

Rekindling the Light:

Spiritual Refreshment for Caregivers in the Holiday Season

Hosted by the Archdiocese of Kansas City and National Catholic Partnership on Disability,
with Author and Speaker Maureen Pratt

Throughout this unprecedented year, caregivers have tirelessly and selflessly shown their love in grand ways and small. And as 2020 nears an end, one more potentially tall hurdle remains: The holidays!

Full of profound faith and spiritual meaning and additional events and activities, the weeks between Thanksgiving and New Years can be especially challenging, stressful, and draining for caregivers. It can also be a time of isolation and loneliness. In recognition of this, the Archdiocese of Kansas City, Kansas, and the National Catholic Partnership on Disability are teaming up to co-sponsor *Rekindle the Light: Spiritual Refreshment for Caregivers at Holiday Time*, a virtual half-day of spiritual refreshment for caregivers of all kinds.

Led by award-winning author and speaker Maureen Pratt, *Rekindle the Light...* will include reflections on faith from the perspective of caregiving, prayer, fellowship and sharing, creativity, fun, and song. Practical considerations about caregiving throughout the holiday season will be offered, as well as ways to connect with faith beyond the holidays.

Rekindle the Light... will be held live online on Saturday November 14, 2020, from 12:30 to 4:30 CST. There is no fee to participate, however registration is required no later than Monday, November 9th. For registration, go to www.archkck.org/special-needs. For more information, contact Tom Racunas at tracunas@archkck.org or call 913.647.3054.

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Season

Event Schedule: Saturday, November 14, 2020
(All times Central)¹

12 Noon – 12:30 PM :	Log-in, gather, greet
12:30 PM – 1:30 PM:	Rekindling the Light: Spirituality at the holidays and caregiving
1:30 PM – 1:45 PM:	Breakouts/sharing
1:45 PM – 2:15 PM:	Round-robin caroling and questions
2:15 PM – 2:30 PM:	Break
2:30 PM – 3:15 PM:	Practicalities and caregiving at the holidays
3:15 PM – 3:30 PM:	Breakouts/ sharing
3:30 PM – 4:00 PM:	Stocking stuffers, cookie swap – all online! 😊
4:00 PM – 4:30 PM	Caroling, questions, final prayers

¹ Tom, the times on this schedule are based on our previous conversation. Now that we might have people from the East Coast, too, we can tweak the schedule and start times appropriately. I'm open all day.