



*“Caregiving often calls us to lean into love we didn’t know possible.”*

Tia Walker, from “The Inspired Caregiver”

Did you know that 66 million Americans are caring for a parent, child, spouse, family member or friend? That means that many of us in this parish *are leaning into love* that we didn’t know was possible. To support those of us who are caregiving, or those of us who have, you need care yourself. We turn to the Gospel for support and guidance, but also please consider joining us for this event:

### **Two- Hour Retreat for Elders and Pot-Luck Lunch**

You are invited to attend a special retreat for elders to be held at 10 am on Thursday, September 21, 2017, in the Chapel in St. John’s Church immediately following the regular Thursday service of Adoration. All those in the Parish who are 60 years of age and over are included in this invitation.

Father David Leigh, SJ, a Jesuit professor at Seattle University, who is known to many in the Parish, has agreed to lead the retreat which will be devoted to the broad topic of how elders can better assure that the latter half of their lives is a time of growth rather than decline. During the discussion, retreatants will be asked about the desirability of forming a new faith ministry at St. John’s which would be committed to the mutual support by elders in addressing those soul-searching questions which all elders invariably face.

The retreat will focus on an aspect of many of our lives as caretakers. Taking care of others can deplete our own well-being. Fr. Leigh will help give us some spiritual care so that we can care for others.

For our planning purposes, please call Sheila Connolly at (206) 782-2810 if you are able to attend. Let us know what you would like to bring for lunch. We hope to see you!