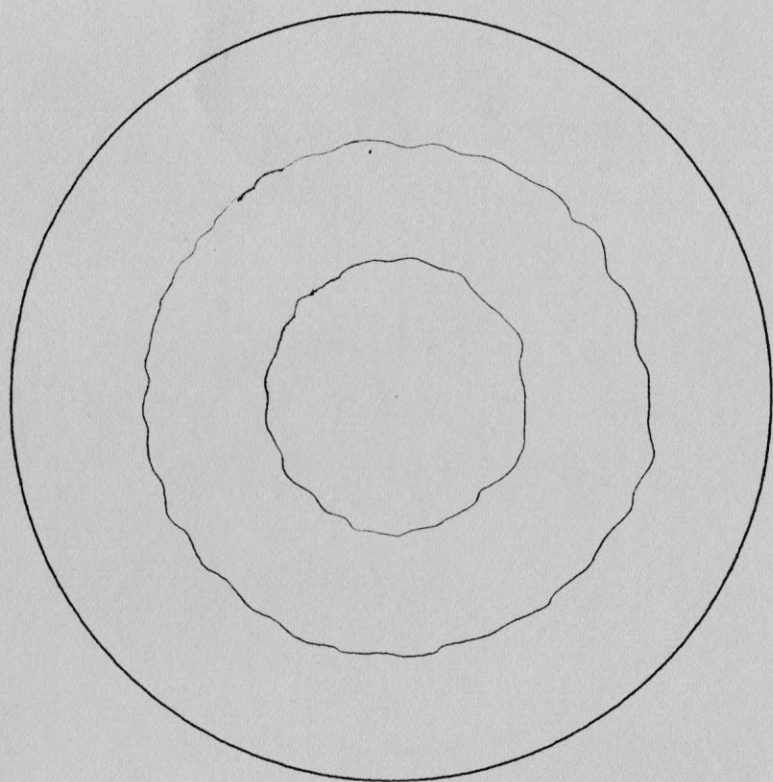
AMAZING JOURNEY



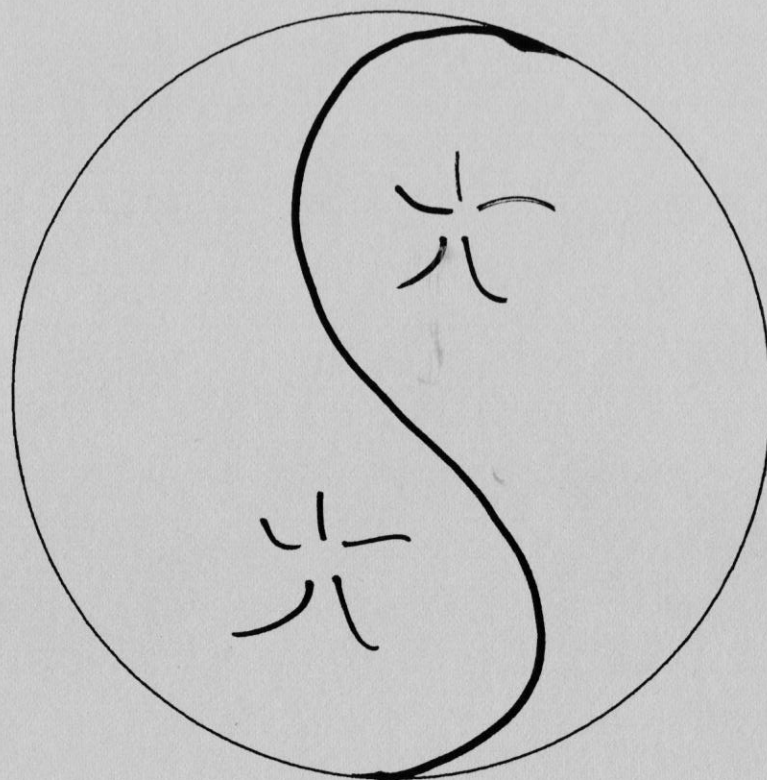
LONELINESS



LOVE

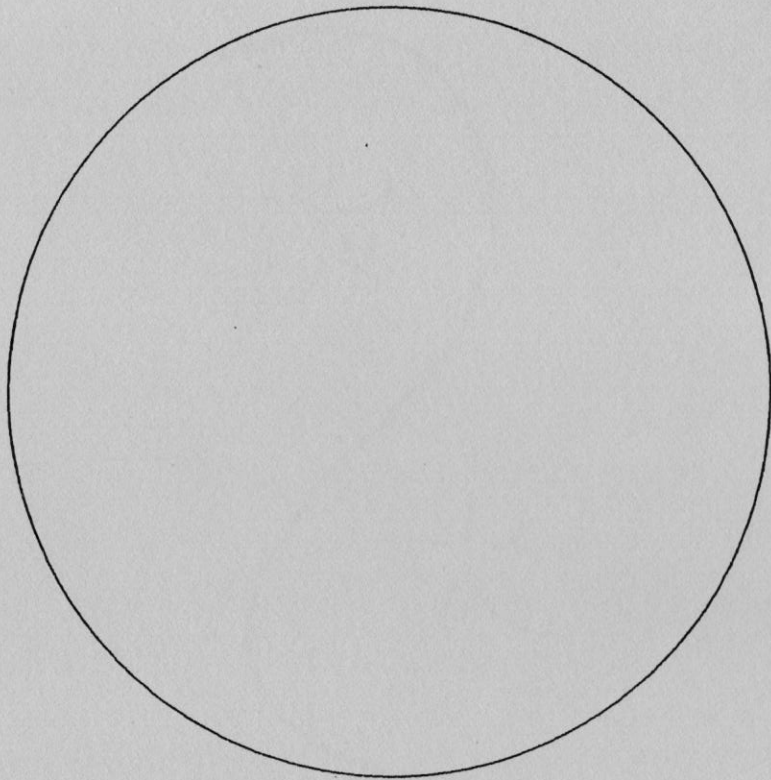


GRATITUDE

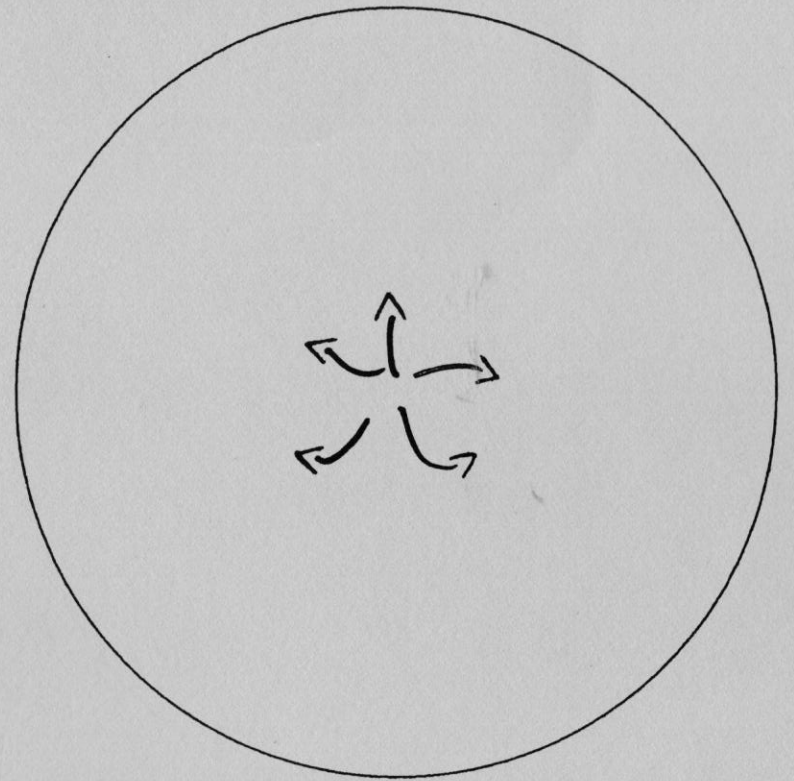


HOSPITALITY





LISTENING



SPEAKING