

*Often finding meaning is not about doing things differently; it is about seeing seeing familiar things in new ways!*

— RACHEL NAOMI REMEN

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# Engaging the Spirit

A Group for Cancer Patients and Survivors



## Overview

### PROGRAM OVERVIEW

*Engaging the Spirit* is a support group for adults whose lives have been touched by cancer. It is open to people at any point in their cancer journey.

A diagnosis of cancer often brings up feelings of loss, sadness, anger, and fear. Cancer can also raise important questions about life, questions of a spiritual nature, questions like:

- “Why me?”
- “What does having cancer mean in my life?”
- “What can my cancer teach me?”

People who are affiliated with a particular religion may find comfort in their faith and the answers their religious beliefs offer. Other people, those who view themselves as “spiritual” rather than “religious,” may find connection and a sense of meaning outside of a particular faith tradition.

However, you understand your own beliefs, you are welcome to come and be with others who share your sense that your cancer journey is also a spiritual journey.

## Engaging the Spirit

A Group for Cancer Patients and Survivors

## Dates & Topics

### PROGRAM DATES AND TOPICS

The group will meet monthly on Wednesday evenings from 6:30-8:00 p.m. Each meeting will have a different theme. You are welcome to come to any or all of the meetings.

#### SEPTEMBER 14, 2016

##### “Why Me?”

Cancer brings with it many questions that are integral to our sense of life's meaning.

What are your questions?

#### OCTOBER 12, 2016

##### “The Circle of Life”

Autumn is a transitional season, with falling leaves and cooler days, but it also is the time when we harvest the fruits of our labor.

What does fall have to teach us about our cancer journey?

#### NOVEMBER 9, 2016

##### “Giving Thanks for All Gifts”

Thanksgiving is a time when we acknowledge the people and things that have blessed our lives, and we give thanks.

In the midst of our cancer journey, for what are we grateful?

#### DECEMBER 7, 2016

##### “Darkness and Light”

December is the month of the Winter Solstice, when, at the moment of greatest darkness, we celebrate the light.

Where is the darkness in your life?

How do we hold on to the light when the darkness seems all consuming?

## Goals

### GOALS

The goal of this group is for those who have experienced cancer to have the opportunity to share their spiritual journey with others who are on a similar journey. There will be time for personal reflection, as well as time to speak and listen to one another, in small and large groups.

## Facilitator

### FACILITATOR

#### Kathleen Shanahan, PhD

Kathleen Shanahan is a licensed clinical psychologist on the faculty of Medaille College. She is a cancer survivor, and has worked with cancer patients and survivors for many years in her clinical practice.

## Location

### LOCATION

**Roswell Park Cancer Institute  
Scott Bieler Clinical Sciences Center**  
Ground Floor PG10  
Elm and Carlton Streets  
Buffalo, NY 14263

## Information

### INFORMATION

To register for the support group and/or for questions call:

The Pastoral Care Department at  
(716) 845-8051 or (716) 845-8852

