MONDAY, SEPTEMBER 14 and MONDAY, SEPTEMBER 21, 2020
(Come to both if you can, only one if you need to!)

1 PM TO 2.30 PM, EDT
on-line via Zoom
FREE TO PARTICIPANTS

Register at www.ctretreats.org; or email ctretreats@gmail.com

With poetry at its heart, the program is meant to help participants find symbolic language to express their complex, confusing emotions and the full shape and size of their grief experience. As facilitator Kim will use poems as a springboard into silence, reflection and mindful conversation. In addition to recognizing the arc of grief—from initial shock to finding a way to carry grief – she will encompass the daily losses of ‘anticipatory grief’ associated with declining health or those slipping into dementia. While the material can be applied to the grief of any loss, including parting relationships or job terminations, the emphasis is on caregiving, accompanying others at end of life, and bereavement. In the safety of the retreat setting, Kim will tap into the healing power of poems to sensitively and creatively help participants to explore their inner wisdom to create an inherent spaciousness for healing to occur.

One need not be familiar with poetry to participate. This is a spiritual journey, not an academic exercise. Poems are chosen to be both accessible and to facilitate a deeper dive into life.

Presenter: Kim Langley, M.Ed., B.A. is a certified spiritual director/companion and the founder of WordSPA ministry, with more than 10 years devoted to leading circles that introduce a mindfulness process for reflecting on poetry. www.WordSPA.net Kim is also a certified pastoral minister through the Cleveland Catholic Diocese where she feels at home with her friends in a multiverse of worshipping communities. She is the author of Send My Roots Rain: A Companion of the Grief Journey (2019, Paraclete Press).

Each participant will receive a copy of Kim’s book, which is filled with mindfulness activities, reflection questions, journal prompts, facilitator tips, and other materials.

Underwritten by Christ Church Cathedral, Cincinnati, OH