

Journeying with Others Who Are Grieving

with Sarah Donnelly

Date and Time: Saturday December 14, 2019
9:00 a.m. - 4:00 p.m.

Cost: \$50.00 - includes lunch; \$40.00 - bring your own lunch

To register please call **306-242-1916**
or email: **receptionist@queenshouse.org**

Detail: Journeying with those we care about who are grieving is a painful and difficult experience. Whether we accompany a family member, dear friend, someone in the listening ministry of spiritual direction, or a member of our church or other community, the experience of walking with someone who is grieving can be exhausting, disturbing and challenging. What should I say, or not say? Is there anything I can do to ease the pain? When will this all end...will it ever end? And what do I do with the triggers that are arising in me as I remember and re-visit my own losses as I walk with another?

This workshop will gently hold and explore all of these questions, and give participants the opportunity to reflect on the challenges and gift of journeying alongside another who is grieving. Practical resources will be shared, and insights explored - all are welcome.

Presenter: **Sarah Donnelly**, Programming Director at Queen's House, is a retreat leader, spiritual director, and has been privileged to lead forty-one grief retreats since 2004. Her own experience of grief and loss, and her admiration of the courageous, indomitable human spirit and belief in God's faithfulness keeps her committed to journeying with those who grieve, and those who seek wholeness in body, mind and spirit.