

Entering the Healing Circle: the Sacred work of Grief

August 26, 2023 10am-4 pm

Grief finds its way into all our lives through losses great and small. Recent years have given us little time to mourn. Losses, both personal and planetary, batter us daily until our hearts and souls become weary and overburdened.

This day-long gathering invites us to share in a time of honoring the losses we hold in our hearts. We will come together and turn our attention to the grief we carry—for ourselves, the loss of those we love, the wider community and our struggling world. This gesture brings us into the circle of restoration and into the arms of our human and more-than-human community. Grieving together, we reconnect with the practices of our ancestors, building a temporary village that can hold our grief and loss in human communion.

Through writing practice, poetry, movement, singing and ritual, we will touch upon the wild edge of our sorrows and attend to the bowl of grief we carry.

This gathering will include:

- Awareness of cultural obstacles of grief such as private pain
- Writing practice to assist in opening our stories of loss
- Gentle easy movement to open our emotional and body wisdom
- Avenues to express our grief over world events
- Small group work
- A grief ritual

This will be a live, in-person event. Mask policy will be published a week before based on current coronavirus public health information

Where: Friends' Meeting house, 1420 Hill St. Ann Arbor, MI 48104

When: Saturday, August 26th, 2023

Time: 10am -4 pm

Cost: Sliding scale \$40-\$60

To register: contact Kirsten Mowrey at greatlakesrituals@gmail.com