

Silent Retreat

Blessings

December 6-8, 2019

Spend a weekend in silence in Lost River, West Virginia.

"I have come to see with greater and greater clarity that a blessing is at its most potent in times of disaster, devastation, and loss. When God's providence seems most difficult to find, a blessing helps us perceive the grace that threads through our lives. A blessing does not explain away our loss or justify devastation. It does not make light of grief or provide a simple fix for the rending. It does not compel us to 'move on'. Instead, a blessing meets us in the place of our deepest loss. In that place, it offers us a glimpse of wholeness and claims that wholeness here and now. A blessing helps us to keep breathing—to abide this moment, and the next moment, and the one after that".

*Introduction to *The Cure for Sorrow: A Book of Blessings for Times of Grief**
by Jan Richardson



Myra Bridgforth

is a poet and a practicing psychotherapist
in private practice in Vienna, Virginia



Diane Walton Hendricks

is a spiritual director, retreat and small
group leader, and an associate pastor at
Falls Church Presbyterian Church

To register and for more information

<https://myrabinnbridgforth.wixsite.com/silent-retreat>