

## Living with Loss Retreat



### Description:

For anyone struggling with bereavement, Fr Peter Williams and Simon Holland-Brown (an experienced bereavement counsellor) offer spiritual space for healing and reconciliation. The retreat uses the Benedictine monastic framework of prayer to provide a spiritual and healing space where the effects of dealing with bereavement and grief can be discussed in a safe and open way. It will offer both a group context to discuss experiences more generally, time for 1:1 accompaniment and also space for silence, prayer and reflection. Bereavement can never be fully dealt with finally but this offers a way forward within a spiritual and healing context.

### More Detail:

Bereavement is a very personal process and needs time and space in our lives if it is going to unfold in a healthy way. It is something that affects us all at some time – we are not immune from it, nor are we meant to be. This retreat takes this seriously and offers you the time and space to process grief safely, with the help of others.

### Retreat Dynamics:

All our retreats are run along Benedictine principles with a balance between: prayer and work, silence and talking, and being alone and being in community. To do this we use the monastic rhythm of the day defined by the structure of the monastic services, along with the regular meal-times this establishes a balanced and healthy environment from which good reflection and discernment can happen.

### What should my expectations be?

The retreat will include:

- A time for monastic services and Mass (once a day);
- A time for silence;
- A time for practising Lectio Divina (sacred reading);
- A time for listening to reflections;
- A time for discussion and asking questions.

In the afternoon there will be:

- A time to have space for myself;
- A time to walk in the Sussex countryside;
- A time to have a 1:1 with a monk (if you wish).

### Our hopes for the Retreat:

You will leave feeling:

- That you have connected with God in some meaningful way;
- Rested and refreshed with a sense of joy and hope;
- You will want to return at some stage in the future.

