

Exploring Grief in Community

A deep sharing event on grief and death

Grief and death are deeply challenging for anyone to navigate. Our thoughts, feelings and experiences on this deserve to be met and witnessed with warmth, compassion, and reverence.

The Edinburgh Men's Group Community is offering a **free online Grief Tending Circle** for anyone moved, to explore the themes of grief and death in a safe community setting.

This event will be hosted by experienced facilitators with significant lived experience and training to hold space for tender conversations of this nature. All are welcome to come along and listen, with no pressure to share.

Grief Tending and Rememberance Community Sharing Circle
Tuesday 23rd February, 7 - 9:30pm

SIGN UP HERE - <https://urlzs.com/BFCT7>
OR EMAIL - douglas_guest@yahoo.co.uk

"A very special and well-facilitated journey into grief. I felt moved to a deep level" - Former Participant

What We Will Explore

Working together in this Grief Tending Circle, we will give our attention to the many layers of grief that we can experience in our lives. In particular, we will use the 'Five Gates of Grief' framework described by the author Francis Weller in his book the 'Wild Edge of Sorrow'.

The Five Gates of Grief

Gate 1: Everything We Love We Will Lose

'Tis a fearful thing to love what death can touch'

Gate 2: The Places That Have Not Known Love

'There are places in us that that have been wrapped in shame and banished to the farthest shores of our lives'

Gate 3: The Sorrows of the World

'The cumulative grief of the world is overwhelming'

Gate 4: What We Expected and Did Not Receive

'Deep in our bones lies an old intuition that we arrived here carrying a bundle of gifts to offer to the community'

Gate 5: Ancestral Grief

'This is the grief we carry in our bodies from sorrows experienced by our ancestors'