

# Mission Statement

Kerith Brook hosts restful retreats for adults grieving the death of a loved one.

## Guests can expect:

- Friendly, kind and knowledgeable hosts
- Comfortable accommodations
- Optional gatherings that promote healing
- Satisfying meals
- Grief information
- Access to outdoor areas
- Space to "be"
- Non-judgmental environment



## The Story Behind the Name

The name Kerith Brook comes from 1 Kings 17 in the Holy Bible. In this chapter, Elijah was hiding from a king when the Lord sent him to a brook within the Kerith Ravine. It was a safe place of beauty where God met all Elijah's needs. And, it was a temporary place - Elijah left Kerith Brook after a few days, renewed and ready to continue his work. This is the goal of the retreats, providing a temporary, safe place of rest for the purpose of restoration. Kerith Brook strives to provide the same peace and support that its namesake provided Elijah.



6435 West Jefferson Blvd. #111  
Fort Wayne, Indiana 46804  
(260) 241 - 2350 • [kerithbrook.org](http://kerithbrook.org)  
[info@kerithbrook.org](mailto:info@kerithbrook.org)



# Kerith Brook

Retreats for Grieving Adults



MAKE THIS TIME  
**YOUR OWN**



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## About Us

Kerith Brook provides retreats where grieving adults can rest and “be” wherever their grief journey leads them. Kerith Brook is a place that understands the grieving process and also understands how very personal and individual the process is. Retreats are held in beautiful, comfortable settings offering grieving adults the space to experience respite. Each guest is encouraged to make the time his or her own: taking a walk on the grounds, joining an optional gathering, visiting with other guests, curling up with a good book or simply resting, whatever the guest needs.

**Kerith Brook is a non-profit organization. Thanks to the generous support of donors, there is no fee to attend a retreat.**

## The Catalyst for Kerith Brook

On a beautiful, sunny Sunday afternoon, my husband Doug went for a long bicycle ride. In a moment, my life changed forever when he was struck by a car and killed. I was suddenly a widow in my early thirties after only three years of marriage. During my loss I found that grieving is exhausting. This is a well-known fact in the mental health community. Yet, over the many years since Doug’s death, I found there were few places for a

grieving person to go just to rest. I longed for a place where I could rest and also just “be” – a place where people understand the grieving process and also understand how very personal and individual the process is. Through this desire, the idea for a grief retreat house was born; a literal house where adults can rest and “be” wherever their grief journeys are taking them.

**-Jane Munk, founder of Kerith Brook**



A safe place of rest for the purpose of **restoration.**