

Life After Loss | *A retreat to rediscover your place and process your pain*

Unicoi State Park – Helen, GA

Maximum Participants: 20 Individuals

THE STORY:

Exhausted. That's what's been hanging over you. Emotional exhaustion. Anger. Confusion. Anxiety. Hate. Sadness. Depression.

Some have even named it denial.

Whatever "it" is, it has been weighing you down; maybe for a month.

Maybe for years.

Some days you see it clearer than others, but every day you bear the weight and the scar of the loss that set you on this course of looking for life again.

Life where you can reaffirm who you are, and how you operate.

Life where you can laugh and love with freedom from guilt.

Life that reconnects us with the community we long for in our alone-ness.

The Truth is, that life is really hard after loss because so much of our life is lived in the context of our relationship to others.

How is it possible to move from the ABSENCE of a life, to the ABUNDANCE of life that Christ came to give?

Life After Loss is an interactive retreat designed to help you explore themes of identity, guilt, and isolation by engaging scriptures, community, and insights to help you process your pain.

Who Should Attend?

This retreat is designed for individuals who have experienced the death of a loved one, whether recent or distant past. While it is open to anyone of the Christian faith, priority will be given to those who serve in various aspects of Christian leadership. All registrants must be 18 years of age or older and be willing to engage in an interactive experience for personal and group benefit.

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What Happens at The Retreats?

Approximately 15-30 individuals and 3 facilitators will journey with in a three-part spiritual formation process. Together, we will engage in large and small-group dialogues focused on relevant texts and questions, experience silence, solitude, journaling for reflection, and tell stories from our own lives. This will create a shared process of exploring the intersection of our experience and our engagement in the world.

Themes:

Exploring Identity in the midst of Adversity
Building Relevant and Life-Giving Relationships
Letting God Guide your Guilt

These will be guiding thoughts to our weekend together and are facilitated by clergy and counselors who have also experienced significant loss. In an attempt to create a safe and inviting space, all activities and discussion will be invitational in nature so as to be sensitive to individual experience of the grief journey.

Venue:

The Dogwood Room at Unicoi State Park:
[1788 Highway 356](#)
[Helen, GA 30545](#)
<http://www.unicoilodge.com>

Cost: \$49 for registration, materials, and lunch buffet.
Initial deposit of \$25 will secure registration or payment can be made in full at the "donate" tab at www.RenewalLiturgy.com

*For More information or questions, please
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