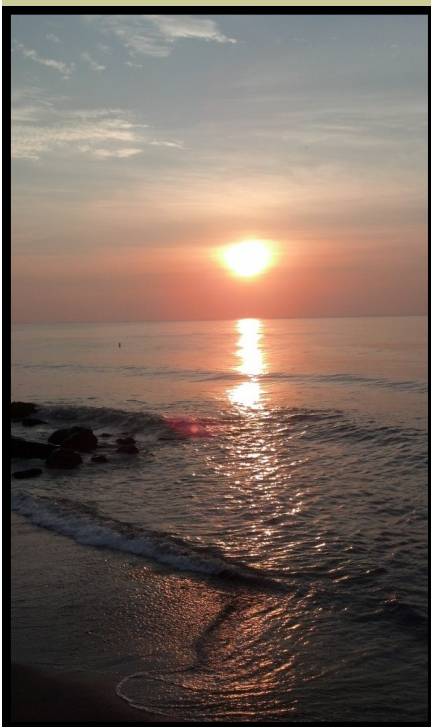


Grieving Gracefully.... Into a Future Full of Hope



Presented by Sr. Connie Kramer, SP

This picture taken of the Atlantic Ocean at dawn is a reminder of the special gift which is hidden within the process of grief. Just as waves are a part of the natural rhythm of the ocean's flow, grief, like breathing, is a part of the natural flow of one's life journey. However, like the rocks at the ocean's shore which stop the natural flow of the ocean's waves, unreconciled grief can stop the natural grief process and leave one with a broken heart unable to be healed. Those who choose to embrace their own grief process as a sacred journey open themselves to new life in totally unexpected ways. As the prophet Jeremiah says, "For I know well the plans I have in mind for you, says the Lord, plans for your welfare, not for your woe! Plans to give you a future full of hope. When you call me, when you go to pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart, you will find me with you, says the Lord and I will change your lot." (*Jeremiah 29:11-14*)

Retreat Focus: This one day retreat will focus on understanding and embracing the process of grief within a group setting, where hope and healing await those willing to share their sacred grief journey with their God and one another.

Retreat Director: Sr. Connie Kramer, SP, a member of the Sisters of Providence, has ministered within the Archdiocese of Indianapolis for many years. Sr. Connie is a professionally certified Group Counselor/Facilitator, Grief Specialist, and Spiritual Director.

**When: May 8th
9:00 am-3:00 pm**

**Where: Our Lady of
Fatima Retreat House**

**Cost: \$39 per person
Includes continental
breakfast, lunch and
program**

To Register: go to www.archindy.org/fatima and click on 'register'.

Call 317-545-7681 with any questions

