

# GRIEF RETREAT

## Grieving With Gratitude

**NOVEMBER 17-19, 2017**

The ability to feel profound grief and gratitude are the hall marks of mental, emotional and spiritual health. I am not enthusiastic about all those self-books that teach 100 ways to achieve happiness and healing from life's hurts.

It is pretty easy to feel grateful when good things happen. Win the lottery, fall in love? But what if your spouse/child/parent/friend/marriage dies. Can we find gratitude then?

Scientifically we know Gratitude is strongly linked to health and well being. As Christians we know that gratitude is at the core of our faith, worship and prayer life. An attitude of Gratitude is key to our healing from grief as we strive to "get up" and embrace life again. We can continually think; I have been wronged, cheated; Why me, why our family? Without gratitude, self pity seeps in and oozes like a thick and suffocating coating of tar that colors and clouds our lives, especially our relationships. Hence we will never experience the "abundant life" that Jesus came to offer us. (John 10:10)

Grateful people heal quicker physically, emotionally and spiritually. Gratitude makes sense of our past, brings peace for today and creates a more conscious life for the future.

The Retreat will offer not just an escape from the pain but actually healing from grief as we lean into the pain with an Attitude of Gratitude right before the holidays with God and others. We need "grief breaks" to really hear what our grief is saying to us. Grief needs a safe space to be expressed.

Come away to honor your tears, your broken heart, your aching spirit. Come to a place where you will be seen and heard. Come and join us and discover the seeds of Gratitude that may be nurtured even in the midst of grief. Come and awaken Gratitude.

Our weekend will include input, journaling, reflection, quiet prayer times, Liturgy, Gratitude walks, Memory Sharing and rituals of healing. Through the Retreat Process we will find a profound source of gratitude within our own grief journeys that will reawaken us to the gift of life.

This weekend Retreat is an ideal gift for a family/friend who is enduring the pain of a broken heart as the Holidays approach.



### **PRESENTER:**

Fr. Padraig Greene is a priest of the Diocese of Oakland and he is ministering as Catholic Chaplain at John Muir, Concord and Regional Medical Center, Martinez. As a priest for 40 years, he has served in High School Ministry, Family Ministry Leadership both at diocesan and parish level, and spirituality/retreat ministry. For almost thirty years he has been ministering to hurting families experiencing loss through death, divorce and unemployment. In addition to degrees in philosophy and theology, he has earned Masters degrees in Education, Family Ministry and Applied Theology.

### **REGISTRATION:**

Registration begins at 4:00 pm - 6:30 pm, Social at 6:00 pm, Dinner at 7:00 pm. First Session at 8:00 pm. Concludes with lunch on Sunday.

### **COST:**

\$235 for private room. \$205 per person for double occupancy. All bedrooms are non-smoking.

### **TO MAKE A RESERVATION:**

Please send a check of \$50 deposit to:  
**San Damiano Retreat**  
P. O. Box 767  
710 Highland Drive  
Danville, California  
94526-0767  
Phone: (925) 837-9141  
Fax: (925) 837-0522

Registration online is available at [www.sandamiano.org](http://www.sandamiano.org) or call us at (925) 837-9141 to make your reservation by phone.

Deposits or payment are non-refundable, but transferable to a future retreat within one year providing cancellation is received at least 7 days prior to the retreat.

### **SPECIAL NEEDS:**

Please call us after you make your reservation for any retreats.

## RESERVATION FORM

### GRIEF RETREAT • NOVEMBER 17-19, 2017

NAME(S): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

STREET

CITY

STATE

ZIP

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

Phone: \_\_\_\_\_

PRIVATE ROOM(\$235)  SHARED ROOM(\$205) WITH: \_\_\_\_\_

CREDIT CARD #: \_\_\_\_\_

EXP. DATE: \_\_\_\_\_

NAME ON CREDIT CARD: \_\_\_\_\_

CHARGE ALL  DEPOSIT ONLY