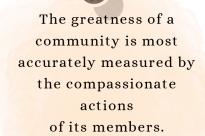
# Grief and Spiritual Community

### 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



Coretta Scott King



#### Permission To Grieve

grieving.

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

#### 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

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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