

Grief Tending Gathering

a unique day led by Sophy Banks



"Grief is like the ocean. Sometimes the water is calm, sometimes it's overwhelming. All we can do is learn to swim" Vicky Harrison

Saturday September 5th
10am-6pm
Gresham, N. Norfolk

During this strange time of Corona virus all our lives have been impacted. We may have many unusual sources of grief, from loneliness to overwhelm, the loss of income, contact, routine, identity, to people who have been ill or died who we haven't been able to reach. In addition life goes on - our own process of healing and hurt unfolding, the continuing move towards ecological disaster, the increasing visibility of inequality and injustice, and in many places the exploitation of suffering by some people with power.

Coming together to be with this, to honour what is good and beautiful in life, as well as feeling our grief for all this, can be energising and resourcing. As we are witnessed in our own expression of truth, and bear witness to the suffering and strength of others we may feel a deep connection and sense of shared human experience, something many of us have missed during past months.

We will follow the usual journey of grief - building the banks of support and ground, allowing the river to flow as deep and strong as we want to go in ceremony, and returning with grounding and reconnecting practices to be ready to return, nourished, to our lives.

Where: The Stables, Gresham, nr Sheringham, NR11 8RW. This will be an outdoor gathering

Cost: we are asking for a donation for this event. Suggested amount £50 - 80. If you genuinely can't afford this please be in touch about what you can contribute.

To register: Email Natasha on natasha@natashahood.com to book your place. We would be grateful if you could let us know as soon as you can as we are offering the day at fairly short notice. Thank you.

COVID arrangements and practicalities

We are gathering under the government guidelines that permit up to 30 people to gather outside for ***religious ceremonies and services, community activities and support.***

We will be socially distancing - this means you should **please bring:**

- Your own lunch, mug and snacks (there will be teas / coffee - but you may want to bring a thermos if you have one).
- Please bring something to sit on, as well as something a bit waterproof and warm and cosy to lie on in grass. It's fine to bring a chair if this is most comfortable for you.
- Tissues / handkerchief. We will provide containers to dispose of tissues, and we will have a fire.
- Something that represents support for you, and something that can help to evoke your grief.
- Protection from weather - sun and rain, heat and cold depending on the forecast. Umbrellas and hats recommended!

We look forward to welcoming you on the day,

much love,
Sophy, Dan and Natasha.