

MCDES Member Only Event

Winter's Secret Work



Andrea Tatley, M.Div.

Virtual Event with
Andrea Tatley, M.Div.
Thursday, March 24
6 to 7:30 pm



As we wrap ourselves in fleece, cradle a warm mug of our favorite beverage and watch the softly falling snow...

We imagine the emergence of daffodils tips, the bursting of tree buds and the sound of returning birdsong. Our Midwest winters can be bold and fierce, inviting quiet and a movement inward. But then...the temperatures rise, the snow melts, and as if overnight it happens...voila...spring!

On Thursday, March 24th, we will gather for a special MCDES member event, *Winter's Secret Work*. We will pause on the threshold of a new season, say goodbye to winter and welcome all that spring has for us.

There will be time to quiet the heart and soothe the soul; to hear the warmth singing in our hearts. Using elements of poetry, photography, writing, and more, we will uncover the messages left by winter and listen for the call of spring. You will discover how the use of our senses enables us to notice our body, to process fear, and note what brings us discomfort in order to ease our hearts and open our souls to a fresh energy. You will find rest, refreshment, and comradery as we craft a ritual to move us into this new season awaiting inside each of us.

Bring something to write with and something to write on: non-lined index cards, markers, colored pencils (or whatever is in your children's art stash) and soft heart.

Andrea Tatley, M.Div., is a writer, photographer, and coach. She finds restoration in practices such as travel, nature, gardening and climbing around the boulders of the north shore of Lake Superior. Her work is focused on nature-based resilience therapy as it integrates with spirituality and includes the sacred creative, mindfulness and their impact on lowering anxiety and stress while increasing resiliency.

Objectives

At this program, participants will:

1. Learn about some self-care methods available to all.
2. Use a writing activity to foster hope and look forward.

Registration Deadline

Please register by or before
Wednesday, March 23.



Minnesota Coalition for
Death Education and Support

This FREE event is offered only to MCDES members; however, **registration is required**. Register at <https://www.mcdes.org/memberevento22322.html>. You will then receive a confirmation, with your unique Zoom link.