

## Struggling with life following bereavement?

### 2019 LIVING WITH LOSS SUPPORTIVE RETREATS

*Open to anyone aged 18 and over  
Places are limited.*

*Bursaries are sometimes available, depending upon the host location*

#### THE GREENHOUSE CHRISTIAN CENTRE - Poole, Dorset

*Christians bereaved by suicide – Living with Loss retreat*

**18 - 20 January 2019**, weekend retreat (£126-£186)

Phone: 01202 764776

Email: [info@the-greenhouse.org](mailto:info@the-greenhouse.org)

#### LAUNDE ABBEY - Near Rutland, Leicestershire

*Living with Loss*

**18 - 22 February 2019**, Monday-Friday retreat (£405-£425)

Call Launde Abbey on 01572 717254.

♦ [Link to this event at Launde Abbey, with booking information](#)

#### THE BRIERY RETREAT & CONFERENCE CENTRE - Ilkley, Yorkshire

*Living with Loss*

**22 - 24 March 2019**, weekend retreat (£155)

*Living with Loss Part 2 – the Journey Continues*

**6 - 8 September 2019**, weekend retreat (£155)

Call The Briery on 01943 607287 or email: [briery@btconnect.com](mailto:briery@btconnect.com)

[Booking information for the briery](#)

#### HOUSE OF THE OPEN DOOR – Childswickham, Gloucestershire

*Living with Loss Part 3 – “Tea Room Gathering”*

(Only open to those who have already attended a Living with Loss Retreat)

**20 - 23 August 2019**, Tuesday-Friday (£260)

Contact Abi directly for information and booking

#### PENHURST CHRISTIAN CENTRE – East Sussex

*Living with Loss*

**25 - 27 October 2019**, weekend retreat (£150-220)

Phone: 01424 892088

Email: [info@penhurst.org.uk](mailto:info@penhurst.org.uk)

[Link to this event at Penhurst, with booking information](#)

#### LEE ABBEY - Exmoor National Park on the West Devon coast

*Living with Loss*

**4 - 8 November 2019**, Monday-Friday retreat (£199)

Call Lee Abbey on 01598 752621

♦ [Link to this event at Lee Abbey, with booking information](#)



#### FURTHER EVENTS IN 2019

There may be a few additional dates and venues added in later.

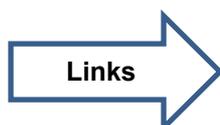
#### BOOKING AND FURTHER INFORMATION

For more information or to find out about booking, please contact the locations directly, or get in touch with Abi May:

Email:

[livingwithloss@btinternet.com](mailto:livingwithloss@btinternet.com)

Call: 0845 6434084



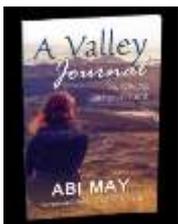
Grief support and articles, with frequent updates: [www.avalleyjournal.co.uk](http://www.avalleyjournal.co.uk)

Retreat information: <https://livingwithlossbereavementsupportevents.wordpress.com/>

The Living with Loss project: [www.livingwithloss.co.uk](http://www.livingwithloss.co.uk)

*(Continued overleaf – more details about the retreats)*

# ABOUT LIVING WITH LOSS RETREATS



“Living with Loss” retreats are led by Abi May, supported by her husband John, and take place at locations throughout the UK. Abi is a Christian, an educator, a doubly-bereaved mother, an author and a blogger.

“A Valley Journal” is a book on coping with bereavement by Abi May, published in 2014 by Onwards & Upwards Publishers, and is endorsed by The Dove Service, a BACP accredited counselling service. Her other titles include “Threads of Faith” and “Daily Moments.”

## IS THIS FOR YOU?

“Living with Loss” retreats are suitable for widows and widowers, bereaved parents and siblings, those who have lost parents or close friends, or those who have suffered multiple losses. Most retreats are small with around 8 - 15 participants.

To lose someone – or more than one person – can have a profound impact upon us. They are gone now, and we may feel heartbroken. This is particularly the case if he or she was our partner or child, or someone we depended upon or who depended upon us. On top of that, no matter the relationship, if their passing was sudden, traumatic or followed a long and difficult illness, we might find our grief is sometimes overwhelming.

In addition to missing our loved one, we might also be challenged in a variety of personal ways as a result of them no longer being with us. We might be facing practical issues, emotional turmoil and/or spiritual concerns, and the impact of these might take us by surprise.

During our Living with Loss retreats, we look at these subjects from a gentle Christian perspective. Our focus is on making the best of our life in the present, and finding a way forward in the changed circumstances of our lives.

[Link to Retreat FAQs](#)



## A SERIES OF EVENTS

In **Living with Loss**, we gain an understanding of grief, we discover the grieving Christian, and we explore how to manage our lives going forward. We also consider the “bonds of love” that exist with our loved one.

In **Living with Loss Part 2**, we continue these themes and go a little deeper, looking at topics such as guilt and anger.

In **Living with Loss Part 3**, we return to the topics that the participants request.

In “**Christians Bereaved by Suicide**” we look at similar topics, but with a special emphasis on the particular issues following suicide.

## VARIED PROGRAMME

- Led sessions ■ Time for quiet reflection
  - Prayer ■ Creative activities
  - Discussions ■ Reading materials
    - Remembrance activities
  - Opportunity for individual prayer with retreat leaders.

**All activities are optional**

## COMMENTS FROM PREVIOUS PARTICIPANTS

“It is well worth (attending a Living with Loss retreat) no matter what your experience, or the length of time since your bereavement. You will not be pressurised in any way or at any time and you will find yourself in an environment which is supportive and kind, and where you can just be yourself. It will undoubtedly be helpful for you.” (*Annette from Surrey*)

“This was a first class retreat which I found extremely helpful. I will definitely do part 2.”

“I thought Abi led the sessions with sensitivity and compassion. It was obvious she had ‘been there’. I liked how she shared her story.”

“The sessions were well researched, delivered and well-paced.”

“Handouts were very helpful, information given too, as one can only take in so much at the time and it was good to have practical things to do. ... There was a good atmosphere throughout – confidentiality respected, opinions valued, everyone was accepted. I was grateful for an opportunity to be prayed for.”

“I had no idea, really, what to expect this week. I am returning home feeling assured that I will survive and continue to take ‘small steps’ on my journey.”