



Grief Tending in Community

6th – 9th December 2019

High Heathercombe Centre, nr Manaton, Dartmoor, Devon
With **Sophy Banks, Jeremy Thres** and team

“Everything we love, we will lose”

A rare weekend of tending our grief with others, in beautiful surroundings, held by an experienced team.

Grieving is a natural process, allowing the expression of sadness, loneliness, anger, despair and other feelings. The more we open ourselves to love others, to celebrate the beauty of our world, to long for peace or justice, the more we open ourselves to the pain of losing what we love, or the destruction and the inequality in the world around us. Over this spacious weekend our intention is to journey together to gently allow our grief to surface, give it expression and come to a place of integration and readiness to return to our lives.

Previous participants say –

“I was surprised at how quickly the grief came and then left! It felt clean and therefore very safe.”

“The space we created gave me space to do some deep healing, and the expression of old grief found a much healthier, wondrousome place to reside in me. I feel at peace – thank you so much.”

“Jeremy & Sophy bring great experience and insight into the holding of this work –grief tending in community – which is so valuable and indeed essential in our modern world if we are to find peace and harmony as humanity.”

Practical Information

To register: please [email us](#) for a booking form, or text Jeremy Thres on 07717 853967. Numbers are limited so we encourage you to do this sooner rather than later. You can find more information about what we offer on our [website](#)

When: 3pm on Friday 6th - 1pm Monday 9th Dec 2019. Please arrive from 1pm on the Friday.

Workshop fee: £280 low waged - £450 high waged sliding scale. £25 discount for those returning. This includes the all workshop costs, facilitation by a team of 6, accommodation on site in small dormitories, and all meals (vegetarian and organic / locally sourced where possible).

If you can pay more on this scale please do so - it will enable us to keep the work accessible. If you need a bursary place, or to pay in installments contact Jeremy on 01647 432638, or at landtime1@gmail.com. We don't want money to stop anyone from coming, so please be in touch if need to make an arrangement with us.

Where: The [High Heathercombe Centre](#), Manaton, Devon, TQ13 9XE a beautiful location on the high moor with long views and trails from the door.

More about Grief Tending in Community

Creating a place where we can be heard and supported in our grief – and feel the support that comes from sharing grief with others – is rare in our modern world where grief is often hidden behind closed doors, or expressed in private settings with therapists or close friends. Yet human cultures around the world have included shared grieving as a normal, even necessary part of staying in connected and loving community.

Such a process is not about resolving our grief or the sources of it, rather tending to and honouring it. And we may find that our grief is blocked, and takes time to find its way to flow.

As in any ritual we do not know exactly what will unfold for each person - from previous weekends many report reaching a place of lightness, feeling unburdened and deeply connected to ourselves, the beauty of the world, and the group who have shared our journey.

This weekend brings together many strands of grief work with elders including Sobonfu Some, Martin Prechtel and Joanna Macy, and draws on the work of Maeve Gavin and Wisdom Bridge. See www.griefftending.org for more about our sources and approach to this powerful work.

If you have more questions contact Jeremy on 01647 432638, landtime1@gmail.com or Sophy on 01803 840877, sophyb@btinternet.com

Facilitators

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. From 2006 Sophy was swept up by the start of [Transition Town Totnes](#) and worked for the next 10 years in the global [Transition movement](#) – a network of communities re-imagining and re-building their way of living to become thriving, resilient, connected and sustainable within a context of declining resources and environmental degradation. She trained community groups and trainers in many countries in this powerful model, focusing on integrating our outer action with inner wisdom. This includes facing into the many painful feelings which arise when we recognise the suffering our system causes, when we let go of unrealistic beliefs about the future, and the challenges of working alongside people with different ways and world views to our own.

Once trained as an engineer and a keen 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.

Jeremy Thres: Founder of not for profit organisation Regenco, Jeremy's interest in regeneration and reintegrating Land, People and Spirit, led him to be involved in wilderness oriented rites of passage work. It was within this that he first learned the importance of grief tending. Alone in the wilds he was able to release pent up grief held from a bereavement many years before, and with that release something else could enter. Internally though he was told he now had to learn how to do grieving with others. It was through contact with Martin Prechtel and Malidoma Some that he learned ways and of cultures which more deliberately created space to address the weave of grief, pain, joys and sorrow, and also what a key part this can play in, not just individual, but also collective health. Joanna Macy's work has also been a long term inspiration and it was on a workshop with her that he first met Maeve Gavin. Co facilitating, participating and playing a support role with Maeve was a great inspiration for Jeremy and also him and Sophy (another inspiration) in terms of offering their own evolving Grief Tending in Community work. <http://regenco.wordpress.com>

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
Frances Weller, teacher and writer about grief work: <http://www.wisdombridge.net>
Maeve Gavin, significant inspiration of this workshop: <http://wayofthevillage.co.uk>