

## WORDS OF REMEMBRANCE

We gather together today to "pause" and remember the life of a remarkable and dear man, Thomas John Kapacinskis – Tom. He was a remarkable brother, husband, father, friend, and Jungian analyst – a mentor like no other. As friends shared recently, "I think in all our lives we have a few people who are irreplaceable, and Tom is one of those people."

Central to Tom's life was his interest in the psychology of religion and the spirituality of psychotherapy. As a Jungian analyst he helped us see the validity of the unconscious and its value in our lives. He remained calm and steadfast through the trials and storms that life delivered, helping family, friends, colleagues, and analysts to see a new way forward.

Educated as a lawyer, drawn to be a medical doctor, and trained as a Jungian Analyst, Tom wanted to help others, noting and knowing that "we are all in this struggle together." In his caring of others he was humble, self-less, and compassionate.

Tom followed and lived the 1<sup>st</sup> Corinthian passage that begins, "Love is patient; Love is kind." He deeply loved his family and Lithuanian heritage. He patiently waited with others, holding and containing their pain, hurt, or loss. He did that better than anyone.

Informed by his Catholic formation, Tom was a man of great constancy and empathy. He was trustworthy; his word was gold. One could depend on Tom to be there when you needed him - a kind of ongoing "first responder of depth psychology", equipped with the sensitivity of his intellectual, psychological, and spiritual being in offering aid. His insights and ideas awakened hope and expanded the possibilities for seeing things anew.

If you were in consternation, or wanted to contemplate an idea or concern in the company of Tom, you would often hear him say, "Let's slow things down." Tom knew we could better hear our own, still, small voice speaking to and through the unconscious if we could "slow things down." Tom's honoring and recognition of the existence of an unconscious and a soul were one of the greatest gifts to us all, as he truly help connect us to our ancestral heritage and expand more deeply and compassionately our awareness of self and others in the world.

In the last conversation we and friends had with Tom and Judith while discussing his stage of life, Tom said, "I am open to what Heaven will do." Against the backdrop of this great loss, may we fill it with the great gain of Tom's loving and spiritual presence. Knowing he was "open to what Heaven will do," helps ease, somewhat, the pain of his loss and allows Heaven to receive him with open, warm, and loving arms.

The experience of knowing you, Tom, deeply enriched our lives, our souls, our psyche, and our hearts.

Rest, dear friend, in peace.

by George Schricker 8/17/20