

# Grief



# Tending in Community

*“Surrendering to your sorrow has the power to heal the deepest of wounds.”*  
Sobonfu Somé

**A gentle yet powerful introduction to grief tending in ceremony.**

A day for those on a journey of healing, or feeling impacted by news of the harm being done to people and other living beings or any other sources of grief that need care and tending. And for those who aren't sure what you're bringing – perhaps sensing that a place to be witnessed or express with others feelings of sorrow, anger, numbness and more can free us to be more alive, more connected and even more joyful.

This day offers teachings and practices that support grief to flow, led by an experienced facilitator of this work.

*“To be able to openly express our sorrow and grief, together, without being questioned or judged felt so very beautiful; like nothing I've ever experienced before.” KD, 2019*

**When:** Wednesday September 11<sup>th</sup>. Arrive from 9.30 for a prompt 10am start Ends 6pm

**Where:** [Eden Rise](#), near Totnes, Devon

**Who:** Facilitated by Sophy Banks plus support

**Costs:** £60-£110 sliding scale. Bursary places are available.

**For more information and a booking form contact:**

Sophy Banks: 01803 840877 07913 555896 [infogriegtending@gmail.com](mailto:infogriegtending@gmail.com)

There are regular [Grief Tending workshops](#) in Devon and beyond.

To receive news and dates please email [infogriegtending@gmail.com](mailto:infogriegtending@gmail.com).

## Facilitated by Sophy Banks

Sophy has worked as a therapist, family constellator and workshop leader. Her understanding of the importance of grief work started through attending workshops of Joanna Macy and Sobonfu Some and has continued through more recent work with Maeve Gavin. She has been leading grief tending workshops since 2013 (see below for links). You can read some of her thoughts on grief tending work on [www.griegtending.org](http://www.griegtending.org).



In 2006 as [Transition Town Totnes](http://www.transitiontown.org) came into being Sophy co-founded the “Heart and Soul” group, addressing the inner aspects of re-imagining and rebuilding resilient, local ways of living. She co-founded Transition Training and taught this model of growing community resilience in many countries. Until 2016 she continued to hold the inner dimension of this global movement, including ways to honour what we let go of as we vision a future with much less resource use and grieve the destruction caused by our present way of life.

Once trained as an engineer and a radical footballer, in 2005 Sophy left the pitches of Hackney Marshes and moved to Devon, where she grows vegetables and can still just about get up the hills on her bike.

## Links:

Sobonfu Some – indigenous teacher from Burkino Faso <http://www.sobonfu.com/>

Joanna Macy – creator of the Work that Reconnects for changemakers [www.joannamacy.net](http://www.joannamacy.net)

Frances Weller, teacher and writer about grief work: <http://www.wisdombridge.net>

Maeve Gavin, significant inspiration of this workshop: <http://wayofthevillage.co.uk>

