



9/26, Tuesday 6:00-8:30 pm
or
9/27, Wednesday 10 am-12 pm

All you who are dealing with the loss of any kind are invited to join us for an afternoon experience of "Moving Through Grief." Learning about the various aspects of grief and the experiences of others is a way to move through your own loss. There will be included in the day a teaching about grief, some reflection time, optional sharing. It matters not how long ago your loss was, if it is still felt in the present, come. Enjoy a day for just you and pamper yourself a bit with time on the beautiful grounds of Christ the King Retreat Center. Offering: Tuesday, \$30 (includes dinner) Wednesday, \$25 (includes lunch)

Sr. Kathleen Osbelt, founder of Francis House and Director of Mission Outreach, is liaison with other homes caring for people with terminal illnesses in our area and throughout the country. She also coordinates educational opportunities on Francis House's model of care and issues regarding end-of-life.



For Reservations please call [315-446-2680](tel:315-446-2680), email us at ctkretreat@syrdio.org
Or register on our website at
www.ctkretreat.com

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