

Quotes from
HEALING AFTER LOSS

by Martha Whitmore Hickman

"The mind has a dumb sense of vast loss - that is all. It will take mind and memory months and possibly years to gather the details and thus learn and know the whole extent of the loss." ~ Mark Twain

"Whoever survives a test, whatever it may be, must tell the story. That is his duty." ~ Elie Wiesel

"There is no going around it. There is only going through it." ~ Hickman

"When it is dark enough, you can see the stars." ~ Charles Beard

"It may be that some little root of the sacred tree still lives. Nourish it then, that it may leaf and bloom and fill with singing birds." ~ Black Elk

Suffering to Hope

The last year and a half have been consumed with grief, loss, and suffering.

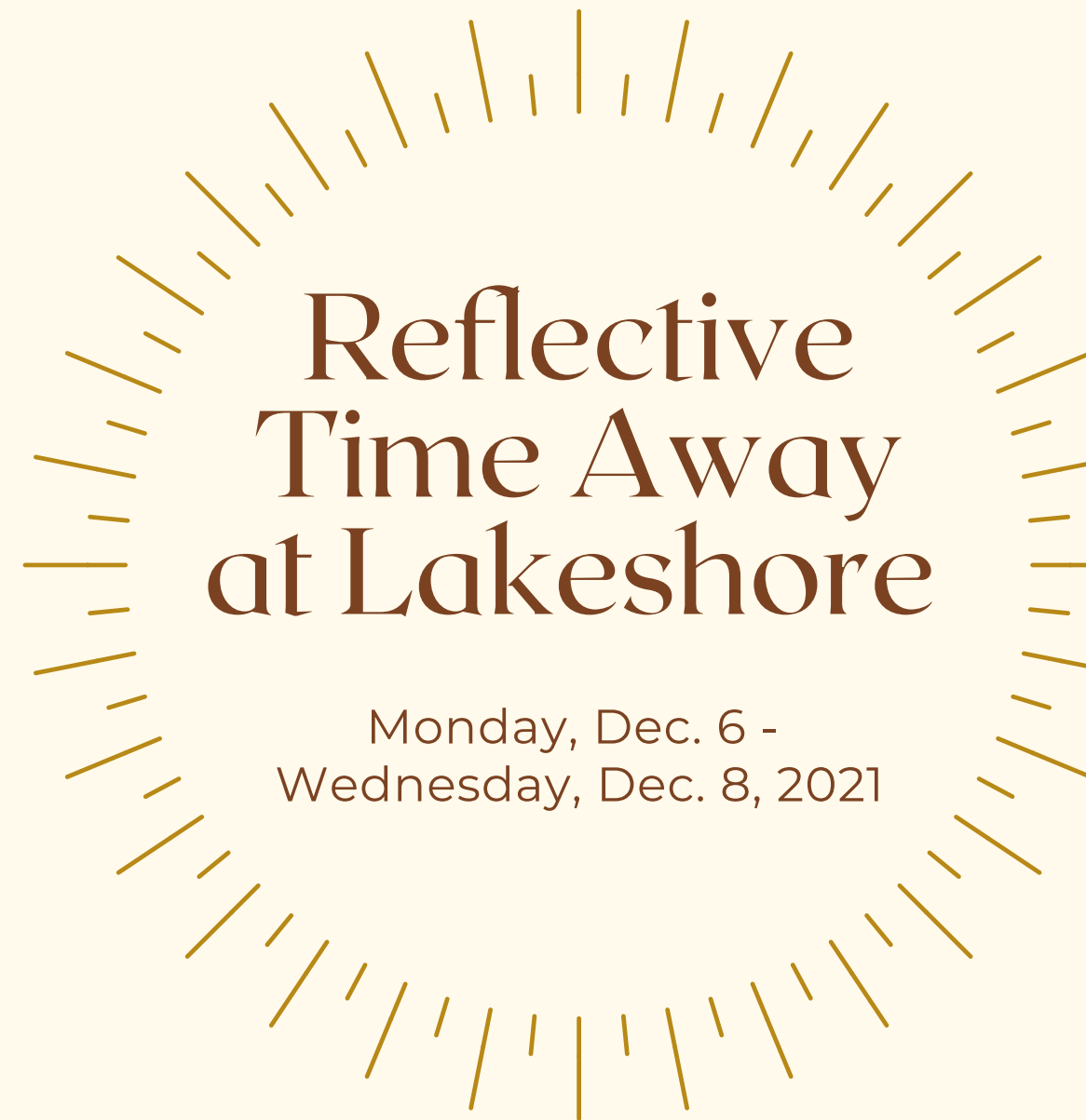
Romans 5 reminds us that where there is suffering - and grief and loss - there also is hope.

Being people of Christ, we know the hope is present, even when it's hard to identify.

Join us at Lakeshore Center for a time of worship, reflection, conversation, and renewal.



**"For everything
there is a season..."**
Ecclesiastes 3:1



Reflective Time Away at Lakeshore

Monday, Dec. 6 -
Wednesday, Dec. 8, 2021

Lakeshore Center, in partnership with Leaderwise, Omaha Presbyterian Seminary Foundation, NCI Presbytery, and Prospect Hill Presbytery, invite you to a reflective time away to acknowledge and begin to heal the losses, individual and collective, that have taken their toll because of the pandemic.

**"It is the nature of grace to fill spaces
that have been empty." Goethe**

Mark Sundby

M.DIV, PHD,
LICENSED PSYCHOLOGIST



ABOUT MARK

- Consultant, Teacher, Counselor in Psychology for over 25 years.
- Executive Director of Leaderwise / North Central Ministry Development Center
- Regularly presents on topics including Conflict Management, Resiliency, Emotional Intelligence, and Competency Modeling to measure and develop effective leaders
- Visiting Professor at St. Olaf College
- Ordained United Methodist pastor in Wisconsin Conference
- Keeps busy with his wife of 35 years and two adult sons as well as Bicycling, Hiking, Exercising, Reading, Cooking, and Spending time with friends

The purpose of this retreat is:

- to address personal loss which has occurred through the pandemic - the loss of loved ones, opportunities, possibilities, businesses...
- to address the loss / decline of our churches / communities or the vitality of our churches and communities.
- to equip folk returning home to help their churches and communities address the losses.



Please mail attached
registration form
or go to
[www.lakeshorecenterat
okoboji.org](http://www.lakeshorecenteratokoboji.org)

Kara Montgomery Johnson

LMFT, CGCS, MSE, MED



ABOUT KARA

- Licensed Family Therapist and Grief Counseling Specialist
- Training presentations include: Talking about end of life, Counseling skills and building a therapeutic alliance, Understanding families in the context of illness, The emotional experience of cancer, Health related anxiety, Ambiguous Loss, and Anticipatory grief
- Graduate certificate in Marriage and Family Therapy, Masters in Counseling, and Master's in Education
- Outside of work she enjoys any outdoor activity - walking, hiking, camping, canoeing, snowshoeing, and nordic skiing
- She is married with two college aged kids who keep her grounded and laughing