



**Active Hope: Come Together to Face the Mess We Are In**  
Gather with us as we move through post-election grief and trauma.

**Friday, January 20, 2017 ~ 1:00 – 3:00 p.m.**  
**First Unitarian Church of Wilmington, Delaware**  
730 Halstead Road, Wilmington, DE 19803

**Facilitator: Lee Reinert, Ph.D. ~ PA Interfaith Power and Light**  
**For more information: 302-478-2384; [roberta@firstuuwilm.org](mailto:roberta@firstuuwilm.org)**

At this extraordinary moment after this extremely toxic political season, we may find ourselves needing support and a venue to express our emotions, to gain perspective and make sense of things. Coming together in community can help us build resilience.

The Active Hope Workshop offers  
~ a format for expressing our truth and reclaiming our power  
~ a framework to develop insights to help us move out of overwhelm and despair  
~ restorative practice to reawaken our stamina and buoyancy

It can be tempting to turn away, or numb ourselves during this challenging time. However, the ability to face our pain and grief for the world is a gateway for transformation. Our “get over it” culture does not serve our highest good. We may need to grieve and express our distress whether it be it sadness, anger, shock, confusion, or outrage. It is a time to come together, and take steps toward clarifying how each of us might move forward into thoughtful, meaningful action.

***PLEASE JOIN US!***