

# Tending our grief for the world



*"When we build good banks for the river our grief can flow strong and safe" Maeve Gavin*

We live in times of continuing and escalating crises - in social justice and tolerance; in mental health; in the environment and climate; in democracy and accountability. There are also many positive signs, of more people waking up to our situation and responding; of people continuing to come together to defend life and dignity. As we are repeatedly impacted by painful information, coming together to express our responses and feelings can be a much needed and transformative practice.

This weekend draws on the work of [Joanna Macy](#) whose "Work that Reconnects" has been supporting empowered responses to the destruction of the global industrial system for decades. This work can bring deep connection, relief from burnout, a deeper sense of what is meaningful, and is in itself a radical act in a culture which denies or silences our outrage, grief and legitimate fear.

- Cost        £120 deposit to cover food, venue, accommodation and other overheads  
              Plus sliding scale payment towards facilitation suggested payment £60 - £210 (total £180 – 330)  
              Please don't let money be a barrier to you coming - be in touch if you need a reduced cost place, or to pay in instalments
- Venue       [High Heathercombe](#), a beautiful place high on Dartmoor, Devon.
- When       3pm on Friday January 24th to 3pm Sunday January 26th
- Booking    Please contact Sophy for more information and a booking form: email her at [infogriegtending@gmail.com](mailto:infogriegtending@gmail.com) or call 01803 840877  
              Find more information about this work at [www.griegtending.org](http://www.griegtending.org)

*"Truth is like oxygen: we need it to breathe" Joanna Macy*

## Facilitation team

Sophy Banks holds grief tending ceremonies as part of restoring what is broken in modern culture, and sees that we need to grow this capacity to speak and feel truth, with others, to act from what is real, however challenging. She held the inner dimension of the Transition movement for ten years from its beginning in Devon in 2006, sharing this model for positive community change with people around the world. Her inner journey, which includes working as a psychotherapist, conflict facilitator, family constellator and leader of Work that Reconnects, Grief tending, Walking to Death, and other ceremonies, goes back over twenty years. Once a radical footballer in east London, she now lives in Devon, grows all the food she can, and just about gets up the hills on her bike.

Mel Lamb has developed and managed the High Heathercombe Centre on Dartmoor for the past twelve years. She has many years' experience of designing and facilitating workshops and teaching in a wide variety of settings. With a background in Community Arts, Activism, City farms, Intentional Community, Compassionate Communication, Grief Tending and Permaculture, she is a trained facilitator, play-worker and artist.

Mel has a deep commitment to supporting and creating work that contributes to regenerative, earth cherishing culture and personal and cultural healing. She is continuously inspired and resourced by the wild beauty of Dartmoor and meditation practice.