

# GRIEF AND LOSS

*Healing Hearts Through the Seasons of Grief*

Saturday, May 9, 2020

9:15 to 3:00pm (lunch included)

\$35 (suggested donation)

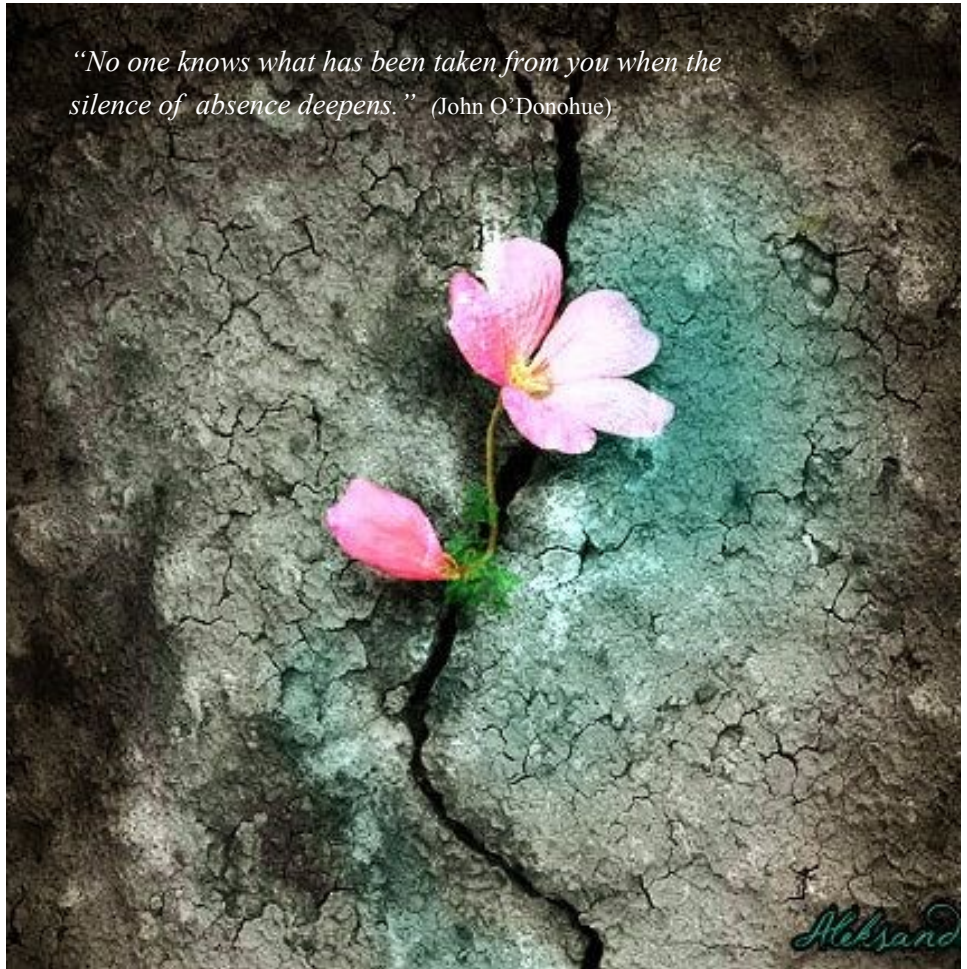
facilitated by

Mercy Center Retreat Team

Spring brings splashes of vibrant color, warming temperatures, and after darker days, the promise of sunshine. This shift, while eagerly anticipated by so many, can be painful for those grieving. In the gray and rain of winter, it is not uncommon for many people to feel down, so the communal feeling of being under the weather may help grieving people know they aren't alone in their hard time. Then spring arrives...with its infusion of excitement, flowers blooming, and gardens needing tending. Things are growing. Life marches forward. Springs reminds us of this. We are never fully healed. But it may be time to embrace the idea that life moves forward.

This day is invitation to be held in God's light amid darkness and heavy heartedness. Together we will search for God's promised light and the invitation to step back into the sun.

*"No one knows what has been taken from you when the silence of absence deepens." (John O'Donohue)*



## REGISTRATION FORM

Healing of Grief & Loss - May 9, 2020

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Cost: \$35 (suggested donation)

Credit Card # \_\_\_\_\_ Visa \_\_\_\_\_ Mastercard \_\_\_\_\_ Amex \_\_\_\_\_ Exp. Date \_\_\_\_\_ CID \_\_\_\_\_



Mail with deposit to: Mercy Center Auburn, 535 Sacramento Street, Auburn, CA 95603 ▪ 530-887-2019