



A Gracious Going

Embracing our Mortality

By graciously living into our own mortality, we mentor children and grandchildren in the meaning of life and death.

For more information and to register, please visit restoringconnections.org



**Restoring
Connections**

Transforming the world,
one relationship at a time

WEDNESDAY, MAY 4
9:30 AM - 12:30 PM
ONLINE VIA ZOOM

Help us celebrate our 25th anniversary as a nonprofit. Register by April 25 and receive a 25% discount.



Restoring Connections' Elder Wisdom offers **A Gracious Going**, a half day online workshop.

A GENTLE, LOVING APPROACH

We live in a culture that denies and fears death. But as we accept our mortality, the depth and joy in life deepens. Though some of us may not have a choice about how we die, many of us will have time to prepare and opportunities to choose how we will approach death. The choices we make can open the door to deep grace for ourselves, and also become a grace-filled gift about life and death for those we love.

In this workshop we will consider some of the ways we can face death with an acceptance, trust, and even a kind of “holy curiosity” that frees us and those who love us. We’ll consider how to have necessary conversations, what helps allay very human fears, what we need now and may need then, and what “preparation” means. Our time will include some small-group reflection, time for a meditative experience with nature and a few short writing exercises to fuel the conversation.

\$60, Scholarships Available

Register by April 25 and receive a 25% discount.

PRESENTER

Marilyn McEntyre, PhD, author, speaker, and literature professor, has worked with hospice and teaches with the Forest Dwelling program through the Oblate School of Theology, which focuses on spirituality in the final season of life. Two of her books, *A Faithful Farewell* and *A Long Letting Go* are reflections on dying. She leads retreats and workshops on approaches to spiritual autobiography and memoir. You can find out more about her at www.marilynmcentyre.com.

