



Grief Café is a new monthly gathering that grows out of our January Grief Education Series, where we explored what grief is and how it affects us physically, emotionally, and spiritually. We encounter loss in many ways and the impact of it is unique to each of us. We invite you to join us wherever you are in your grief journey, whatever the loss you've experienced.

Each month, we'll offer a gentle, informal space to reflect on the many forms of grief and how we're experiencing them in our own lives. You are welcome to speak, to listen, or simply to be present; there is no pressure to share. Together we'll explore the complexity and nuance of grief, connect with others who carry similar losses, and make room for stories, questions, or quiet solidarity.

Grief Café will be hosted by Susan Mooney and Mary Burns, who will bring a variety of themes and prompts to spark thoughtful conversation, with occasional visits from Pastor Lorraine Leist. This is a forum for being with like-minded friends at Montview as we live with and think about grief; it is not a structured grief support group.

Date: Sunday, June 14, 2026

Time: 11:15a –12:15p

Location: Room 204A

We hope this gathering helps us remove the stigma around talking about death, dying, and loss, and encourages more honest, hopeful conversations about grief and moving forward. All are welcome.