

# Community Grief Ceremony

Saturday, December 10<sup>th</sup> 1-5pm, Followed by a Pot-luck dinner.

Dodgeville, WI

Facilitated by Ana Larramendi and Guests

We are in extraordinary times. For many of us the implications of this election outcome has raised deep and conflicting emotions: Anger, Fear, Grief, Helplessness...and many more. We are witnessing a level of overt hate, viscerally expressed, that has not been seen on this scale ever in our lifetimes.

As light-workers, we feel overwhelmed...

We do not have easy times ahead...and we will need to keep strong and stay in a place of Love and integrity as *Way-Showers* to the World...We cannot collapse into the hatred of the "Other".

We have a small window of time ahead of us before many big changes may commence. During this precious time we need *Guerrilla Self-Care*-- This means fiercely nurturing and tending to our softest, most vulnerable parts; Crying, Feeling our grief, Holding loved ones who share our values, Purging from our systems some of the Shock that has hit our Core, and rattled our Foundation. If we don't tend to ourselves in this way first, we will have a much harder time staying in *Compassionate Neutrality* and being the *Spiritual Warriors* we need to be for the coming times.

This awareness has compelled me to organize a *Community Grief Ceremony*. This ceremony creates a safe container for us to release our grief without judgement. To be held in love and compassion and to lighten some of the heaviness many of us are feeling inside.

You do not need to have shamanic journeying experience to participate. This ceremony will be open to all who wish to come. However, I do not recommend bringing children due to the intense nature of the ceremony.

Please call or email Ana if you have any questions: 608-255-4333/inomoxo@tds.net

**LOCATION:** Barn Center at Bethel Horizons Retreat Center, Dodgeville, WI

**SCHEDULE:** Please try to arrive by 12:30pm to check-in, drop off your dish to share and park your car. We will begin at 1:00pm, First with a talking circle of sharing, then Creating sacred space, followed by a guided meditation. I will then share some teachings and history about the grief ritual, instructions and then we will begin the ceremony. This Ceremony has a natural rhythm. It will end when it ends...when quiet has taken over the space and our hearts. We will complete with some processing (if necessary).

**5:00pm. POT LUCK-**Put out food. I will provide 2 hot stews, one vegan, one meat, both gluten free. I will also provide coffee & Tea for our gathering. I am asking people to bring a dish to share in these categories: Appetizer/snack, Salad, Dessert/sweet. We will have a commercial kitchen at our disposal with refrigerators, freezers, dish machine, dishes and serving utensils. I will ask for everyone to pitch in for clean-up. I expect we will be done by around 6:30pm. We will start a fire after dinner in the meeting room for those who wish to linger. There is an option to stay overnight for the cost of lodging.

**COST:** \$50 per person. Limited to 20 people. Overnight stay on Saturday add \$35 per person.

**Grief Ceremony Registration:** Fill out this sheet and mail a check or call in a credit card with a full payment of \$50 made out to: The Hollow Bone.

Payment can be made with check, VISA, MC, AMEX, Discover & PayPal.

Mail to:

**The Hollow Bone, 1225 E. Dayton St. Madison, WI 53703.**

*Upon receipt of your registration/ deposit a supply list and map with directions will be sent to you.*

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

NUMBER OF PEOPLE COMING: \_\_\_\_\_ X \$50 = \$ \_\_\_\_\_

Overnight stay on Saturday, December 10<sup>th</sup>? Yes/ No.

Lodging: \$35 X \_\_\_\_\_ Number of people = \$ \_\_\_\_\_

Total due: Add event and Lodging \$ \_\_\_\_\_

PAYMENT (circle one) For Credit cards, please phone Ana (608-255-4333)

VISA, MC, AMEX, DISCOVER, CHECK or PayPal (account is [inomoxo@tds.net](mailto:inomoxo@tds.net)) event: GRIEF

YOUR FOOD PREFERENCE: VEGAN or CHICKEN (This helps me plan our meal)

POT LUCK: I am bringing ( Circle one): 1. Appetizer/snack, 2. Salad, 3. Dessert/sweet

*If you are not sure what food you are bringing, please call and let me know by December 8th*

Space is limited to 20 people. Last day to sign up (if there is still space) is December 8<sup>th</sup>.

You can cancel up till December 7<sup>th</sup> and receive a full refund for your deposit. Cancellations afterwards, or no-shows, forfeit their deposit.

Another lodging option is to stay at the PINE RIDGE MOTEL in Dodgeville. About 6 miles away from Bethel Horizons. It is clean, inexpensive and comfortable, and you can have a private room.

Here is the contact information if you want to book with them.

Pine Ridge Motel

405 County YZ Rd.

Dodgeville, WI 53533

608-935-3386

<http://pineridgemotel.net/index.html>