

**Using *Lamentations* to Lament:
Exploring Healing for Ourselves
(and Others)
Through Sorrow-Filled Stories**

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Shalom Park, Aurora, Colorado The HealthCare Chaplaincy, New York
Agenda: Orlando FL, January 30, 2009**

1st hour

Gathering/Welcoming

Introduction to Presenters

Review Workshop Description

- i. we will explore the biblical text of *Lamentations* from ancient, traditional and contemporary perspectives in this academic and experiential workshop
- ii. we will utilize group and individual process to delve into the positive healing power of lamenting
- iii. this academic and experiential workshop offers tools through which we can begin a process of self-healing from the negative impact of painful spiritual dynamics that we have accumulated while engaged in our personal lives and also, while listening to many sorrow-filled stories in our professional lives

Goals for the Morning

- i. be able to use the biblical book of *Lamentations* to access and liberate the laments in our souls – and in the souls of our patients, residents, inmates and other clients
- ii. be able to value each sorrow-filled story as a lament that can detoxify our souls and our bodies – and the souls of our patients, residents, inmates and other clients
- iii. be able to write a personal lament using the book of *Lamentations* as a guide

Use of *Lamentations*

in Jewish liturgical settings
in Christian liturgical settings

Text and Contemporary Trauma

yesterday
today

1st – 2nd hour The Historical Context to *Lamentations*
The Structure of *Lamentations*
The Term *Lamentations*

From *Lamentations* to Lamenting

10:00-10:15 **BREAK**

3rd hour Women in *Lamentations*

Men in *Lamentations*

Contemporary Laments

4th hour We invite you to Lament

We invite you to Share

Q & A

Wrap-up

Evaluations

Hand-Outs