

# Grief *and Spiritual Community*

## Hope And Help For The Holidays And Beyond

- ▶ How we learn to grieve
- ▶ The potential of collective compassion
- ▶ The value of ritual and routine
- ▶ The power of celebration

The greatness of a community is most accurately measured by the compassionate actions of its members.

Coretta Scott King

### Permission To Grieve

- A spiritual community \_\_\_\_\_ the grieving process, making it okay.
- Children learn how to grieve by \_\_\_\_\_ the responses of the adults.
- When I share my \_\_\_\_\_ with you, we both are helped.

### Collective Compassion

- The Latin word *compassio*, means “\_\_\_\_\_.”
- There is safety in being \_\_\_\_\_, knowing that you are here for me, and I am here for you.
- To share in another’s suffering is true \_\_\_\_\_.
- Community members share their compassion through \_\_\_\_\_, \_\_\_\_\_, and endeavoring to \_\_\_\_\_.
- Grief is common to all; as long as there are \_\_\_\_\_, there will be grieving.

### Value of Rituals

- Ritual is a sacred \_\_\_\_\_ consisting of a series of \_\_\_\_\_ according to a prescribed order.
- Rituals reduce \_\_\_\_\_, renew connection, add simplicity and give \_\_\_\_\_.

### The Power of Celebration

- “To honor and \_\_\_\_\_, observe and \_\_\_\_\_.
- Advantages: “Personalization, \_\_\_\_\_, Positive tone, \_\_\_\_\_, \_\_\_\_\_, Involving \_\_\_\_\_, \_\_\_\_\_, begins the healing process.”

# Resources

When Bad Things Happen to Good People ~Harold Kushner

The Spirituality of Grief: Ten Practices for Those Who Remain ~Fran Tilton Shelton

Conscious Grieving: A Transformative Approach to Healing from Loss ~Claire Bidwell Smith

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