

A Journey to Peace: Moving through Loss and Grief

October 18, 2017

La Salette Retreat Center

947 Park St. Attleboro, MA 02703

508-222-8530



Loss is a universal experience that comes in many forms. We are all familiar with death as the ultimate loss where grief is quite apparent. However, crises brought on by unemployment, illness, aging parents, children leaving home and divorce can also create a sense of loss. Though at times sadness and sorrow may feel overwhelming, we are not powerless. When we allow ourselves to journey through the grieving process, healing can be experienced, hope can be restored and peace can be found.

The retreat will provide the time, space and prayerful atmosphere to:

~ gain understanding and insight into the experience of loss

~ receive tools for navigating the journey of grief

~ share with others who are hurting

*The goal of **A Journey to Peace** is to help participants move through their loss and grief with courage, hope and confidence. The program will not only be informative, but expects to be a healing experience in itself.*

***All are welcome**, men and women, Catholics and non-Catholics.*

Facilitator: Peggy Patenaude



Peggy has worked in the fields of education, pastoral ministry and spirituality for over 45 years. In 2002, she founded *Taking Time Out*, her own retreat and workshop ministry. To learn more about Peggy and her programs, visit www.timeoutretreats.com.

Cost: \$55 includes lunch

Time: Registration, coffee and pastry at 9:00 AM followed by retreat 9:30 AM to 4:30 PM.

Overnight accommodations and continental breakfast are available for an additional \$50.

Registration: Complete form below and send with a \$15 deposit. **Deadline:** October 13, 2017

For more information: Contact Charlotte at 508-222-8530 or office@lasaletteretreatcenter.com

OR contact Peggy at 508-548-9149 or timeoutretreats@comcast.net

Registration for "A Journey to Peace: Moving through Loss and Grief" ~ October 18, 2017

*Complete below and send with a \$15 non-refundable deposit to **La Salette Retreat Center, 947 Park Street, Attleboro, MA 02703.***

Balance is due upon arrival. La Salette accepts only CASH or CHECKS.

Name _____ E-mail Address _____

Postal Address _____
Street Town/City State Zip

Telephone (home) _____ (cell) _____

Amount enclosed: _____ I would like overnight accommodations for Tuesday, October 17, 2017. ___ YES ___ NO