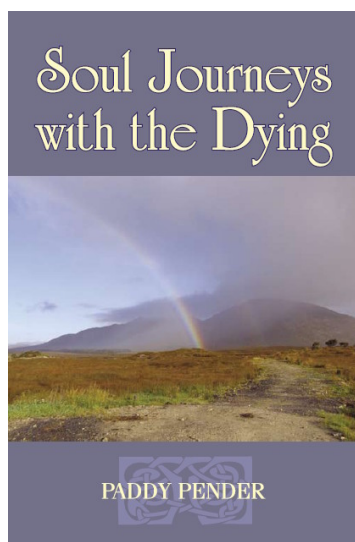


## Anamchara's book on Soul Journeys with the Dying

A second book by a member of Anamcharadas will be launched before Christmas 2007. Paddy Pender is from Stoneybatter, Dublin. She studied Mathematics and Mathematical Physics at University College, Dublin, and worked for many years as a computer



consultant. When her eyesight began to deteriorate Paddy had to rethink her entire life and way of being in the world. She now runs a health food store and has trained as an Anamchara (soul friend) with Anamcharadas. Through this training she companions friends who are seriously ill and dying and she also works with the homeless. Paddy has had her writings published in *Spirituality* magazine and in *Word on the Street* (2005) and *Small Stories Matter* (2007).

*Soul Journeys with the Dying* details Paddy Pender's journey from one way of living in the world into another, more meaningful, way of being. Her life transformation arises from her experience with people who are on the margins of society - the ill, the homeless, the dying. Through her new work, Paddy gains a deep understanding of the changes in her own life, including her failing eyesight and being compelled to give up her cherished career.

Paddy befriends those about to leave this world and learns how to let go of what she has long held dear as she watches her friends and companions letting go of their earthly lives. Very often the lessons are not obvious, but their meaning unfolds as Paddy grows in her own awareness, acknowledging and accepting that all is accomplished in the presence of a greater power.

**Review** Often it is only in its final stages that the purpose of life becomes clear. Through the stories shared over the course of these pages we are given rare glimpses into the meaning of life.

In the tradition of *Tuesdays with Morrie*, this work shares the author's own journey and brushes with mortality as she shares the final stages in the lives of people whose journey is nearing the end. Through her forthright honesty and attention to detail we are brought on a journey with the author to places we didn't know existed. On this journey we come to see a carer whose ministry to the ill and dying is characterised by humility, gentleness and care.

In a series of vignettes the author explores how illness and mortality are powerful catalysts in leading us to discovering the purpose of our lives. Through these pages we share the author's own journey through painful transitions and illness as she reaches out in support to others who are facing death.

Henry David Thoreau once wrote that the reason he went to live in the woods near Walden was that he "wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived." Through her own encounter with illness and through her friendship with those who were dying, the author encourages the reader to discover what illness and mortality have to teach us about the way we live our lives today.

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