

# OUR LADY OF GRACE SPIRITUAL CENTER

29 SHELTER ROCK ROAD | MANHASSET, NY 11030

A sponsored institution of the Congregation of the Sisters, Servants of the Immaculate Heart of Mary

FIND YOUR PERSONAL

# Grief Expression

THROUGH GOD'S GRACE AND HEALING PRESENCE

## Making Space to Explore the Mysteries of Grief, Loss, Death & Dying, and the New Normal

During the weekend, we will gather in a safe, confidential environment to explore the depth of the heart where God's healing love abides.

- Each topic of these mysteries is built upon the other.
- Designed to support one another and the grief experience.
- Gain greater insight & understanding of your personal *Grief Expression*.
- Discover strategies & coping skills to support the healing process.
- Includes prayer, reflection/meditation, presentation materials, handouts, journaling, storytelling and optional personal sharing.
- **Concludes with Mass on Sunday afternoon**

**PRESENTED BY: JO-ANDREW D'ALESSANDRO ACCARY**

**NOVEMBER 16 & 17, 2024**

**10:00 a.m. - 4:00 p.m.**

**\$150.00 per person**

**Two-day total includes lunch on Saturday & Sunday**

Call (516) 627-9255 or visit [www.olgretreat.com](http://www.olgretreat.com) to register