

***Journey Through Loss:
Exploring Grief and Loss through the Archetype of the Labyrinth***

Sunday, Aug 20, 2017, 1:00-5:00pm

Location: Awakenings Wellness Studio, 1016 SE 12th Avenue, Portland

The labyrinth is an ancient archetype that has been a part of cultures throughout the world since antiquity, often representing the idea of journey. We all experience grief and loss in life, from the time we leave the nurture of the womb to the leaving of our body at the end of our physical life, with many other losses, small and large, along the way. Our American society often shies away from healthy grief in favor of quick fixes leaving many with unresolved grief lingering in silence just below the surface waiting for a chance to be heard. The labyrinth provides a safe container to journey with your loss.

In this workshop, you'll be introduced to the archetype of the labyrinth as one tool to journey with your own losses in combination with written expression. Using writing prompts and walking a labyrinth, participants will be given opportunities to give voice to losses in their life. *No writing experience is necessary to participate!*

Workshop is limited to 12 participants and is in partnership with Portland Women Writers: (<http://pdxwomenwriters.com/>)



"It's not the weight you carry
But in how you carry it—
Books, bricks, grief—
It's all in the way
You embrace it, balance it, carry it..."
—from *Heavy* by Mary Oliver



*Please feel free to contact me with any questions
or register today. **Cost \$75***

To register contact Anne at:

chaplainanne@icloud.com

website: www.nurtureyourjourney.net

facebook: www.facebook.com/nurtureyourjourney/

Instagram: nurtureyourjourney

About Anne

Anne Richardson is a Board Certified Chaplain, Certified Spiritual Director, Certified Veriditas Labyrinth Facilitator, and poet. She established Nurture Your Journey (www.nurtureyourjourney.net) in 2016. She worked in home hospice for over seven years, coming alongside those at the end of life and their loved ones, creating space for them to weave their stories and listen to their own narratives with sacred intention. Her training includes two years at the Portland Veterans Administration Medical Center with one year focusing on spiritual issues of veterans with PTSD or Moral Injury. She has offered the presentation *Sacred Medicine: Poetry as a Pathway to Deeper Healing* at the All-State Palliative Care Conference and to the Association of Professional Chaplains, North Oregon Chapter. Her interest in grief and loss as it unfolds at all times in our lives, from birth to death, and reflecting on healthy ways to journey through grief is one of her many passions.