GRIEF GROUP

SESSION No. 6
JANUARY 21, 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

•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.

RECAP

Stages of Grief

Reaction of Loss And Self-Care

Holidays/Anniversaries/Important Dates

Four Tasks of Mourning

Meaning Making

THE ONLY WAY OUT, IS THROUGH
THE ONLY WAY THROUGH IS GROWTH

What brought us together?

Sharing your story.

Listening to others.

BEFORE AND AFTER

"Before the death of my loved one, one of my biggest commitments was… and now after the death of my loved one my biggest commitment is…"

"Before the death of my loved the one, the thing I most cherished was… and now after the death the thing I most cherish is…"

"Before the death I found solace in… and now after the death I find solace in…"

NOW

How do you reflect on the progress you have made?

What brings you comfort and optimism?

What is on the horizon for you?

What would you say to your future self in a letter?

FINGER MAZE

A finger maze or meditation labyrinth

A tool for mindfulness and relaxation

Move a finger slowly along the path

Calm and center yourself



REFLECTION

How did the Holy Spirit move through our sessions together?

How can we pray for each other?

CLOSING PRAYER

May God give to you and all whom you love his comfort and his peace, his light and his joy, in this world and the next. Amen