Grief and Revelation

Finding healing and beauty through what is revealed on the grief journey

One Day Retreat

November 4, 2017   10 AM to 4 PM

The Whidbey Institute (Storyhouse) Clinton, WA

In this one-day retreat, we will invite nature and poetry to guide us as we explore the question: *What is being revealed to me by the grief journey?* We will spend time together in nature, in solo reflection, and sharing stories.

We will create a safe space for you to talk about your grief and begin to feel the transformative power of opening to the presence of your loss.

We will briefly introduce ten touchstones for understanding your grief, explore the six central needs of every mourner, and help you identify next steps on your healing journey.

We invite you to join us on this one-day retreat as we move toward healing and wholeness. By embracing what is revealed to us in the grief journey, we integrate our losses and transform our lives.

What to bring: a journal, water bottle, walking shoes, and rain gear.

Cost

The cost for the one-day retreat is $125, which includes program materials, lunch, and the book *Understanding Your Grief* by Dr. Alan Wolfelt. A deposit of $50 is required with registration. Some reduced-fee scholarships are available.

For more information and to register, contact:

Charlene Ray at 360-320-4443 or soulwisdomguide@gmail.com or
Mark Lucero at 360-320-1898 or wemakethepath@gmail.com

Your Facilitators

Charlene Ray, MSW, LICSW, is a soul-wisdom guide, spiritual mentor, and teacher. She gently guides seekers on a quest to discover their authentic self and listen to the call of their soul.

Mark Lucero, LMHC, is a grief specialist, transitions coach, artist, and poet. As the founder of Pathways Counseling, Mark offers gentle companioning through the wilderness of grief and honors the truth that every person's experience of grief is unique.

"We are excited to bring this program to you, and trust that it will be a doorway into your soul and a pathway to finding hope and healing."

soul-wisdom pathways