

What's Inside

- 2 Me and My Angels:
Cody Spanner's Story
- 3 Lighting the Path Breakfast Thanks
- 4 Wish Lists
- 5 A Note from the Executive Director
- 6 Memorials & Honors
- 7 Grief Support Groups & Classes

Expert
guidance

Me and My Angels

Page 2

ME AND MY ANGELS

Excerpts from the story shared by Cody Spanner at the 2017 Lighting the Path Breakfast.



Cody's father, Byron Burns.

Have you ever been with a loved one when the doctor said there is nothing more we can do?

Dad had a major heart attack, we were told he would not survive surgery and would probably die of a heart attack within the next few months.

As I prepared for the worst, God had other plans: a blessing. Dad

bounced back and it was a few years later that Dad declined to the point that he couldn't live on his own. You know the stories...he drove his truck through the garage wall into the bedroom mistaking the gas for the brake. The police ringing the doorbell at 4 a.m. "Is this your Dad? He couldn't remember how to get home." We got him moved and he began enjoying independent living at a nice facility.

At this point I felt perhaps The Chaplaincy might be of some service.

The first Chaplaincy service that was integrated into Dad's service plan was Palliative Care.

Dad's physical health was monitored by a wonderful nurse practitioner, who came to visit Dad once each month. Through our discussions I began to learn that researching his medical condition and probable outcomes was really just a small part of the big picture.

A big part of this story is my dad. Oh my gosh, he was a sweetheart!

This is how I would describe my dad in one phrase: he would go out to coffee at 4 a.m. and have met five new best friends.

He was a true old cowboy that grew up in Jackson Hole, Wyoming, in a dirt floor cabin. He would herd cattle, repair fences, rodeo, race dog sleds in the

winter, and in summer sell fish that he had caught.

Dad enlisted in the Air Force at age 17 and was sent to Germany. He loved the Air Force experience and was proud to be a World War II veteran. The last years of his life he wouldn't leave the house without his veteran's hat on.

He met my mom at an Air Force base dance. She was doing the swing and he did the Texas Two Step. They started dating. He tasted my mom's homemade apple pie, and that was it—he was in love. They were married, moved back to Wyoming where Dad was a dude at the Dude Ranch and then a big game guide. My parents had my brother and I, then moved to Kelso, my mom's hometown, and my dad got a job at the Fibre paper mill.

These experiences were what shaped his character and his outlook on life. As I would often hear, "Cody, I have led such a wonderful life filled with great experiences. I thank the Lord every day."

One memory that I often reflect on this time of year is when my mom sent my dad to the grocery store the day before Thanksgiving to buy a turkey and some other groceries. Dad came home with the groceries, but no turkey. My mom was upset. "Byron where is the turkey?" To which Dad replied, "I gave it to the family standing behind me in line. They looked like they needed more than we did." We ate meatloaf for Thanksgiving dinner. It never tasted so good.

While in independent living my dad suffered what is called a "long lie." He had fallen and was on the ground for over 15 hours. The hospital doctors cleared Dad, on the condition that he be moved into assisted living.

At this point it became more apparent that Dad's decline had taken quite a big dip, and it was time for a higher level of care. The Chaplaincy promptly assigned a Hospice team consisting of an RN, a Social Worker, a Certified Nursing Assistant, and a Chaplain. The Chaplaincy Team were my Angels.



Byron during his time of service in the Air Force.

The RN, Kristi, was checking in on and assessing my dad's condition each week. If there was an incident or emergency, Kristi or another RN would immediately come over. They would educate me on what was happening with Dad, took care of Dad, followed up with the assisted living facility, and explained to me what care changes would need to look like moving forward. As Dad declined, these incidents would occur more frequently and many times more severe.

Amy was our Social Worker. She, along with Kristi, became my primary support team. In fact, when I would text or email them, my salutation was always, "Hi, Angels."

Maria was my dad's Certified Nursing Assistant. She was my eyes and ears for monitoring my dad's physical and emotional well-being. She would report to me how she thought Dad was doing. Perhaps she would see bruising from a fall, pressure sores, or alert me to a care issue that was not being done or that I might have missed.

As Dad's condition worsened, Kristi, Amy and Maria were my support team, helping me navigate through the challenges and providing emotional support. But most importantly, they were my dad's advocates.

My dad was moved into the Hospice House for a planned respite stay. I thank God and The Chaplaincy for allowing in-home patients brief stays at the Hospice House so that caregivers can take a break and let Hospice take over.

It was such a compassionate, caring and soothing environment. I brought my dad's favorite cowboy music and a few of his favorite pictures. At this point I felt as though I was living through a war and my Angels were there to support me.

Entering the Hospice House my angels grew ten-fold. The staff were so loving with my dad, and to me. Honestly, it was like experiencing a huge hug. The hospice house took a tremendous weight off my shoulders so that I could use my energies for my last moments with my dad. The timing was such that my sweet dad died while he was there.

I had experienced loss in my life—the loss of my dear mom was unexpected and difficult to experience. But losing my sweet dad after six years of caregiving was a different level of grief.

After Dad passed, I thought my Chaplaincy experience was over. Then came a call from Wanda. I was hesitant, and thought, *I'm okay, I don't need to talk about this.* And then she said "Cody, tell me about your dad. What was he like?" Well, the floodgates opened and tears were falling. Wanda was a wonderful support and a welcome new Angel in my life as a Grief Counselor.

As you can see I have had quite the full Chaplaincy experience. From Palliative Care, Hospice Care and Grief Counseling. When the journey started I had no idea that The Chaplaincy would become such an important component of my dad's care plan, and such a tremendous support to me as we walked this journey together. Me and my Angels. 🌿

Lighting the Path Breakfast

We are grateful to the sponsors, table hosts, and guests of our annual community breakfast.

Title Sponsors

AECOM at WTP and  **washingtonriver protection solutions**

Additional Sponsors

Bellevue Healthcare	PayneWest Insurance
Focal Point Marketing & Multimedia	Professional Case Management
Northwest CPA Group	Kadlec Regional Medical Center
Pay Plus Benefits	Bob & Nancy Rosselli

Table Hosts

Tom Adams	Karlene Keyes
Jill Adcock	Heather Kirk, Home Health Care Solutions
Zach Baggenstos, Bellevue Healthcare	Wayne & Betsy Kohan
JoAnn Bengtson	Cheryl Kulas
Peter Bengtson, Washington River Protection Solutions	Alta Lambie
Wendy Bennett	Lisa Lang
Kathy Botu	Tim Ledbetter
Heather Breymeyer	Ron & Judy Lerch
Angie Brotherton, Gesa Credit Union	Craig Littrell, Columbia Valley Daybreak Rotary
Sandra Brown	Jim & Barb Main
Steve Buckingham & Kay Ottem, West Highlands United Methodist Church	Thomas Manley, Focal Point Marketing
Susan Campbell, CBC & WSU Nursing	Carla May
Gary Castillo, Chaplaincy Health Care	Donavie McCue, Bethel Church
Michelle Chunn	Mike McWhorter, PayneWest Insurance
Columbia Community Church	Gretta Merwin
Josh Chittenden, Petersen Hastings Investment Management	Kat Millicent Custom Art
Amy Coffman, Mueller's Funeral Homes	Matt Nash
John & JoAnn Deichman	Cortney Needham
Marilou DeWoody, Bethlehem Lutheran Church	Richard Nordgren
Merrienne Door	Michael & Shannon Novakovich
Greta Dority, Repeat Boutique	Victor Ortega
Jim & Kathy Dyson, Shalom United Church of Christ	Betsy Owczarski, Christ the King Catholic Church
Jim & Nancy Edgar	Paige Patton-Morris, Fleur de' Lis I-IV
Angela Fetto, Basin Pacific Insurance + Benefits	Sister Esther Polacci, Lourdes Health Network
Heather Filbin, Columbia Center Rotary	Cindy Riggles, Bev Abersfeller
Bobbi-Jo Floyd & Brenda Swenson	Bob & Nancy Rosselli
Brian Fortney, Copiers Northwest	Janet Ruebsamen
Malia Foster	Holley Sowards, Einan's at Sunset
Penny Gardner	Shannon Street, Professional Case Management
Liv Gibbons, Northwest United Protestant Church	Leslie Streeter
Ralph Kienecker, West Side Church	Valorie Strickland
Rose Gray	Jason Strickling
Dick & Charlyne Green	Brian Thomas, AECOM at WTP
Dave Guyll, Conover Insurance	Kris Troyer, Pasco Kennewick Rotary
Shannon Jackson, Lord of Life Lutheran Church	Angel Trump, Tri-Cities Cancer Center
Greg Hammer, Inline Computer & Communications	Jan Ulmen, Edward Jones
Helga Jansons, First Lutheran	Gracie Valle-Chimal, Pasco School District
Brandy Hickey, Cork's Place	Martin Valadez, Tri-Cities Community Health
Ervin & LaVonne Johnson	Emily Volland, Kadlec Regional Medical Center
Pat Johnstone Jones	Jannette & Ray Weber
Jeanna Jolley	Johannah Weeks, Chinook Home Health Care
Kelly Karr, Chaplaincy Health Care	Valerie Wicks
	Jim Willis
	Roy Wu, Home Instead Senior Care

WISH LISTS

Donated items are important to our programs and are an easy way to support the families and patients in our care. If you can help, we would be grateful. These “little things” can help a lot!

Hospice Wish List

- Extra-long velour twin blankets from J.C. Penney’s (order online)
- Wall clocks with second hand (noiseless, no tick-tock)
- Patient gowns for men and women
- Dark colored, twin, extra-long sheet sets in Jersey or t-shirt material
- Large Rubik’s cubes or other large tactile items for restless patients to work with

Hospice Kitchen Wish List

- Coffee – regular or decaf
- Individual liquid French vanilla creamers
- Hot chocolate packets (regular & sugar free)
- Bottled apple, cran-apple or grape juice (2 qt)
- Herbal teas (individual bags)
- Cake mixes
- Cans of frosting
- Albacore Tuna
- Gift cards for perishable foods
- Laundry detergent (liquid, fragrance-free, HP)
- Terry kitchen towels
- Silicone pot holders
- Small to medium microwave (1 needed)
- Magic Bullets
- Skillet (12 – 14 inch deep, non-stick, with lid)

Cork’s Place Wish List

- Art canvases (any size)
- Unopened Polyfil stuffing
- Large bottles of Tempera washable paint with pump
- Molding clay
- New Beanie Babies
- Mod Podge
- Glitter
- Gift cards for art supplies (Joann’s, Hobby Lobby, or Craft Warehouse)

Repeat Boutique Hospice Thrift Store

- Repairs for furniture truck:
 - Brakes, tune-up, engine repair
 - Hydraulic lift service
 - Tires
 - Paint job
 - Signage
- Furniture dolly
- Items to sell, such as:
 - Furniture – home, office or patio
 - Home décor
 - Gently used & new clothing
 - Antiques & collectibles

Bereavement Support Groups Wish List

- (Please identify donation as for Bereavement.)*
- 1 *Tear Soup* book and DVD in Spanish
 - 1 DVD *Hope for the Holidays* by Paul Alexander from www.compassionbooks.com
 - 1 DVD *Grieving through the Holidays* by James E. Miller
 - 7 mandala coloring books for adults
 - 2 carousels of variety of gel pens
 - 2 large packages of color pencils
 - 7 stacking stone Zen gardens for desktop
 - Several sets of play dough
 - Set of small tools for use with play dough or modeling clay
 - 5 copies of the book – *The Four Things that Matter Most* by Ira Byock



VOLUNTEER NEEDS

We are always looking for committed volunteers to serve at the Hospice House (especially evenings and weekends). We also need volunteers who want to encourage patients in their homes. Repeat Boutique (our beautiful thrift store) needs volunteers between the hours of 10 am and 6 pm Monday through Saturday and to help with furniture pick up and delivery.

Contact us at (509) 783-7416 to learn how to join the Chaplaincy Health Care Volunteer Staff!

Cork’s Place Volunteer Facilitator Training

Training is a total of 30 hours and is scheduled for Wednesdays and Fridays, Jan. 3, 5, 17, 19, 31 and Feb. 2. Please contact Heather Babler 783-7416 by December 20 for more information or to register.

December 2017

Dear Friends,

As we approach the holiday season, it is especially appropriate to give thanks to people like you who make our work possible. Through your generosity, you make thousands of hours of care possible to families in our community that are going through times of illness, crisis and loss. We thank you.

Whether it be caring for someone in our hospice program, treating a home-bound patient with a chronic or terminal illness through palliative care, or helping children and families dealing with the loss of a loved one, together we are here to be by the side of those in need.

Our work is not easy. It takes having staff who are experts in dealing with terminal illnesses and compassionate end-of-life care. It means opening our arms to embrace families to help lift and share the burden of loss and grief.

It truly is a “calling”—and your gifts throughout the year help us to meet this very special call.

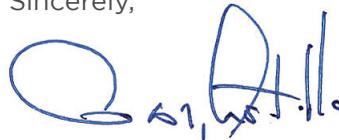
As you consider your year-end giving, we hope that you again will join us with a gift that helps others in our community during times of need.

Whether it be a gift toward an item on our “wish list” or a donation to our Repeat Boutique thrift store, your support truly makes a difference.

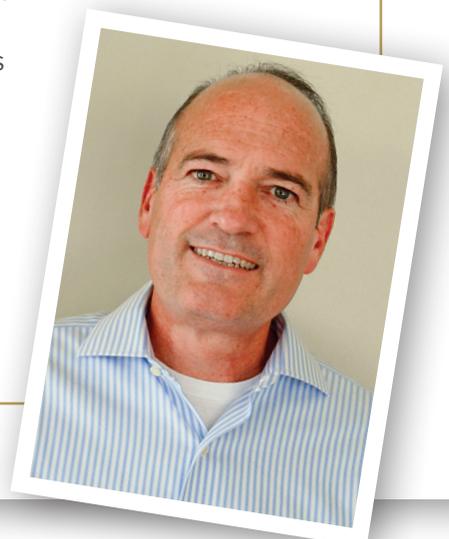
Many of our services are not fully covered by insurance – or are offered at no charge to those in need. Together we can continue to meet their call for compassion, expert guidance and care – regardless of ability to pay.

Thank you again for your loyal and continued partnership in this special work. May the coming year bring you many blessings as you continue to walk with us in serving families in our community.

Sincerely,



Gary Castillo
Executive Director



GIFTS RECEIVED IN *Loving Memory & in Honor*

Thank you for remembering and honoring loved ones with gifts to Chaplaincy Health Care. Your loved ones, and the names of those who generously donated in their memory, are very important to us. If we have made any errors, please accept our sincere apology.

Dixie Abernathy

Dale & Dorothy Hansen
Sandra Schoen

Dupie L. Abernathy

Joyce Loparco

Lettie Bell

Lettie Bell Family

Rebecca Sue Blosser

Wayne & Carol Miller

Lori Brinkman

Carole Lehfeldt

Larry Brockman

Barbara MacHugh

JoAnn Brown

Lori & Larry Wilkerson

Ellen Bruggeman

Rambling Rover Travel
Assoc.

Byron Burns

Byron Burns, Jr.
Cody & Gary Spanner

Philip Carpenter

Roberta Kinney

Patricia Cassens

Chelene Campbell
Stuart & Kay Fitzpatrick

Charles Chandler

June Nielsen
Marilyn Werry

John Corson

Joanne Fankhauser

Jim Coyne

Ann & Ron Henley

James Dodds

James & Louise Person

Darla Kay Dolezal-Sage

Jim & Jennifer Dolezal

Thelma Edwards

Frank & Lindell Smith

Richard Ely

Jerri Ely

Ron Filipy

Herb & Kathy Debban
William Frier
Ervin & LaVonne Johnson
Alta Lambie
Mathias Lardy
David & Caramitta McMyler
James Morris
Fred & Marilyn Shields
Patricia Uhlich

Kathy Klein Fink

Herb & Kathy Debban
Terry & Sara Thorn

Dale Finley

Don & Carol Del Porto
Wilma Humason
Christy Lynk
Scott & Debra Neubauer
Catherine & David Vargas

Ardyce Fish

James Fish

Ann Gillespie

Team WA Crib Club

Bertha Gomez

Warren Gerecke

Jim Gore

Bernice Gore

Richard Haasch

William & Robert Kitchen

Dean Hall

Ruth Chikalla
Samuel De Rosa

Frank Haun

Anonymous
Lucy Antolick
John & Nora Davis
Fala Frazier
Mary Haun
Roberta Kinney
Betty McCall

Mary Jean Hoffman

Jim & Jennifer Dolezal

Paul Holm

Dian Allison
Carol Glover
Linda Yoes

Beverlee Hooper

Sharon Enos
Jerry & Amy White
Frank & Lindell Smith

Mildred Hostetler

Phil Hostetler

Lorne W. Howard

Joy & Falcia Moberly

Wayne Hurt

Roberta Kinney
Joe & Judy Mosebar

Jerry Irwin

Dave & Ann Brandes

Robert (Papa Bob)

Irwin & Ivy Families

Joe Jorgenson

Family of Joseph Jorgenson
Carla Frimodt

Jan Klinginsmith

Art Klinginsmith

Harold Lee Kniveton

Sharon & Dennis Wildfang

David Krohn

John & Suzanne Allison
Rusty & Doris Burruss
J. R. Eychaner
Maura & Timothy Mensinger
Barbara & Don Pack
David & Julianne Turner

Mabel LaFollette

Gore & Davis Families

Donn Lehfeldt

Carole Lehfeldt

Hal Lindberg

Denise Conner
Barry Moravek

Rachel MacLellan

Evangeline Alexander
Mathias Lardy
Donna Nelson
John & Helen Piatt

Ben Mann

Bev Bovingdon
Leonard & Carleen Lust
Frank & Lindell Smith
Joseph Voiland

Wallace Marsh

Wayne & Carol Miller

Barbara Marsh

Lynn Crawford

Avis Meeks

Shirley Canfield

Retha Mettler

Carole Lehfeldt

Doris Miller

Barbara Rickenbach

Paul Mitchell

Denise Conner

Ray Mork

Joyce Bondurant
Peggi Doggett
Gail Dotson

Robin Morris

Sherry Davis
Herb & Kathy Debban
Joanne Fankhauser
Rhonda Goranson
Dick & Charlyne Green
Dennis & Darlene Mahlum
Bob & Marilyn Morford
James Morris
Diane Nicholson
Heather Tomsick
Gay Webb
David & Cheryl Whitcomb

Nancy Nelson

Max & Betty Kreiter

Barbara Partch

Marvin Partch

Dolores Peters

Kay Johnson

Jim Petitmermet

Darryl Abrahamson
Carol Auld
John & Cathy Neer
Tom & PK Petitmermet
Marjorie Petitmermet
Elsa & Mark Smith

Donald Pierce

Mary Shaw
Judith Willard

Ethel Piercy

Marcie Daines

Richard Polehn

Jeanie Polehn

Larry Pond

Kim Brickey
Rebekah District Assoc.

Mary Ann Potter

Jim & Geneva Davidson

Sally Potter

Denise Conner
Larry & Janey Messmore
Robert Potter

Mary Praetorius

Sharon Warren

Bill & Joann Preston

Michele Preston

Roberta (Kay) Riker

David Riker

Jane Roop

Mary Ann Kirsling

Carrie Rosselli

Bob & Nancy Rosselli

Ruth Ruff

Wallace Ruff

Anne Schille

Joyce Boldman
Pat & Paula Schille

Dennis Schlisner

Sharon Gittleman

Dietrich Schmieman

Dave & Ann Brandes
Deanna Martin

Barbara Schneider

John & Heike DeSteeze

Judith Schnell

Janelle Beers
Shirley Breuer
Ann Brown
Donna Ellison
Julie French
Dick & Charlyne Green
Leon & Myrna Rose
Terrell Sublet

Jean Weitzenkamp

Marilyn Weitzenkamp
John & JoAda Wickern

Joe Soldat

Max & Betty Kreiter

Frank & Arlene Spaulding

Ellen Berg
Viola Hiltwein

Margaret Stilling

Roberta Kinney

Jim Sullivan

Duane Moe

Harley Sweany

Alta Jones

Hans Toffer

Vicky Willingham

Thomas Ughy

Anonymous
Jill Barcus
The Elliott Family
Teddi Gunderson

LaVeral Vandensternhoven

Jeff Eldridge
Phyllis Holley

Gene Wade

Gary & Linda Dukelow

Margaret Wallace

Donna Keller & Family
Cathy Kroshus
James & Louise Person

Bill Weber

Charles and Sandra Alto
Dolores Baker
Bert & Patricia Benton
Charles & Judith Brandt
Sandy & Greg Brown
Tom & Gail Caron
Kathy and John Conrad
Carol Dilse
Ray & Jean Ann Dunn
Jerry & Betty Edwardson
Kerry Giardinelli
Jeff & Vicki Gordon
Deena and Kelly Hector
Mildred Heinen
Michael and Terrill Heyen
Jack & Cathy Holzer
Caramitta & David McMyler
John & Cathy Neer
Ray & Denise Ochsner
Cheryl & Allen Olberding
James & Louise Person
Mike and Brenda Rambur
Terry & Debbie Sarsland
Terry and Debbie Sarsland
Nancy Schaefer
Mary Shaw
Sid & Kelly Wavrin

Kim West
Larry Wilkerson
The Sullivan Family

Linda Westerfield
Roberta Kinney

Gordon Westerfield
Roberta Kinney

Gary Whiting
Christine Grantham

Delma Ross Williams
Judith Hoffman
Muse Grandchildren
Cynthia & Doug Muse

Todd Wilson
Sandy & Greg Brown
Gonzaga University

Linda & Norman
Goodmanson
Jeff & Vicki Gordon
Steve & Wendy Gosselin
Darryl & Kathy Nitta
Gayle & Chuck Stack
Bridget & Ron Stokes
Beth Mucatel/Lou
Terminello
Friends of Todd

Laurence Winsor
Lavina Winsor

Erma J. Winz
Anne Meeker
Beatrice Stokes

Adam Zeigler
Glenna Moulthrop

Christine Ziegler
Carlos & Judi Smith

IN HONOR

Kennewick Fire Department, Station 6, A Shift
Roy & Nancy McLean

For your convenience,
memorials and donations may be
made on our secure website:

chaplaincyhealthcare.org

GRIEF SUPPORT GROUPS AND CLASSES

Coping with the death of a loved one can be difficult. Some people seek the individual assistance of a Grief Care Specialist. Others prefer spending time with a small group of people working together through their grief. Whatever you choose, we are here to help...*you are not alone*. Groups and classes are free and open to the public.

Understanding Grief Class

Thursday, December 14, Noon-2 pm or 6-8 pm
Call Wanda (783-6243) to register.

This one-time, two-hour session is open to grieving adults. It covers common grief reactions, uniqueness of each person's grief, as well as healthy coping strategies. Includes a 30-minute DVD.

Coming to Terms with Loss

Tuesdays, January 9-March 13, 6-7:30 pm
Call Cheryl (572-0593) or Wanda (783-6243) to register.

This group is open to adults experiencing grief due to the death of a loved one. It is educational as well as supportive. Books available to borrow. May be purchased for \$27.

Widowed Support Group

Tuesdays, January 9-March 13, Noon-1:30 pm or
Wednesdays, Jan. 10-Mar. 14, Noon-1:30 pm or 6-7:30 pm
Call Cheryl (572-0593) or Wanda (783-6243) to register.

This group welcomes widows, widowers and partners who are experiencing grief due to the death of their loved one. Books available to borrow. May be purchased for \$27.

Cork's Place Support Groups for Grieving Children, Teens, and their Families

Call Heather B. for information at 783-7416 or 378-4898.

Sessions are specifically for children and adolescents ages 3-17 years. Ongoing groups meet regularly following the school year calendar. A separate support group for parents and guardians meets at the same time the children or teens are in their session.

Grieving Parent's Support Group

2nd and 4th Wednesdays of every month, 6-7:30 pm
Spaulding Facility: 1480 Fowler St., Richland
Call Craig at 572-8349 for more info or to register.

This group is available to adults experiencing grief due to the death of a child of any age.

First Year and Beyond: Drop-in Support Group

1st Thursday of the month, Noon - 1:30 pm
3rd Monday of the month, 6:00 pm - 7:30 p.m.
Call Cheryl (572-0593) or Wanda (783-6243) for location.

This drop-in format provides support to those who have experienced the death of a spouse or partner without the commitment of a 10-week group. Come share a cup of coffee, tea and refreshments while remembering your loved one and learning about grief. Feel free to invite a grieving friend or family member who has also experienced the death of a spouse or partner.

Survivors of Suicide Support Group

1st and 3rd Wednesdays of every month, 6-7:30 pm
Entiat Facility: 2108 W. Entiat Ave., Kennewick
Call Cheryl (572-0593) or Wanda (783-6243) to register.

The loss of a loved one by suicide can be especially traumatic and affects individuals differently. Some choose to attend a group soon after the loss, while others may wait years. Wherever you are in the healing process, we invite you to come and join others who are on the same journey. Books available to borrow. May be purchased for \$27.



ADDRESS SERVICE REQUESTED

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PASCO, WA 99301
PERMIT No. 379

1480 FOWLER STREET
RICHLAND, WA 99352
(509) 783-7416
CHAPLAINCYHEALTHCARE.ORG

Please Help

If you wish to change, delete, add names or receive this newsletter electronically, please call (509) 783-7416 or email info@chaplaincyhealthcare.org



Connect with us on Facebook

Year End Gratitude

*As this year draws to its end,
We give thanks for the gifts it brought
And how they became inlaid within
Where neither time nor tide can touch them.*

*We bless this year for all we learned,
For all we loved and lost
And for the quiet way it brought us
Nearer to our invisible destination.*

An excerpt from the blessing "At the End of the Year" by John O'Donohue

