

Struggling with life following bereavement?

2020 LIVING WITH LOSS SUPPORTIVE RETREATS

Open to anyone aged 18 and over
Places are limited.

Bursaries are sometimes available, depending upon the host location

Living with Loss Part 1: Living with Life-changing Loss Following Bereavement

Launde Abbey (Leicestershire)

- 17-21 February 2020 (Mon-Friday)
- £450
- Email: info@launde.org.uk
- Phone: 01572 717254

The Briery Retreat Centre (Ilkley, Yorkshire)

- 12 – 14 June 2020 (Weekend)
- Cost TBC (Probably £155)
- Email: briery@btconnect.com
- Phone: 01943 607287

Lee Abbey (Lynton, Devon)

- Dates still to be confirmed: probably late October or early November
- (Mon-Friday)
- Cost: £225 (residential only, at the Beacon Centre in Lee Abbey)
- Email: relax@leeabbey.org.uk

Penhurst Christian Centre (West Sussex)

- 27-29 November 2020 (weekend)
- £220 residential
- £150 non-residential
- Email: info@penhurst.org.uk
- Phone: 01424 892088

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

We are also running various non-residential workshops around the country – see the website for details.



Living with Loss Part 2 & further

Only open to those who have already attended a Living with Loss event.

Lee Abbey (Lynton, Devon)

Living with Loss Part 2

- 20-24 April 2020 (Mon-Fri)
- £279
- Call: 01598 752621
- Email: relax@leeabbey.org.uk

Details & booking:

<https://leeabbeydevon.org.uk/programme/living-with-loss-the-journey-continues/>

Cloverley Hall (North Shropshire)

Living with Loss Part 3: Gathering

- 13-17 July 2020 (Mon-Fri)
- £305 (£295 early booking)
- Email: livingwithloss@btinternet.com

Please visit this link for details about the above retreats and for the latest updates:
<https://avalleyjournal.wordpress.com/living-with-loss-retreats/>

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

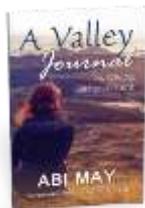
Email:
livingwithloss@btinternet.com

Grief support and articles,
with frequent updates: www.avalleyjournal.co.uk

The Living with Loss project: www.livingwithloss.co.uk

(This page updated 20/11/19)

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. The Living with Loss Project is a member of the National Bereavement Alliance.

“**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](#)



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.”

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. The “Gathering” is a more relaxed event with a focus on activities and excursions.

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

“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.”