

# A NIGHT TO ILLUMINATE GRIEF

Join us on the Winter Solstice to celebrate the LIGHT movement:  
Love in Grief Held Together.

Thursday Dec 21, 2023 from 7 PM - 9 PM MST

First Plymouth Congregational Church, 3501 S Colorado Blvd, Cherry Hills, CO 80113

In person and virtual | All faith and spiritual modalities welcome | This event is free for all

## YOU ARE NOT ALONE

Led by experienced grief therapist Amy Pickett-Williams LCSW & 200 RYT,  
gifted musician Heidi Thomas, and a team of volunteers.

### JOIN US IN COMMUNITY TO:



#### Explore the Grief Journey

Discover how grief resides within our bodies and gain tools to navigate this emotional voyage.



#### Embrace Community

Engage in meaningful conversations, gentle movement, breathwork, therapeutic art rituals, and the harmonious power of music.



#### Hold a Candlelight Remembrance

As the Winter Solstice envelops us, we'll come together in person and through a live stream to heal, remember, and honor together.

### WORLDWIDE LIGHT MOVEMENT

We encourage the whole world to hold grief with us through love, prayer, energy, and meditation.



[lightmvmt.com](http://lightmvmt.com)

Event is sponsored by the Worship and Well-being Center at First Plymouth Congregational Church. Donations are optional and will be directed to non-profit grief organizations.