

Growing Through Grief

April 11, 2026

AGENDA

9:00-9:30am	Arrival, check-in, sign-ups, pastries, coffee/tea	Youngdahl Lodge
9:30-10:30am	Welcome & Introduction to Growing through Grief (Theresa Latini, Jeremy Bork)	Chapel
10:30-10:40am	Transition	
10:40-11:30am	Interactive Session 1: choose one <ul style="list-style-type: none">Lyric Analysis: A Music Therapy Intervention (Mary Lord)Individual ConsultationSelf-guided Options: hiking; labyrinth; curated crafts & journaling; rest & relaxation	Chapel Youngdahl Lodge Rooms
11:30-11:40am	Transition	
11:40-12:30pm	Interactive Session 2: choose one <ul style="list-style-type: none">Walking Nature Meditation (Megan van Deusen)Individual ConsultationSelf-guided Options: hiking; labyrinth; curated crafts & journaling; rest & relaxation	Patio Fireplace Youngdahl Lodge Rooms
12:30-1:30pm	Lunch & Individual Consultations	Trillium Dining Room
1:30-2:20pm	Interactive Session 3: choose one <ul style="list-style-type: none">Grief Landscapes: An Expressive Art Activity (Mary Lord)Individual ConsultationSelf-guided Options: hiking; labyrinth; curated crafts & journaling; rest & relaxation	White Trout Lily Youngdahl Lodge Rooms
2:20-2:30pm	Transition	
2:30-3:20pm	Interactive Session 4: choose one <ul style="list-style-type: none">Lament & Contemplative Prayer (Theresa Latini)Individual ConsultationSelf-guided Options: hiking; labyrinth; curated crafts & journaling; rest & relaxation	Chapel Youngdahl Lodge Rooms
3:20-3:30pm	Transition	
3:30-4:00pm	Closing Circle (Nancy Loyd)	Chapel

Please submit evaluations before leaving!

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Individual Consultation Options (20-minute sessions)

Sara Watne, therapist – therapists are trained in the use of psychological methods for helping others overcome a wide spectrum of personal difficulties.

Allison Richards, therapist and director of Mount Olivet Counseling Services - therapists are trained in the use of psychological methods for helping others overcome a wide spectrum of personal difficulties.

Nancy Loyd, spiritual director – spiritual directors help create safe, sacred space for a someone to question, seek, and discover how the divine is at work in their life.

Pastor Kurt Kalland– derived from the Latin noun for "shepherd," pastors "lead others to pasture" by providing spiritual guidance and offering others ways to find God's love.

Self-guided Options

Outdoor Labyrinth

Hiking

Personal Reflection & Relaxation

Curated Crafts & Journaling (self-guided stations in Wild Geranium)

Coffee/Tea in Trillium Dining Room

Session Descriptions

Walking Nature Meditation (Megan van Deusen)

This walking meditation will offer the space for you to walk quietly with others, reflecting on your journey through grief, take time to focus where you are feeling your feelings within yourself and give you the opportunity to let go of your expectations and be fully present in your mind and body. Be prepared with appropriate walking shoes as the trails may be muddy or wet.

Lament and Contemplative Prayer (Theresa Latini)

So often in the midst of grief we struggle to connect with God, with ourselves, and with others. Our sense of meaning wavers. Learn more about two ancient prayer practices with Christian and Jewish roots that have sustained people spiritually for generations in the midst of life's perplexity and pain.

Grief Landscapes: An Expressive Art Activity (Mary Lord)

This session will create space to explore and give a name to the emotions that are currently part of our evolving grief journey. Participants will use basic art supplies such as tissue paper and glue to create a visual representation of how grief is presenting in the landscape of their life. No previous experience or involvement in art or creative endeavors is necessary to participate in and benefit from this experience.

Lyric Analysis: A Music Therapy Intervention (Mary Lord)

Come discover the brain connection between music, memories and our emotions. A music therapist will present live music and guide participants through a reflective song discussion that supports processing metaphors, understanding themes, and connecting the message to their own circumstances. This intervention utilizes music listening and no group music participation will be required.