

AGENDA

Time	Activity	Location
9:00–9:30 am	Arrival, check-in, sign-ups, pastries, coffee/tea	Chapel
9:30–10:30 am	Welcome & Introduction to Growing through Grief	Chapel
10:30–10:40 am	Transition	
10:40–11:30 am	Interactive Session 1 – choose one <i>Lyric Analysis: A Music Therapy Session</i> <i>Individual Consultation</i> <i>Self-Guided Options</i>	Chapel Youngdahl Lodge Rooms Various (see below)
11:30–11:40 am	Transition	
11:40–12:30 pm	Interactive Session 2 – choose one <i>Walking Nature Meditation</i> <i>Individual Consultation</i> <i>Self-Guided Options</i>	Patio Fireplace Youngdahl Lodge Rooms Various (see below)
12:30–1:30 pm	Lunch & Individual Consultations	Trillium Dining Room
1:30–2:20 pm	Interactive Session 3 – choose one <i>Grief Landscapes: An Expressive Art Activity</i> <i>Individual Consultation</i> <i>Self-Guided Options</i>	White Trout Lily Youngdahl Lodge Rooms Various (see below)
2:20–2:30 pm	Transition	
2:30–3:20 pm	Interactive Session 4 – choose one <i>Lament & Contemplative Prayer</i> <i>Individual Consultation</i> <i>Self-Guided Options</i>	Chapel Youngdahl Lodge Rooms Various (see below)
3:20–3:30 pm	Transition	
3:30–4:00 pm	Closing Circle	Chapel

Please submit evaluations before leaving!

Self-Guided Options

- Curated Crafts & Journaling (self-guided stations in Wild Geranium)
 - Outdoor Labyrinth
 - Hiking (marsh walk; 5+ miles of trails)
 - Personal Reflection & Relaxation
 - Coffee/Tea in Trillium Dining Room
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Individual Consultation Options

20-minute sessions available throughout the day

Sara Watne

Therapist, Mount Olivet Counseling Services

Allison Richards

Therapist & Director of Mount Olivet Counseling Services

Nancy Loyd

Spiritual Director, Grace Hospice

Pastor Kurt Kalland

Pastor and Adviser to Congregational Care, Mount Olivet Lutheran Church

SESSION DESCRIPTIONS

Introduction to Growing through Grief *(Theresa Latini, Jeremy Bork)*

This opening session explores types of grief, the needs of mourning, and how to adopt a posture of hospitality toward grief, both ours and others'. In addition, we will take time to set intentions for the day based on our current and most pressing unmet needs.

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 — no group music participation will be required.

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.

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.

Lament & Contemplative Prayer *(Theresa Latini)*

Often in the midst of our loss and 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.

Closing Circle *(Nancy Loyd)*

A short reflection on what we have discovered about our own grief throughout the day and setting intentions for how we will continue to grow in, with, and through our grief as we leave this retreat.