

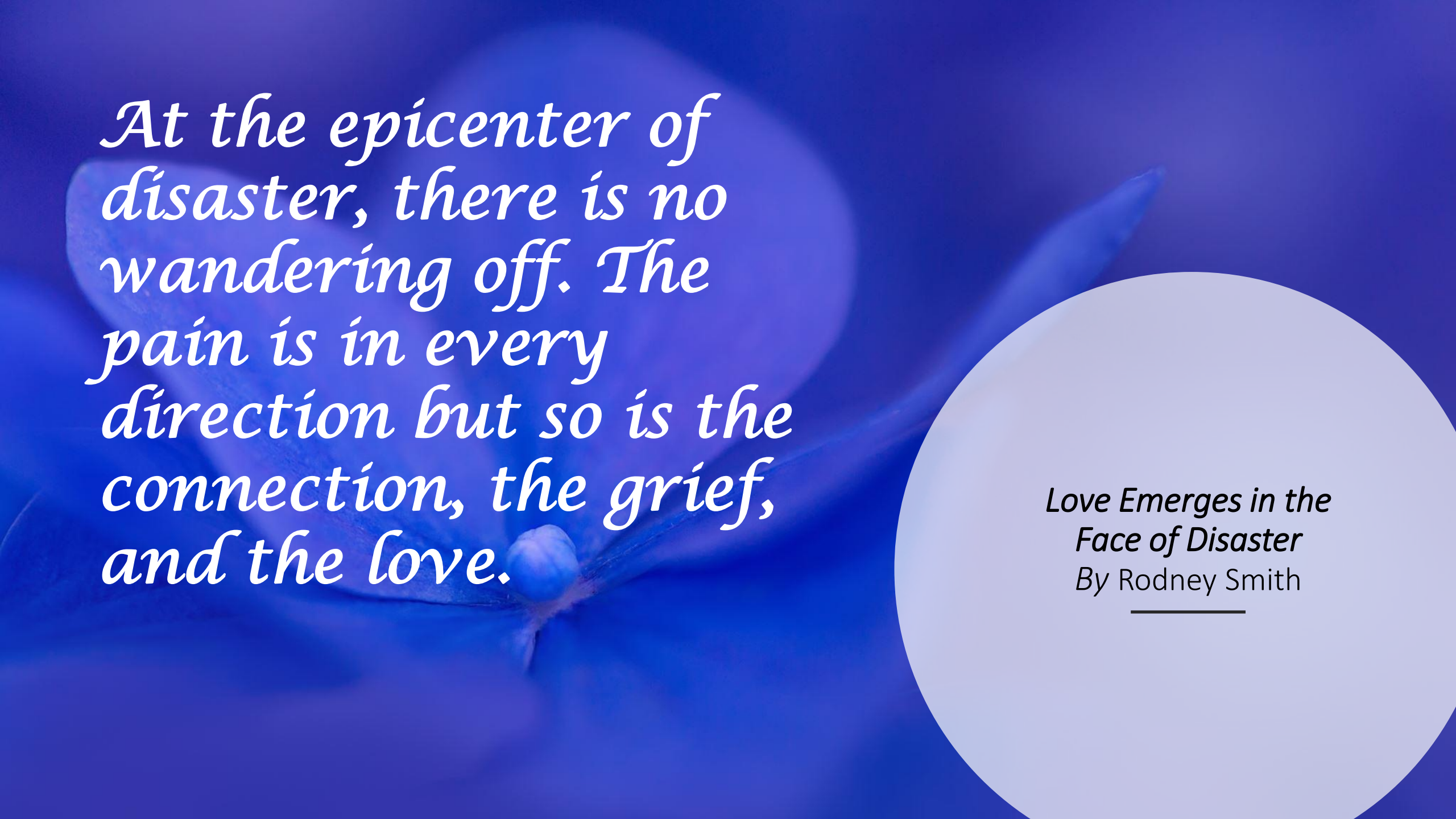
The Prayer and Care Center of Mile Hi Church presents

# Navigating the Emotional Pain of Pandemic Grief



Offered by Dr. Patty Luckenbach





*At the epicenter of disaster, there is no wandering off. The pain is in every direction but so is the connection, the grief, and the love.*

*Love Emerges in the  
Face of Disaster*  
By Rodney Smith

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*Only people  
who avoid love  
can avoid grief.  
The point is to  
learn from it and  
remain vulnerable  
to love.*

John Brantner

Remaining vulnerable within grief is the wiser choice. The tenderer we are, the closer we are to love. When we really feel the painful, raw exposure of loss, we move into and through our grief, coming closer to love. We slowly learn to trust the heart's responses of tenderness and caring.



# NAVIGATING PANDEMIC GRIEF

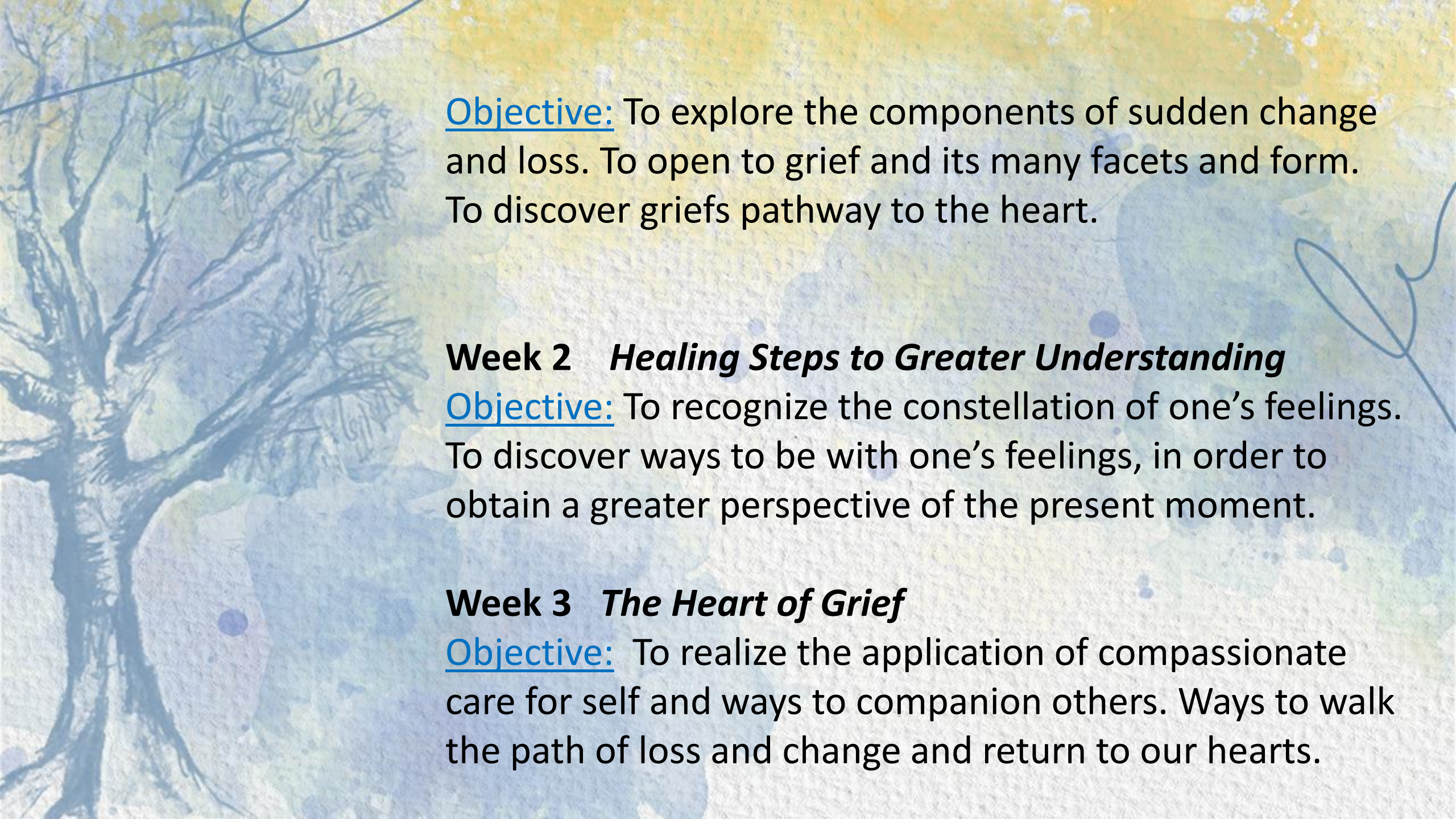
## WEEK 1

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Grief the Great  
Shape Shifter







Objective: To explore the components of sudden change and loss. To open to grief and its many facets and form. To discover grief's pathway to the heart.

**Week 2    *Healing Steps to Greater Understanding***

Objective: To recognize the constellation of one's feelings. To discover ways to be with one's feelings, in order to obtain a greater perspective of the present moment.

**Week 3    *The Heart of Grief***

Objective: To realize the application of compassionate care for self and ways to companion others. Ways to walk the path of loss and change and return to our hearts.



Mile Hi Church

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[milehichurch.org/Giving](https://milehichurch.org/Giving)  
and choose the best way  
for you to give.



*It's different here.™*



I AM  
**CURRENTLY**

**UNDER CONSTRUCTION**





## A Message of Hope from the Hopi Nation

To my fellow swimmers, there is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel that they are being torn apart and will suffer greatly. Know that the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open and our head above the water.

And I say , "See who is in there with you and celebrate!" At this time in history we are to take nothing personally, least of all ourselves. For the moment that we do, our spiritual growth and journey comes to a halt. The time of the lone wolf is over. Gather yourselves! Banish the word, "Struggle" from your vocabulary. All that we do now must be done in a sacred manner and in celebration.

**WE ARE THE ONES WE HAVE BEEN WAITING FOR!**

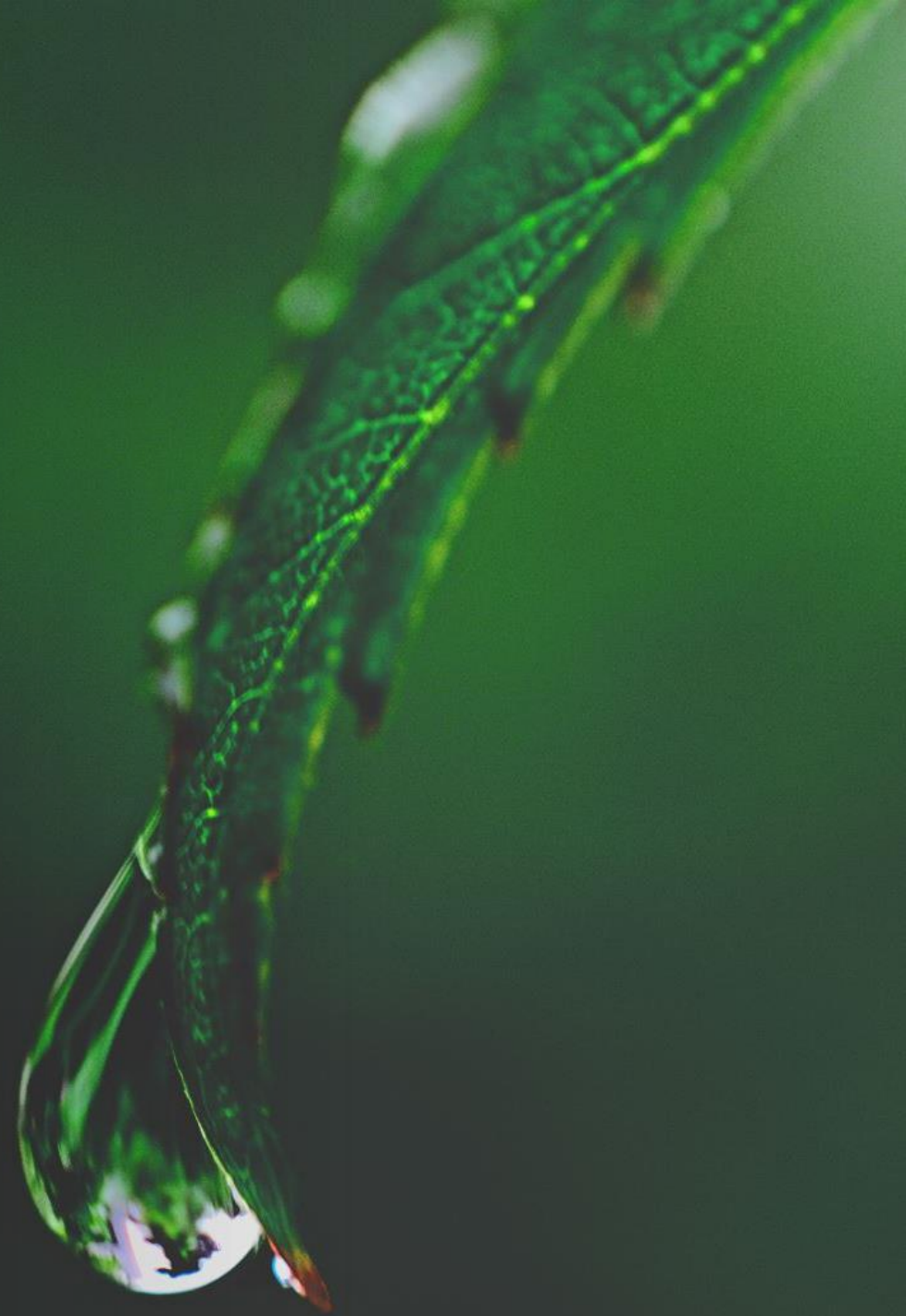
*-Oraibi, Arizona, Hopi Nation*



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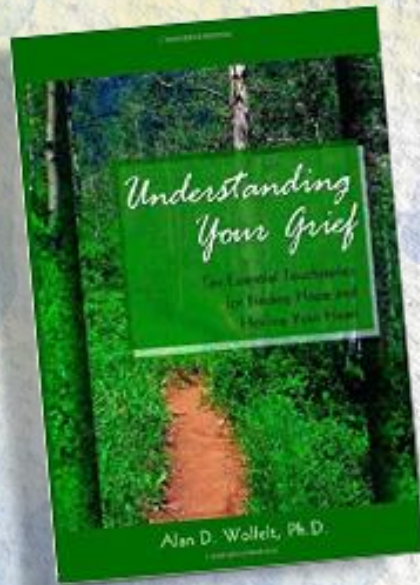
Grief is everything we think  
and feel inside of us  
whenever our attachments  
are threatened, harmed, or  
severed.

Dr. Alan Wolfelt (March 26, 2020 article)





# BOOK

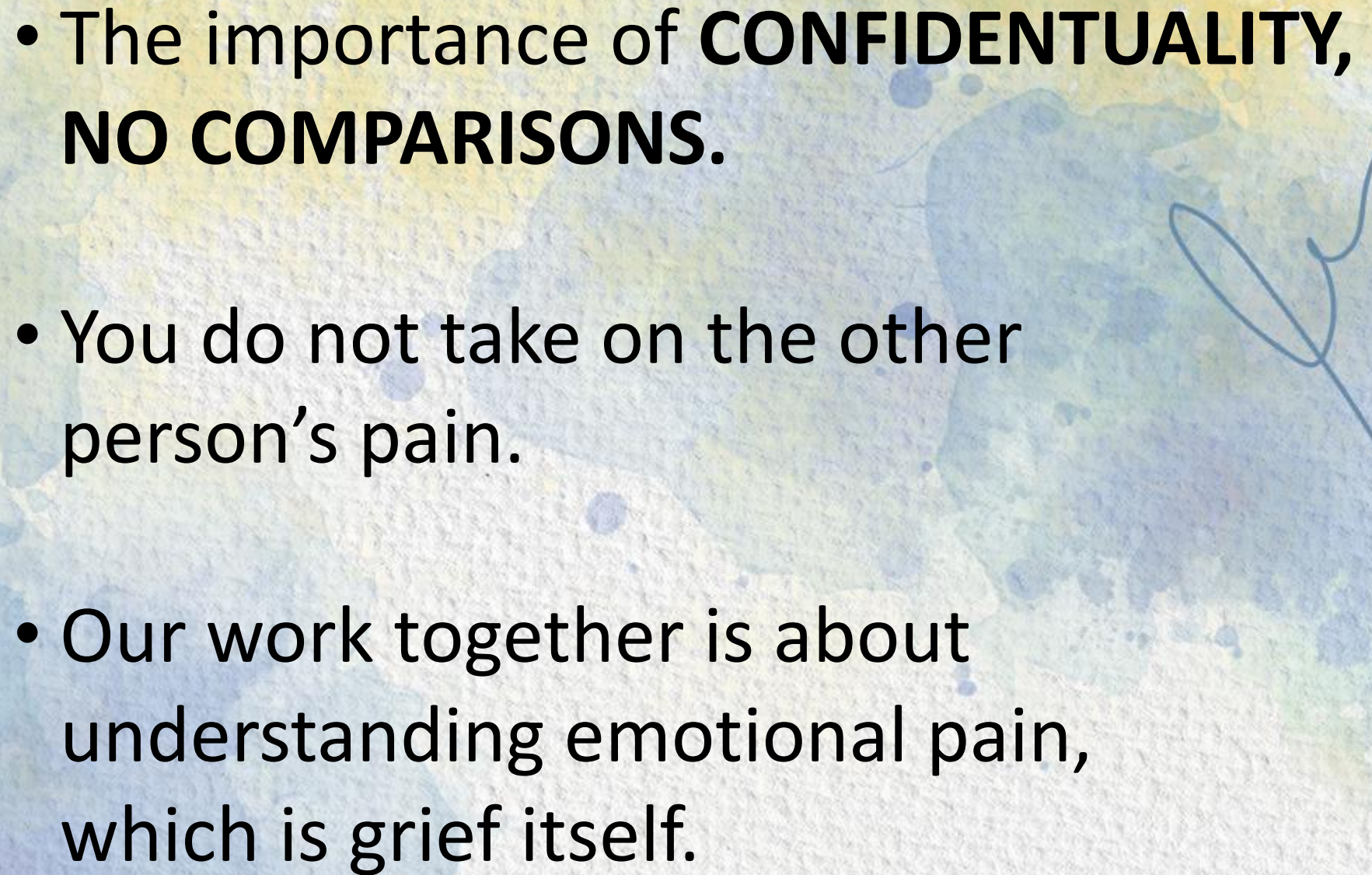


## Understanding Your Grief

by Dr. Alan Wolfelt

Ten essential touch stones for finding hope and healing your heart's grief unique and the many normal thoughts and feeling mourner might have.



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- The background is a watercolor-style illustration. On the left side, there is a dark blue, textured tree trunk and branches. The rest of the background is composed of soft, blended washes of light blue, green, and yellow, with some darker blue and purple spots. A thin, dark blue line curves across the top left, and another thin line is visible on the right side.
- The importance of **CONFIDENTUALITY, NO COMPARISONS.**
  - You do not take on the other person's pain.
  - Our work together is about understanding emotional pain, which is grief itself.





# FEELINGS

**“The word feeling originates from an Indo-European root and literally means touch. So, it is in expressing our feelings that we activate our capacity to be touched and changed by experience we encounter along life’s path.”**

*Alan Wolfelt, Understanding Your Suicide Grief*





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*Grief felt so  
much like fear.*

C.S. Lewis

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*“Grief is a universal experience. We see that grief is woven into who we are. Grief takes our hand and leads us into the experience of opening our heart to the tender mercies of compassion. Take grief in and connect in the bonding of wholeness. If we understand it, it will not devour us but set us free. The universal threads of true wholeness are golden and they hold the quilt we call life together; no matter, what color or texture or age is the fabric of our life.”*

*Dr. Patty Luckenbach, The Land of Tears is a Secret Place*



# DIFFERENT TYPES OF GRIEF:

The Ambiguity of loss: We don't like pain, sadness, anxiety, ambiguity, loss of control – all normal symptoms of the wilderness of grief.

- At the outer edge of the fear zone, is the panic zone-a condition of perceiving fear so intensely that we go into mental lock up. **Must NOT distance our feelings or lock them down!**
- Anticipatory Grief – Knowing of impending loss such as, a loved one experiencing a terminal illness. Anticipatory grief (pain) due to uncertainty.
- Complicated Grief – Where in many cases there has been no recognition of the change or death.
- Grief is a natural process with a disorder or an illness...it is a reaction to change of any kind. Responses to loss are valued and understood in the context of a soul sitting life changing experience.



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We live in well-protected castles.  
So, open our self's to acknowledge  
the changes and where it lives  
within our body. This release the  
pain body, so as, we can experience  
a greater fullness of heal. In fact, it  
raises our immunity.

~ Ram Dass

”

*“Your pain is the breaking of  
the shell that encloses your  
understanding.”*

~ Kahlil Gibran

*“God is stripping me of  
everything to give me  
everything.”*

~ E. Stanley Jones

“

**God didn't promise days without pain, laughter without sorrow,  
sun without rain, but He did promise strength for the day,  
comfort for the tears, and light for the way...**

~ Anonymous

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