

# Grief Workshop

*Saturday, November 4, 2017  
9:00 am to 3:00 pm*

## Journey in Grief Through the Holidays Sr. Laura Gormley, SSL



Journeying through our grief for the loss of a loved one is a difficult task as we move through the many aspects of all the losses involved in our grief. During this time of year, the thought of facing the Thanksgiving and Christmas Holiday season can be an extra burden, filling us with dread. We will consider possible ways of preparing for and participating in these occasions while honoring the memory of our absent loved one. We will also reflect on our ongoing everyday experience of grief, its various dimensions and ways that may help us along the path.

Sr. Laura is a Sister of St. Louis. She has been trained and involved in retreats and spiritual direction for many years. She has also worked extensively in bereavement ministry. Lunch included.

Cost: \$50 (\$45 if paid in full by October 27)

To register call Marlene at (310) 377-4867 ext 234 or email her at [mvelazquez@maryjoseph.org](mailto:mvelazquez@maryjoseph.org) or register online at [www.maryjoseph.org](http://www.maryjoseph.org)  
Please see website [www.maryjoseph.org](http://www.maryjoseph.org) or Program Guide for Cancellation Policy.

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RETREAT RESERVATION ~ Please return this form with your payment. Thank you.  
"Grief Workshop" Sr. Laura Gormley, SSL Saturday, Nov. 4, 2017, 9:00 am to 3:00 pm

NAME \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_

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EMAIL \_\_\_\_\_

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