

# A TIME TO MOURN: A COMMUNITY VIGIL FOR HOPE

**Sunday, October 25, 4-5 pm**

**In the Chapel at Holy Trinity Episcopal Church  
330 Ravenswood Avenue at Laurel Street, Menlo Park**

*A time to come together for reflection, remembering and healing  
in the wake of the suicides of teens in our community.*

Everyone is welcome to join us to light a candle, walk the labyrinth\*, write a memory, say a prayer, or simply sit in silence. You may come and go as you wish or stay the full hour. As we approach the growing darkness of the season, All Souls Day, All Saints Day, and *Dia de los Muertos*, it seems fitting that we gather as people from all walks of life and spiritual paths to acknowledge our grief and experience the healing of community, ritual and spirit.

Spiritual leaders from diverse traditions will be available if you wish to speak to one. Youth groups are welcome to come together.



*\*The labyrinth is an ancient spiritual tool. It can help you move into hope and walk with light in the darkness. Unlike a maze, with its dead ends and confusing choices, the labyrinth asks that you choose only one thing. Choose to keep going. If you do keep going, no matter how long it takes, the labyrinth will lead you into the center and out again. You can always have hope. It is a simple practice that helps slow you down and listen to the voice of your heart.*

For further information, contact: [revfhk@aol.com](mailto:revfhk@aol.com)

*Sponsored by the interfaith religious community*