



# Community Grief Retreat

*Honoring Our Grief and Gratitude with Rituals of Renewal*

Join us as we **honor the sacredness of our grief and gratitude** through talking circles, singing, poetry, movement, practice in sacred listening, ceremony, sharing food, and some quiet time in nature. **We will begin Friday evening with an online preparation gathering** to build the container for our time together. On Saturday and Sunday, we will come together in person for a weekend retreat with a sacred ritual inspired by the work of **Sobonfu Some and Malidoma Some**.

Our work is also inspired by **Francis Weller's Five Gates of Grief**, which help us to welcome in all forms of grief we may be carrying, including:

- Everything we love we will lose
- The places that have not known love
- The sorrows of the world
- The things we cannot even name that we ache for
- Intergenerational or ancestral grief

**We invite you to lean in with us as we remember how to grieve in community. There is no grief too big or too small to be worthy of welcome here.**

## YOUR FACILITATORS



**Siena Tenisci** brings her background in body-based somatic healing practices, group therapy, and ceremonial work to circles. She is committed to a lifelong practice of cultural sensitivity and to dismantling systemic and internalized oppression. She completed her Masters in Counseling at Antioch University in Seattle and stands on the shoulders of teachers such as Sobonfu & Malidoma Some.



**Sarah Jackson** is a somatic healing practitioner, trained workshop facilitator, and lifelong student of holistic healing practices. Her own healing journey has inspired her to share the medicine of deep acceptance, earth wisdom, and self-love. She has completed grief ceremony training with mentors Therese Charvet and Laurence Cole and a two-year Hakomi Comprehensive Training program.

**April 13 & 14, 2024**

**Saturday 10 am - 8 pm**

**Sunday 10 am - 3 pm**

Journeys Basecamp  
Bothell, WA

**\$325 - \$500, Sliding Scale**  
*Financial Aid Always Available*



**Register at [RiteofPassageJourneys.org](https://RiteofPassageJourneys.org) • 425.485.7396**