



A series of Zoom courses designed to create connections 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.

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

Fridays, 2:00 – 3:00 EST: **Please note the time change.**

Four sessions Nov. 18; 12/2; 12/9; 12/16

What You'll Need

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 at No Cost thanks to generous donors and a grant from the United Church of Christ Heartland Conference.

To Register, www.UnitedChurchHomes.org/enliven

