

Grief Stories: *Movie & Discussion*

Friday, March 10, 2017 10 am - 12 pm · *Please RSVP*



Watching a movie can be a powerful catalyst to give expression to one's sadness and sorrow, as well as offer a new perspective to one's own grief journey. Join with others to view a selected film with themes of loss, grief and/or the search for meaning in carrying on following an experience of life transition.

Come view this month's film
The Gifts of Grief
and join in the conversation

THE GIFTS OF GRIEF is a unique film about the possibility of another side of suffering, told through the personal and inspiring stories of people who have confronted remarkable losses and have found a way to transform their grief into a greater appreciation of life. As we watch these people grapple with difficult emotional and spiritual pain with a mixture of grace, dignity, fear, vulnerability, soulfulness and courage, we are asked to open to our own pain honestly and directly and discover what the lessons of death and grief have taught us. We explore the possibility that grief while very painful, is one of the closely guarded keys to true transformation and joy.



The Gifts of Grief asks a timely important question - **How do we transform the tragedy of our losses into a life altering experience that deepens and enriches our lives?**

