

Comfort For Those Who Mourn

A retreat for those who are grieving the death of a loved one will be held on Saturday, December 5 at Park Hill Presbyterian Church in North Little Rock from 9:00 a.m. until 4:00 p.m. The retreat is sponsored by Park Hill Presbyterian Church and Second Presbyterian Church's Pastoral Care Ministry.

Take this opportunity to gift yourself with time and holy space to experience comfort in the midst of grief. Plan to retreat and discover JOY in remembering your loved one(s), HOPE in the dynamics of grief, PEACE in pondering and prayer, GRACE in a supportive community.

Our leader will be Fran Shelton who has received a Master of Divinity and Doctor of Ministry from Austin Presbyterian Theological Seminary. Recognizing the tremendous benefit of spiritual disciplines for those on the journey of grief, she obtained certificates in Spiritual Formation and Spiritual Direction. Fran presently serves as director of Faith and Grief Ministries located in Dallas Texas. The mission of this ministry is to provide ongoing comfort to persons who have experienced the death of a loved one.

The cost for the retreat is \$15 per person, and includes lunch, snacks, and all programming. If you are interested in attending, please contact Karen Akin at Second Presbyterian Church, 501-227-0000, or email karenakin@secondpreslr.org.

Park Hill Presbyterian Church is located at 3520 John F. Kennedy Boulevard in North Little Rock, AR. The phone number for the church is 501-753-9533. The church website can be found at <http://parkhillpres.wix.com>