



Grief Tending in Community

25th – 27th February 2019

High Heathercombe Centre, nr Manaton, Dartmoor, Devon
With **Sophy Banks, Jeremy Thres** and team

“Everything we love, we will lose”

A rare three days of tending our grief with others, in beautiful surroundings, held by an experienced team.

Grieving is a natural process, allowing the expression of sadness, loneliness, anger, despair and other feelings. The more we open ourselves to love others, to celebrate the beauty of our world, to long for peace or justice, the more we open ourselves to the pain of losing what we love, or the destruction and the inequality in the world around us. Over this spacious weekend our intention is to journey together to gently allow our grief to surface, give it expression and come to a place of integration and readiness to return to our lives.

Previous participants say –

“I was surprised at how quickly the grief came and then left! It felt clean and therefore very safe.”

“The space we created gave me space to do some deep healing, and the expression of old grief found a much healthier, wondrousome place to reside in me. I feel at peace – thank you so much.”

“Jeremy & Sophy bring great experience and insight into the holding of this work –grief tending in community – which is so valuable and indeed essential in our modern world if we are to find peace and harmony as humanity.”

Practical Information

To register contact Jeremy Thres: by email landtime1@gmail.com or text 07717 853967 for a booking form.

When: 1pm (tbc) on Monday 25th - 1pm Wednesday 27th Feb 2019. Please arrive from 11.30pm on the Monday.

Workshop fee: £210 low waged - £340 high waged sliding scale. £20 discount for those returning. This includes all the workshop costs, facilitation by our team, accommodation on site in small dormitories, and all meals (vegetarian and organic / locally sourced where possible).

If you can pay more on this scale please do so - it will enable us to keep the work accessible. If you need a bursary place, or to pay in installments contact Jeremy on 01647 432638, or at landtime1@gmail.com. We don't want money to stop anyone from coming, so please be in touch if need to make an arrangement with us.

Where: The [High Heathercombe Centre](#), Manaton, Devon, TQ13 9XE a beautiful location on the high moor with long views and trails from the door.

More about Grief Tending in Community

Creating a place where we can be heard and supported in our grief – and feel the support that comes from sharing grief with others – is rare in our modern world where grief is often hidden or expressed in private settings with therapists or close friends. Yet human cultures around the world have included shared grieving as a normal part of staying in connected and loving community.

Such a process is not about resolving our grief or the sources of it, rather tending to and honouring it. And we may find that our grief is blocked, and takes time to find its way to flow.

As in any ritual we do not know exactly what will unfold for each person - from previous weekends many report reaching a place of lightness, feeling unburdened and deeply connected to ourselves, the beauty of the world, and the group who have shared our journey.

This weekend brings together many strands of grief work with elders including Sobonfu Some, Martin Prechtel and Joanna Macy, and draws on the work of Maeve Gavin and Wisdom Bridge. You can see more information about our work on our [website](#), including events in different places.

If you have more questions contact Jeremy on 01647 432638, landtime1@gmail.com or Sophy on 01803 840877, sophyb@btinternet.com

Facilitators

Sophy Banks: Sophy has worked as a therapist, family constellator and workshop leader. Her understanding of the importance of grief work started through attending workshops of Joanna Macy and Sobonfu Some and has continued through more recent work with Maeve Gavin. In 2006 as Transition Town Totnes came into being Sophy co-founded the “Heart and Soul” group, addressing the inner aspects of re-imagining and rebuilding resilient, local ways of living. She worked in many cultures sharing this community method for creating a positive future. This includes finding ways to honour and grieve what we let go of as we vision a radically different way of life with less resources as well as more connection to self, other and the natural world. Once trained as an engineer and a keen footballer, in 2005 Sophy left the pitches of Hackney Marshes and moved to Devon, where she grows vegetables and can still just about get up the hills on her bike.

Jeremy Thres: Founder of not for profit organisation Regenco, Jeremy's interest in regenerating and reintegrating Land, People and Spirit led him to be involved in wilderness oriented rites of passage work and it was within that that he first learned the importance of grief tending. Alone in the wilds he was able to release pent up grief held from many years before, and with that release something else could flood in. Internally though he was told he now had to learn how to do that with people, and it has been through this grief tending in community work that has most deeply made that possible. He found time with Martin Prechtel deeply inspirational in relation to this, as has been touching in with Malidoma, Joanna Macy and playing a support role and participating in work with Maeve. Community based grief tending has enabled the surfacing and release of layers of grief he didn't know he held. <http://regenco.wordpress.com>

Links:

Sobonfu Some – indigenous teacher from Burkino Faso <http://www.sobonfu.com/>

Joanna Macy – creator of the Work that Reconnects for changemakers www.joannamacy.net

Frances Weller, teacher and writer about grief work: <http://www.wisdombridge.net>

Maeve Gavin, significant inspiration of this workshop: <http://wayofthevillage.co.uk>