



GRIEVING LOSS EMBRACING HOPE RETREAT



Friday November 3 & Saturday November 4, 2023
at Blessed Sacrament Church

Presented By: SHARON HUNT
Grief Educator & Bereavement Coordinator

A Grief Retreat Weekend for all those who have lost a loved one recently or in the past seeking healing, grace and an increase of faith!

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SESSION ONE: The Grief Journey

Grief Literacy: Grief, Mourning, Bereavement
Grief Concepts, Losses, Misconceptions
Words Impacting Grief
Models of Grief
Self-Care

Friday Night
6:30 to 8:30 pm.

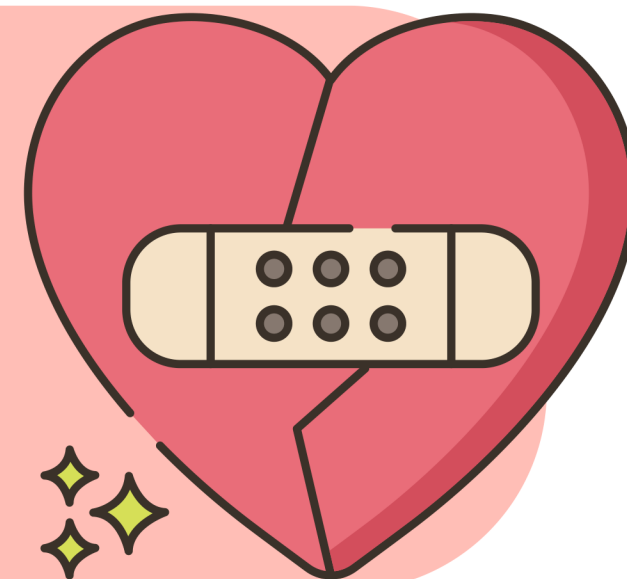


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SESSION TWO: Pain and Loss

How Grief Affects Us
Feelings and Emotions of Grief
Assumptions, Expectations, Responses to Grief
Forgiveness

Saturday 8:30 to 10:00 am.



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SESSION THREE: Loss and Daily Life

Next Steps
Negotiating Challenges, Significant Days
Intentional Reflections
Moving Forward Living Your Life
Good-Byes and Hello's

Saturday
10:15 to 11:45 am.



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SESSION FOUR: Embracing Hope

Pilgrims of Hope
Exposition of the Blessed Sacrament
Litany of the Saints
Candle Lighting Celebration, Blessing
Repose of the Blessed Sacrament

Saturday
12:30 to 2:30 pm.



Register at www.chathamcatholic.ca or call 519-352-9483

The cost is a free-will offering at the retreat.
Lunch on Saturday and refreshments
are included.



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FAMILY OF PARISHES