



PAIN, SUFFERING, AND RELIEF: BEFRIENDING THAT CONNECTS THE DOTS

Virtual Continuing Education Event
Thursday, March 23 6:30 - 8:00 pm CT

Learn about the texture of pain, suffering, and relief and explore what we can do to increase our presence with ourselves and others in the face of suffering. Join spiritual director Sarah Cledwyn in exploring the movement from pain, through suffering, and to relief. We all experience pain. This is part of the fabric of living. What we do with pain can cause, prolong, or worsen suffering or it can bring intimacy and healing.

Skillful companionship opens the possibility for relief of suffering and a path towards healing. We will explore the conditions that prevent and ease suffering and spend time reflecting on where we easily create these conditions and what gets in the way. We will also look at the science around trauma and the role that companionship plays in preventing pain from becoming suffering.

Event Details

Date: March 23, 2023

Time: 6:30-8:00 pm CT

Participate from the comfort of your home or office.

Fee: \$25.00 per participant

During the week of March 23, you will receive an email with the event link.

How to Register

Online: www.befrienderministry.org

Continuing Education / National Office Events

Mail: Complete registration form and send with payment to:

BeFriender Ministry National Office
1120 E. 80th Street, Suite 105
Bloomington MN 55420

Registrations are non-refundable. You may transfer your registration to someone else to attend the same session for which you were registered. Please notify the BeFriender Ministry office with the transfer information.



Presenter: Sarah Cledwyn

Sarah Cledwyn is a full time spiritual director and spiritual direction supervisor in St. Paul, MN. Sarah has spent her career in deep study and curiosity around human transformation, spiritual formation, embodied practice, and healing work. She identifies as a mystical human being who loves exploring the Mystery with others. To learn more about Sarah and her work, visit her website at www.sarahcledwyn.com.

BEFRIENDER MINISTRY

God is Present • Caring not Curing • Active Listening • Nonjudgmental Presence

1120 E. 80th St. Suite 105, Bloomington, MN 55420 • 952-767-0244 • www.befrienderministry.org



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Registrant Information

Please register online at www.befrienderministry.org and choose Continuing Education/National Office Events or complete a form for each registrant and mail together

Name _____

Phone _____

Home Work

Phone _____

Cell

E-mail _____

During the week of the event, you will receive an email with a link to attend the virtual event.

Preferred Mailing Address:

The address above is my: Home Church/ organization

Your Current Role:

Pastor Staff _____
 BeFriender
 Volunteer Other _____

Church/Organization Information

Church/Organization name

Church/Organization address (if not listed above)

Registration Fees

_____ Number of registrations x \$25 = \$ _____

TOTAL amount due to BeFriender Ministry _____

A check payable to BeFriender Ministry in the amount of \$ _____ is enclosed.

I authorize BeFriender Ministry to charge \$ _____ to the credit card listed below.

Credit Card Information

VISA MasterCard Discover

Name on Card (please print):

_____ Personal Card Church/organization card

Card number _____

Expiration date _____

Billing Address _____

City and State _____

Zip Code _____

3-digit card security code _____

Signature _____

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