

Honoring Grief During the Holidays

Saturday, November 3, 2018, 1:00-5:00pm

Location: West Hills Friends, 7425 SW 52rd Ave, Portland 97219

Perky music bombards your ears starting in early November. The Hallmark Channel runs an endless loop of movies focused on holiday miracles and commercials show happy families breaking bread. Whether or not you honor or celebrate a traditional holiday as autumn ebbs toward winter, in the midst of grief, the intensity of the season can be overwhelming. Your grief may be newly minted. Or perhaps it resurfaces as nights lengthen, a reminder of who or what is missing. You wish for a quiet place to honor your loss, to grieve and just be. Or maybe you need time to reflect on other ways of being present with loss and explore new rituals and meaning.

In this workshop, participants will be offered time to honor *their* grief; reflect if traditional rituals are needing to be re-framed or discarded, and if so, what would be meaningful; and be given the simple gift of quiet in the midst of busyness. Using writing prompts, ritual, and walking a labyrinth, participants will be given opportunities to give voice to their grief. *No writing experience is necessary to participate!* This workshop is in partnership with Portland Women Writers (<http://pdxwomenwriters.com/>) and is for women and those who identify female. **Workshop is limited to 12 participants.**



“It’s not the weight you carry
But in how you carry it—
Books, bricks, grief—
It’s all in the way
You embrace it, balance it, carry it...”
—from *Heavy* by Mary Oliver



Please feel free to contact me with any questions or register today.

Cost \$75

To register contact Anne at: anne@nurtureyourjourney.net

website: www.nurtureyourjourney.net

facebook: www.facebook.com/nurtureyourjourney/

About Anne

Anne Richardson, MA is a Board Certified Chaplain, Certified Spiritual Director, Certified Veriditas Labyrinth Facilitator, writer and award winning poet. Her years working in hospice deepened her understanding of life transitions, grief, and loss. This sparked her passion for creating intentional space for people to listen to their own stories and inner voice. She established **Nurture Your Journey, LLC** in 2016 with a vision to provide that space. Anne offers her expertise in a variety of professional settings as well as meeting with individuals in spiritual direction, workshop and retreat settings. She is also available to facilitate labyrinth events. To discover more about Anne, go to: <http://nurtureyourjourney.net/about-anne-richardson>.