

Tending the Well of Soul: a Community Grief ritual March 2, 2024

Walking through the world these days is a whirlwind of emotion. Grief rises from our hearts like fog, touching everything, yet our haste allows us little time to be present with its reliable wisdom.

During this in-person, one day community grief ritual, we will spend time warming and welcoming our grief, allowing it to move through our bodies and 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. These gestures bring us into the circle of restoration and into the arms of our human and natural communities.

Building a temporary village based in Francis Weller's grief work, we reconnect with the practices of our ancestors. Using movement, singing, poetry, writing, and small group work, we shall tend our grief and our souls, welcoming the full expression of our human nature.

Participation is limited to 25 participants. Advance registration is required.

We will meet at the Anthroposophical Society in Ann Arbor, with on-site parking, handicap accessibility and local transit.

Saturday 3/2: 9-5 pm

Allergen free Lunch included

Cost: \$100

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