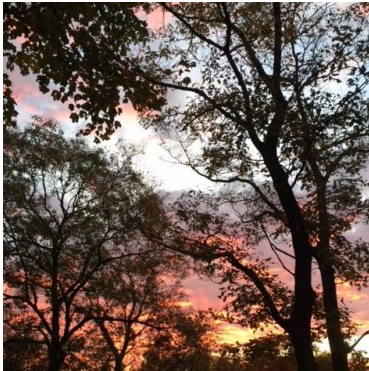




*A sacred place to be, and to become people of hope, compassion, justice, and service.*



## **Honoring Our Grief: A Circle of Trust Retreat®**

**Elaine Sullivan and Jean Richardson**

**March 22, 2019 to March 24, 2019**

To live in this world  
you must be able  
to do three things:  
to love what is mortal;  
to hold it  
against your bones knowing  
your own life depends on it;  
and, when the time comes to let it go,  
to let it go.

A friend, referring to the slams and waves of grief, most of them come out of nowhere, randomly. You're just driving along. Or doing any mundane thing. Then - boom - a wave of profound grief slams you. You want to double over. You can't breathe. Often the antecedent is not even apparent. Other times it's like a fog settling back in after lifting for some period of time. The walk through grief is a journey through an unknown forest for the path that is never the same even though the ground might feel familiar. We are destined to walk the journey in part alone aware of deep grief, sadness and our personal loss known only to ourselves. And yet, we are never alone. When we find the strength to look up and breathe we notice others on our path and on their own path finding their way in the forest of grief searching for the strength to face into a new day.

Join us, join others for a time to sit together "in solitude and in community" as we gather for this circle of trust® retreat at Kirkridge. Supporting one another and allowing for our own process we will remind ourselves that while grief is the price of love it does not have the final word in our lives.

**Dr. Elaine Sullivan** has worked as a consultant in educational institutions, in corporations, in hospitals, as well as with families and individuals. She is a certified Transactional Analyst, a clinically trained Imago Relationship Therapist, a licensed professional counselor and a marriage and family therapist. Elaine is also professionally trained in the formation work of Parker Palmer. Elaine is known for her ability to create caring environments where people can engage

in understanding and appreciating the depth of their own stories and the stories of others.

**Dr. Jean M. Richardson** for the past two decades has found herself working as a professional in retreat settings. Jean is a trained facilitator of the Center for Courage and Renewal®, an ordained Presbyterian minister and an experienced program and workshop facilitator.

Cost \$425 includes double occupancy room, board and tuition