



"The journey between who you once were, and who you are now becoming, is where the dance of life really takes place."

~Barbara De Angelis

In this painting, **Dance of Life**, the three separate figures of **Body, Mind** and **Spirit**, now all come together in a splendid dance, a celebration of existence itself and of the journey we are all on.

This is a sign of the great hope that patients, carers, family and friends at Trinity will find themselves cared for at every level of their being - physically, mentally and emotionally. And through this loving care they will come to find greater acceptance and peace in the dance of life itself.

5. Dance of Life

The Lord says: 'Then maidens will dance and be glad, young men and old as well. I will turn their mourning into gladness; I will give them comfort and joy instead of sorrow.'

~ The Book of Jeremiah

The final figure in the painting entitled **Found** is the uplifted patient, relative or friend who first entered the hospice so downcast. Through the love and care that they have experienced at Trinity, they have been helped in body, mind and spirit to find a place of greater acceptance, understanding, and peace.

The uplifted head and outstretched arms, in great contrast to their former physical state, is a sign of what Trinity hopes to bring to all who are served through its family of services.

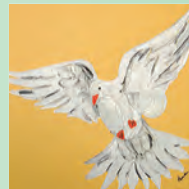
As Cecily Saunders, the founder of the Hospice Movement said, "We accompany them as far as we can. Then we have to let them go, knowing that they will be met." This peace and hope is finally symbolised by the dove overhead.

"And when you have reached the mountain top, then you shall begin to climb. And when the earth shall claim your limbs, then you shall truly dance."

The Prophet; by Kahlil Gibran



6. Found



7. Hope

Do you need to talk to someone?

Please contact the Chaplaincy Team through **Ian Baxter** on 07827 886223 or the **Linden Centre** on 01253 595552

www.trinityhospice.co.uk

The Trinity family of services

- **Linden Centre** Support/counselling for grief and loss
- In-Patient Unit
- Day Therapy Unit
- Clinical Nurse Specialists
- Lymphoedema Service
- Complementary Therapy
- Learning and Research Centre



Trinity's Mission - Compassionate Care on the Journey towards the End of Life



TRINITY

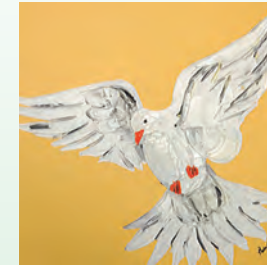
Hospice & Palliative Care Services

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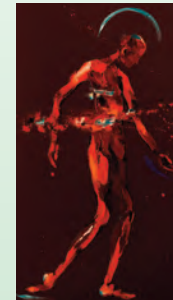
The Dance

"There is a time to weep and a time to laugh, a time to mourn and a time to dance." ~The Book of Ecclesiastes

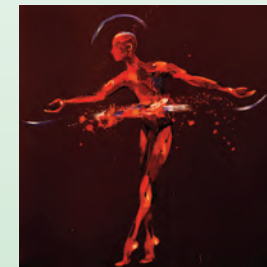
When words are not enough - Seeking the shared wisdom of "The Dance"



7. Hope



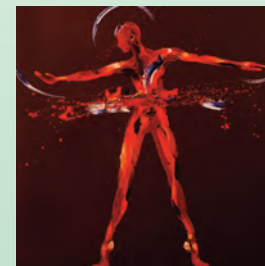
1. Lost



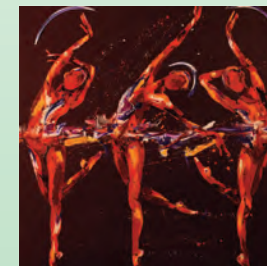
2. Body



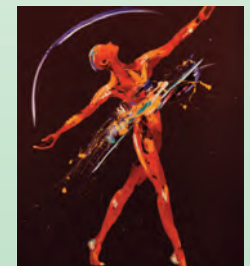
3. Mind



4. Spirit



5. Dance of Life



6. Found

A Word about the Artist

Penny Warden is a nationally known artist who says "images have a unique power to evolve and provoke emotions. They disturb the soul. They have the power to change and transform what we feel to show us a new way forward".

www.pennywarden.com

Dance is a way of telling a story that does not involve words. Words can sometimes get in the way particularly when we are trying to express how things make us feel.

Watching or taking part in a dance can draw people in, however hesitantly, through the music, the movement and rhythm. In drawing people in, dance allows people to be themselves rather than to be the people others expect them to be - a patient, a carer, a husband, a wife, a friend.

Dancing is as old as the human race itself. Special dances are performed at key points in life as way of helping a community to affirm the rhythm of life itself.

As such, a dance also reflects the coming together of the community to share the burdens of those for whom it cares, where it can, holding the moment and allowing the healing community to embrace those who are dancing.

We hope these paintings of "The Dance" might help you to listen to that still small voice within that we so often struggle to hear.

As a patient, when you find yourself living with any kind of serious illness, you tend to find that your world shrinks as you struggle with all the issues you have to face. Through necessity you become very aware of every small change in your body and wonder what they mean.

Living with the uncertainty this brings is difficult. At such times, finding opportunities that help us to look beyond the here and now can help us to find new aspects of our sense of self.

If you are close to someone who is living with any kind of serious illness handling the never-ending uncertainty of what tomorrow will bring is exhausting.

Taking a few minutes to look beyond the daily grind of keeping things going can sometimes help you to find a little bit more strength to help you to carry on for a bit longer ...so welcome to The Dance.



1. Lost

"Life isn't about waiting for the storm to be over, it's about learning how to dance in the rain."

~ Author Unknown

The figure in the first painting, entitled **Lost**, is clearly burdened because they have had bad news and they may fear the future. It is a solitary figure, with head bowed down, dragging his or her feet, perhaps entering reluctantly into the care of Trinity.

The lost person may be the patient themselves, or one of their carers, family or friends. They may not know where to turn and cannot see the way ahead.



2. Body

You can dance anywhere, even if only in your heart."

~ Author Unknown

However the next painting indicates that they are not alone on this anxious journey. There are helping hands at Trinity, waiting to carry them forward, to care for them and look after them fully, their body, mind and spirit.

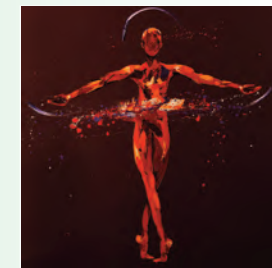
And so the second painting, entitled **Body**, contains a beckoning and inviting hand. It is almost as if this figure is saying *"Come in, come to Trinity, a place of loving care, peace and solace. Let us care for you and look after you."*

"I see dance being used as communication between body and soul, to express what is too deep to find for words."

~ Ruth St. Denis

The third painting is entitled **Mind** because there will be so many questions that will be asked by the patient, carer or family. Trinity seeks to answer all those many troubling and confusing questions, both practical and medical, and the staff are here to help in this perplexing journey.

The figure in this painting is balanced, upright and strong with outstretched arms, a sign of hope and strength in the midst of uncertainty and weakness. This symbolises the wisdom and understanding that staff and volunteers seek to pass on to patients, carers and families during their time with Trinity.



3. Mind



4. Spirit

"Life is a dance, from one stage to the next."

~ Author Unknown

The fourth painting is entitled **Spirit**, for Trinity is a place where staff and volunteers want to help patients, carers and families with the emotional journey that they are on, deep within their spirits.

The figure in this painting has its head inclined towards the person in pain and also holds out a cupped hand. The carers at Trinity want to hear the personal stories of those who come through its doors, and they will do so with attentive listening, holding difficult emotions safely in the palm of their hands.

Staff and volunteers may also help to point patients, carers and families forward to greater understanding and acceptance of the mysterious and often painful journey of life itself.

This is represented by the figure pointing beyond himself/herself to the next painting which stands over the altar, **Dance of Life...**