



Honoring Grief...



Finding Our Way through the Holidays

Wednesday, October 24th, 6:30-8:30pm

St. Elizabeth Ann Seton, 12700 W. Howard Ave., New Berlin, WI 53151

The holidays can be one of the most intense, foreboding and apprehensive times of the year for those who are grieving. This FREE educational and supportive seminar for grieving adults will explore and honor the:

- + common and unique effects of loss;
- + power and impact of the grieving process;
- + significance of mourning in healing; and
- + practical strategies to help find our way through the holidays.

Please join us as we trust a spirit of hope and healing await you.

Presenter:



Pete Reinl, CSG, is the co-founder of *Healing Life's Losses* grief support services and is a grief support companion and spiritual guide. He has over 30 years of pastoral ministry experience serving in faith and secular communities, retreat centers and funeral homes. Pete's contemplative ministry is primarily one of co-creating safe spaces of sanctuary for healing, honoring, storytelling, listening, exploring, integrating and transforming. He has spent the last fifteen years dedicated to companionship for those who are in life transition due to loss, as well as training others who wish to be companions of the bereaved. His background includes certification in pastoral ministry and spiritual direction. Having experienced several significant losses and his own life transitions, Pete brings with him a wealth of personal experience and wisdom, in addition to his professional and spiritual background in loss, grief and healing.

Snacks and refreshments will be served.

RESERVATIONS by Oct. 15 are preferred so we have enough materials and refreshments, but are not essential. Call Diane at 262-786-4569 or ldydikutsch@hotmail.com, or Mary at 262-786-3671 or marythysell@yahoo.com, and leave a message with your name, phone number, and approximate number attending.