GRIEF GROUP

SESSION No. 4
DECEMBER 17, 2024

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.**



Grief is not only related to a recent death or related to a death at all. Grief can be associated with any change in your life. It can be recent or many years ago. If we did not care so much about that life changing event or situation or shift or removal, we would not miss them or it so much. The change in your life could be as immediate as an unfortunate accident or a slow change that you witness and grieve as it progresses.

HOW WAS THANKSGIVING?

Reflections?

How did you navigate the holiday?

Thoughts?

What might you change next year?

How will Thanksgiving help you prepare for Christmas and the New Year?

QUESTIONS TO ASK YOURSELF

How do I figure out what makes me happy?

How do I know what I value?

How do I want to spend my days and what is truly important to me?

FOUR TASKS OF MOURNING

ACCEPT the reality of the loss

EXPERIENCE and PROCESS the grief and pain

ADJUST to a world without the deceased

Find a way to MAINTAIN A CONNECTION to the person who died and MOVE FORWARD with your life

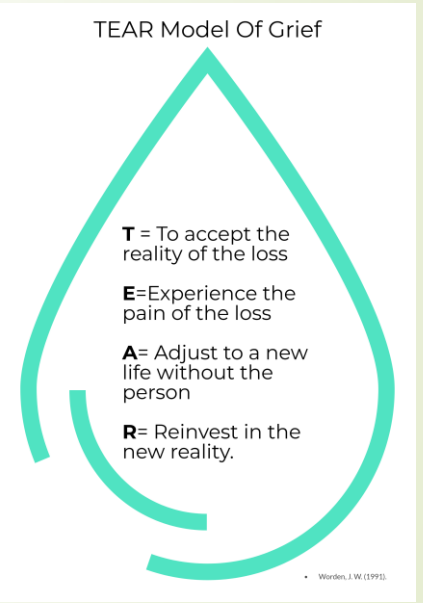
THE TEAR MODEL OF GRIEF

TO ACCEPT THE REALITY OF THE LOSS

EXPERIENCE THE PAIN OF LOSS

ADJUST TO A NEW LIFE

REINVEST IN A NEW REALITY



J. William Worden

TO ACCEPT THE REALITY OF THE LOSS

This has happened

I can not change what happened

Figure it out

EXPERIENCE THE PAIN OF LOSS

We avoid pain

We shield ourselves

THE ONLY WAY OUT, IS THROUGH

ADJUST TO A NEW LIFE

We grieve other things also

Grief creates change

We are creatures of habit

We are scared

REINVEST IN A NEW REALITY

A new path

How to move forward

Change of values

Loss is a teacher

CONTINUE TO MOVE THROUGH LIFE

Care of yourself: physically-emotionally-socially-intellectually-spiritually

Physically: exercise, nutrition

Emotionally: coping skills and being optimistic

Socially: family and relationships

Intellectually: learning new skills and engaging in meaningful activities

Spiritually: engage in religious or spiritual services and practice gratitude

QUESTIONS

How has grief been a teacher for you?

What has grief taught you about yourself?

What is truly important to you right now?

CLOSING PRAYER

When I say, I pause (breathe in and out).

I pause (breathe in and out) and thank you for this day. For the challenges, the emotions, the struggle. For in all this, I grow closer to you.

I pause (breathe in and out) and ask that in the darkness, I see your light and in my fear, I feel your strength.

I pause (breathe in and out) and remember that today, as in days before, I have survived. When I've wanted to run, I've stayed. When I wanted to hide, I've faced the day.

I pause (breathe in and out) and ask for forgiveness for the days I falter, and the grief takes over. I ask for compassion and love when I'm unable to give those to myself.

I pause (breathe in and out) and resolve to love myself more tomorrow. And always feel your spirit surround me in safety.

I pause (breathe in and out) and rest. Amen.