

# **2017 Benedictine Service Award**

## **Kimberly Ebert Colella '82**

The Benedictine Service Award is intended for individuals who make a significant impact on those around her. For Kimberly Ebert Colella '82, "significant impact" might not be strong enough. The owner of Body Sacred Therapy, Kim is a healer in every sense of the word. She is a professionally trained practitioner of a breadth of massage and therapeutic modalities. With offerings including individual coaching, massage therapy, classes, retreats, photography and writing, Kim's goal is to help others birth their spirit more fully into the world.

While "birth" is a central component of Kim's work—she has served as a birth doula at over 25 births—she openly embraces its opposite. In 2004, Kim co-authored "Lasting Gifts: Living With Intention, Dying in Peace" a comprehensive manual to aid in the process of planning for unexpected illness or death. Kim find's great joy in serving as a death doula and assisting others in preparing for and embracing their deaths. Her diverse talents and pursuits carry a common theme: A desire to embrace God's presence in every aspect—and through every phase—of life.

Kim's work has global impact, bringing her spirit of service to initiatives in Mexico, India and South Africa. A current resident of Washington, Kimberly is the 2010 laureate of the Greater Tacoma Peace Prize. This award recognized her impact on her own community, where she designed and implemented a peace program for her son's inner city school which enables students to focus their efforts to make a difference in their school, community and world. Kim and her family attended the Nobel Peace Prize festivities in Norway.