

# Beauty for Ashes

A Sacred Time & Space for Honouring Loss & Grief



**24-26 August 2023**

Thursday (7.00 pm - 10.00 pm)

Friday (8.45 am - 5.00 pm)

Saturday (8.45 am - 12.45 pm)



**Trinity Methodist Church, PJ**



## PLENARY SESSIONS

### Saying Hello & Saying Goodbye - The Inevitability of Grieving in Our Lives

We are creatures of time and space. As we go through life, we are constantly saying "hello" and "goodbye." Grief is a natural part of the human experience, not just limited to the loss of a loved one. Our four sessions will discuss the overall "whatness" and "how-ness" of human loss and grieving, which aim to help us move towards some quality interior healing. We will also consider the pivotal role of faith and spirituality, and how they can provide comfort and meaning during times of sorrow. Join us as we navigate the journey of grief and find ways to embrace hope and healing.



**Fr Ramon Bautista, SJ**

Fr Ramon Bautista, SJ is a Filipino Jesuit Priest who has a PhD in Ignatian Spirituality from the University of London and currently teaches at the Ateneo University, Manila. He is a spiritual director and author of several books on Ignatian Spirituality. Fr Ramon believes that processing grief and loss is essential to spiritual direction, counselling, and formation work. His latest book, 'Wood for the Fire,' offers readers prayer exercises to facilitate deeper healing.

### Ministry of Presence: Role of Community in Grief Work

As a community, the Church has a crucial role to play in supporting those who are grieving. This session explores the meaning of the "ministry of presence" and the vital role the Church plays in creating a safe space for the grieving. Discover how we can learn from Christ's model of compassion and offer meaningful support to those in need.

Dr Hera Lukman is a Chartered Health Psychologist with the British Psychological Society. She has a PhD in Psychology from the University of Leeds, UK and has taught Psychology in the UK and Malaysia. She currently works with education and faith-based communities to improve mental health literacy. Hera is passionate about building informed communities to support those struggling with mental health issues.



**Dr Hera Lukman**

## WORKSHOPS - Participants can choose ONE out of four

### Workshop #1: Holding Space for Grief, Together - Exploring Grief Support Groups



**Pastor Lillian Bulan-Dorai**  
COUNSELLOR

In this workshop you will learn about the benefits of being a part of a grief support group. Discover the “what, why and how” of a grief support group to help you through your grieving process and to help the church consider such a ministry.

### Workshop #2: Christians Grieve Too - A Transforming Journey for the Church



**Dr Wong Moi Lee**  
SEMINARY ADJUNCT FACULTY

In this workshop, pastors, leaders, and caregivers will learn how to offer practical, emotional, and spiritual support to those who are grieving in their community and church. Discover how mutual vulnerability can lead to greater awareness and transformational growth for both the griever and caregiver.

### Workshop #3: Expression of Grief Through Art



**Ms Alicia Ng Kah Wei**  
CLINICAL PSYCHOLOGIST

This workshop allows you to explore and cultivate the creative practice of painting in processing grief. Discover how you can use art as a free form of grief expression and reflection as you move towards healing and growth. No art experience is required. Participants will bear the cost of art materials provided. Limited to 20 participants only.

### Workshop #4: Journaling Through Grief



**Dr Lilian Koh**  
SPIRITUAL DIRECTOR

Journaling can be a powerful way to give voice to your experiences of grief and capture the human and spiritual narrative of life after loss. In this experiential workshop, you will learn how to express your experiences of grief through the practice of journaling.

For more information on **Speaker Profiles & Schedule Details**, please go to **[Beauty for Ashes](#)**

'Beauty for Ashes' includes communal worship, personal reflections, guided conversations & creative expressions, culminating with a communal healing worship service. Don't miss this opportunity to learn and find healing and support on your journey of grief and loss.

## Register now!

#### Contribution Per Person

(inclusive of lunch, tea & welcome gift)  
Early Bird: RM150 (until 30th June 2023)  
Normal: RM195 (after 30th June 2023)  
Deadline: 10th Aug 2023

For enquiries: [icm@trac.org.my](mailto:icm@trac.org.my)

<https://tinyurl.com/icm-beautyforashes>



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