



A Mini-Retreat on Grief

Saturday October 10, 2020

10-11am on zoom

Throughout the day on your own

Optional 3pm walk, Communion and healing prayer at Greenbelt Park

7:45-9pm on zoom

Hosted by: Hope Lutheran Church and Student Center,
St Andrew's Episcopal Church, and St George's Episcopal Church

What: A day set apart to connect with others and with God, to pray and reflect, to acknowledge the grief and losses of this particular time and our lives generally and to invite God to be with us in our struggles.

Why: There is tremendous loss in our lives, our country, our world. We need to acknowledge and express our grief. And as people of faith, we know we do not go through life alone. This retreat will help us name our grief, both specific and general, personal and collective, contemporary and timeless. This retreat will also invite us to acknowledge and seek God's presence with us in all things.

Who: Anyone interested, especially people connected to the three hosting congregations. And any other family, friends or neighbors who may want to join you, from anywhere in the world.

When, in several parts:

1. 10am-11am: We gather by zoom for introductions, and to learn some tools to guide our prayer for the day.
2. Throughout the day: you are encouraged to pray and reflect on your own.
3. (Optional) 3pm: Some people will choose to meet at Greenbelt National Park for outdoor Communion, healing prayer, and/or a prayer walk.
4. 7:45-9pm: We gather again by zoom to share experiences and reflections from the day, and to close in prayer together.
5. All zoom meeting will be here:

<https://us02web.zoom.us/j/86170114301?pwd=c3lJNEtwK1h6V1JTTUVhbmZYbHRHQ09>

Meeting ID: 861 7011 4301, Password: 123456

Where:

Zoom in from wherever you are able, pray from your own home or a favorite outdoor spot.

Additional tips:

In order to give yourself the gift of this retreat, consider how you may carve out time to pray. Perhaps share with your family or housemates that you'd like an hour or two to yourself; if you can, avoid reading the news; consider putting away your phone or other devices; maybe enjoy a hot beverage or play soothing music. We know life is unpredictable right now and invite you to give yourself grace for whatever you can manage. And if you are able, plan ahead for some extra spaciousness in your day.