CHRIST CHURCH GRIEF SUPPORT GROUP SESSION 5: MEANING MAKING

JANUARY 7, 2025

THE REVS. JOANNA HOLLIS AND DAPHNE ROBERTS

OPENING PRAYER

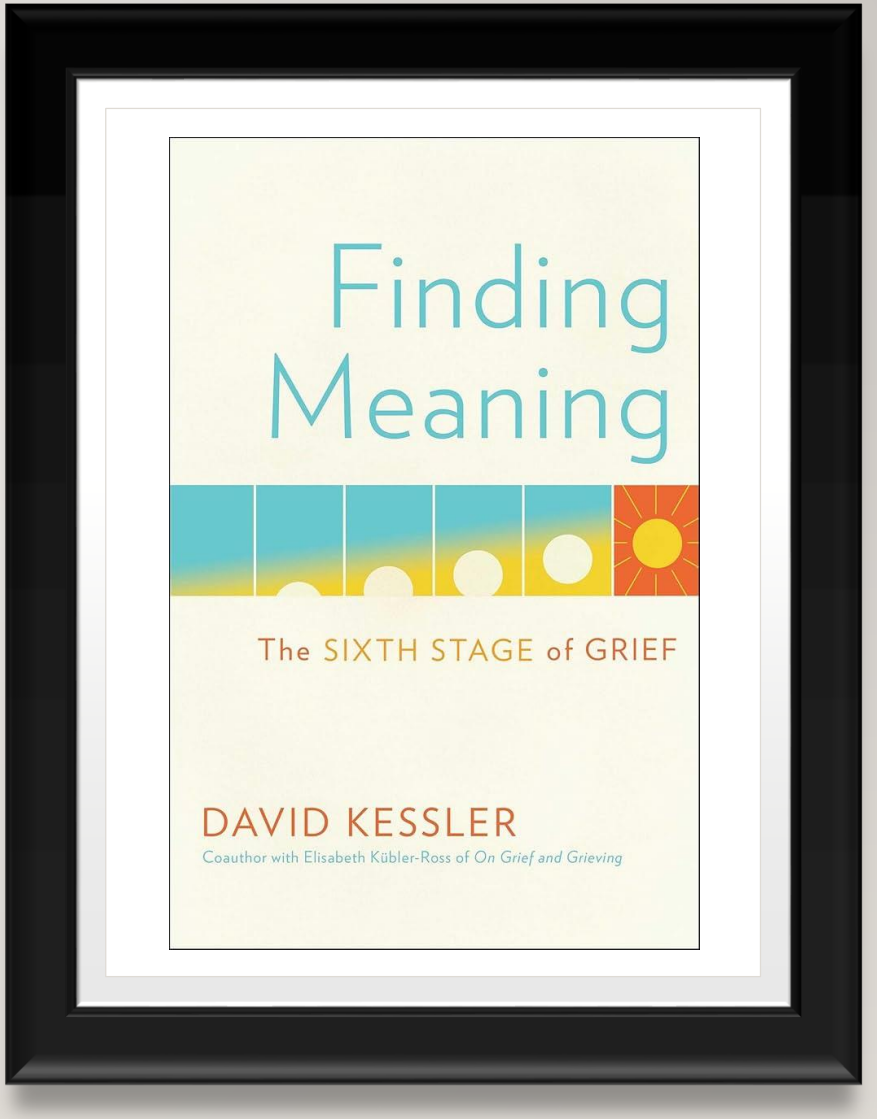
Merciful God, whose Son Jesus wept at the death of Lazarus: look with compassion on all who are bound by sorrow and pain through the death of their loved ones. Comfort them, grant them the conviction that all things work together for good to those who love you, and help them to find sure trust and confidence in your resurrection power; through Jesus Christ our deliverer. Amen.

GROUP NORMS AND HOUSEKEEPING

- **NORMS**
  - **ZOOM ETIQUETTE**
  - **CONFIDENTIALITY**
  - **RESPECT**
  - **ADVICE**
  - **PARTICIPATION**
  - **ACTIVE LISTENING**
- **HOUSEKEEPING**
  - **Content-related questions during presentation/teaching time are welcome.**
  - **Story telling is welcome during group reflection time.**

WHAT IS MEANING MAKING IN GRIEF?

- David Kessler: How to find meaning after loss - https://www.youtube.com/watch?v=D3azoUEEy3E
- Finding meaning is "a way to sustain your love for the person you have lost."
- Through finding meaning, grief is transformed into a "peaceful and hopeful experience."



WHAT IS MEANING MAKING IN GRIEF?

- Meaning is relative and personal
- Meaning takes time
- Meaning doesn't require understanding
- Even when you find meaning, you won't feel it was worth the cost
- Your loss is not a test, a lesson something to handle, a gift, or a blessing

While the relationship has changed, you can take comfort in knowing that the relationship does not have to be completely severed; instead, it is perfectly normal for the relationship to endure forever.

WHAT DOES MEANING MAKING LOOK LIKE?

- **Internal**
  - Moving from remembering a loved one painfully to remembering with love
  - Being able to find meaning and peace in memories instead of pain
- **External**
  - Passing on the love of a deceased loved one through supporting others, volunteering, or writing about one's life and story, and finding ways to keep the loved one's legacy alive.
  - Living legacies (carrying out the deceased's mission, memorial donations, organ donations)
  - Visiting the grave or lighting candles

REFLECTION QUESTIONS

- *David Kessler suggests that finding meaning "is the stage where the healing often resides." In your experiences of grief (whether recent or in the past), how have you found this to be true?*
- *What has been an important touchpoint for you in today's topic of meaning making and why?*
- *If you are in an emotional and spiritual place in your grief to be able to think about this, what might meaning making look like for you?*

CLOSING PRAYER

God of peace, you have taught us that in returning and rest we shall be saved,
in quietness and confidence shall be our strength. By the might of your Spirit lift us, we pray,
to your presence, where we may be still and know that you are God; through Jesus Christ
our Lord. Amen.