



A series of Zoom courses designed to create community and conversation around spiritual life, encouraging older adults to learn, grow and share together.

Grief Care for the Holidays

The gatherings. The traditions. The presents and people and food. The memories...The grief.

The holidays bring many things, and not all of them are joyous. Darker days, financial stress, loneliness, health concerns, concerns for the world: it can be hard to find joy in the season.

For those of us grieving a loss--death of a loved one or dear pet, layoff from a job or move from a home, a divorce or disrupted friendship--it can feel nearly impossible.

You are invited to a different sort of gathering this season: a time of Grief-Care for the Holidays. During this gently facilitated space, grief will be spoken and honored, and mourning loss will be welcomed and supported.

Join us for a **3-hour "mini-retreat"** of sharing and honoring loss, while receiving resources for practicing your own grief-care for the holidays in the weeks to come. Or plan to touch base in **four weekly sessions**, making space for support throughout the season. **Or both**, if that's what you need!

Remember: grief is about loss, not death. All who are grieving loss are welcome.



Course Facilitator: Kristen Orion, MDiv, Hospice Chaplain

Rev Orion's pastoral service began in New York City the week of 9/11/2001, forever shaping her ministry with a call to affirm God's Presence in every moment. Practicing loving Presence in relationship through whatever life may bring, Kristen's ministry over the past several years has been as a hospice chaplain as well as a chaplain in a senior community. Kristen's most insistent spiritual teachers are a pack of six rescue dogs, who walk her daily through the forest behind their home in West Michigan and remind her to wag her tail frequently in praise of this day and all that is within it.

Day/Time

Mini-Retreat: Friday, November 11, 12:30-3:30 pm

Weekly Grief Care: Fridays, 11:30-12:30 pm, 11/18; 12/2; 12/9; 12/16 (45 mins-1 hour each)

What You'll Need

Attending the retreat is not a requirement for attending the weekly sessions. No prior reading or homework will be required. You will need a computer/tablet/phone on which you can watch via Zoom and the desire to accept care and support during the holiday season.

Offered to You at No Cost

Registration Deadline: So that the facilitator can better prepare for the first session, please register no later than FRIDAY OCTOBER 21, 2022

Limited to: A MINIMUM OF 4 REGISTRANTS for either Offering; MAX of 12. Notification that minimums have been met will be confirmed via email by FRIDAY NOV. 4, 2022

To Register, www.UnitedChurchHomes.org/enliven