

Healing the Heart:

GRIEF AND THE BODY

A Virtual Pastor's Retreat

June 24, 2021, 1:30-4:30

*Sponsored by the Presbyteries of
Missouri Union, Giddings-Lovejoy, Northern Kansas and Southern Kansas.*

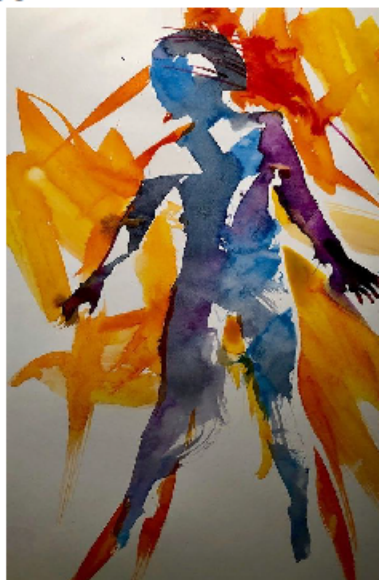
"Where there is sorrow, there is holy ground." -Oscar Wilde

Strengthening our skills in grief work is essential in these days of constant uncertainty and pervasive loss.

Our faith story gives us perspective and meaning. There are also stories of our bodies that are woven into our experiences.

Within our Christian tradition, there are ways of praying and moving that are being re-discovered, especially in light of neuroscience. Knowledge of how we are created brings wisdom and compassion.

Simple practices involving our whole selves better equip us to welcome grief as an opportunity to deepen and transform us and those we serve.



Together we will:

- learn about the impacts of grief on the body and nervous system.*
 - reflect upon our own present relationship with grief*
 - experience spiritual practices that are soothing and healing and open us to God's constant presence*
 - discern their application for ourselves and those we serve.*
-



Rev. Sharon H. Edwards is a Presbyterian pastor/spiritual director/retreat leader. She has served churches in Texas, Oklahoma and currently at First Presbyterian, Corvallis Oregon. She has facilitated a program supported by a PCUSA Mental Health Grant for pastors/chaplains around embodied practices for health. She is the on staff with Companions on the Inner Way (a contemplative retreat ministry) and has served as spiritual faculty on PCUSA's Clergy Wellness Program-CREDO, Summer Chaplain at Ghost Ranch Retreat and Conference Center and Workshop/Worship Leader at Synod and National Presbyterian Women events. She has a Music Therapy degree, (University of Kansas) and a MDiv. from Austin Presbyterian Theological Seminary, a certificate in Spiritual Direction from Stillpoint Center for Christian Spirituality. She is also a YA500 yoga teacher, with training the relationship between neuroscience and mental health. She is a passionate hiker, singer and dancer and enjoys time with her young adult children, Hannah and Bennett.