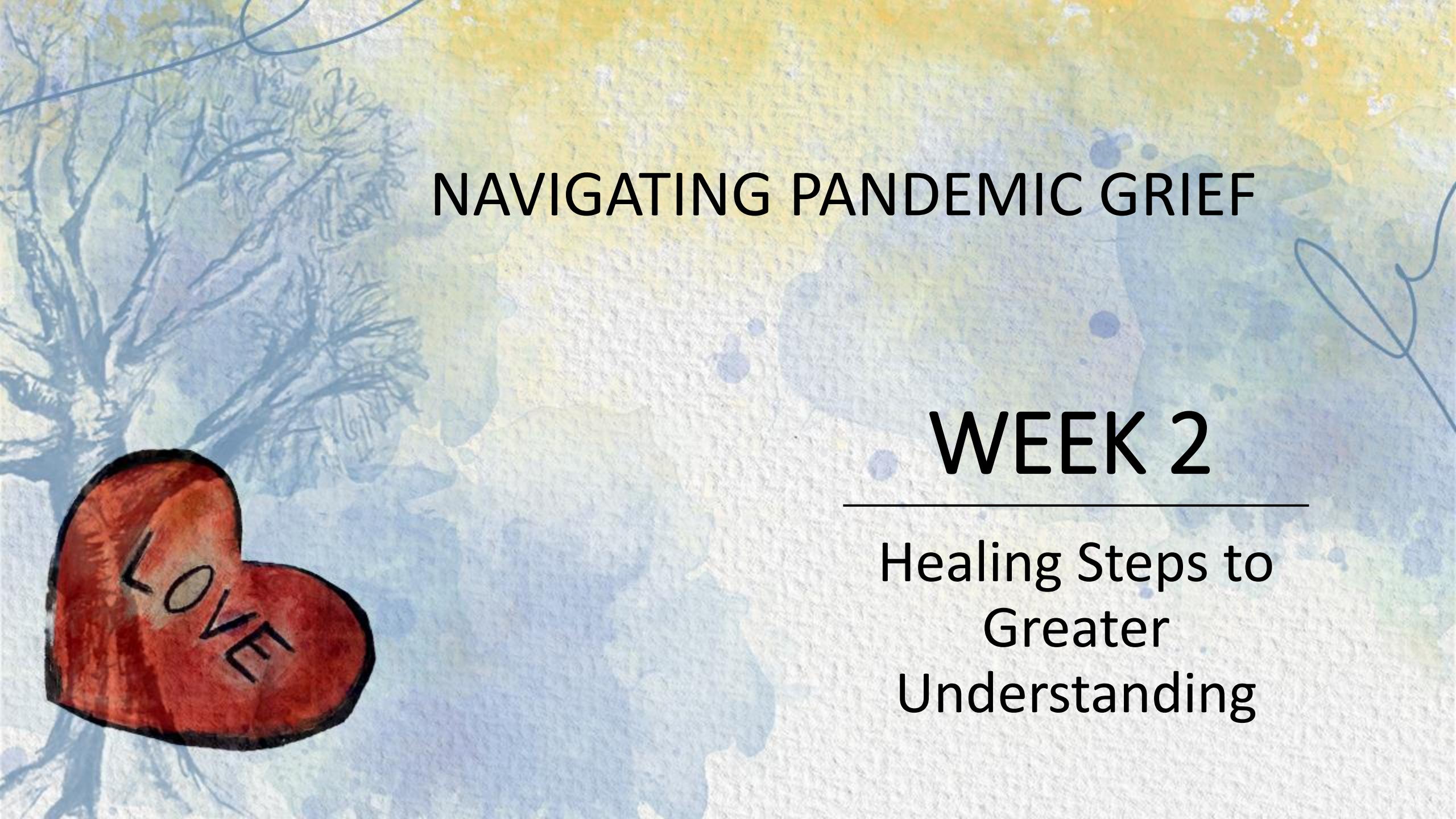


The Prayer and Care Center of Mile Hi Church presents

Navigating the Emotional Pain of Pandemic Grief



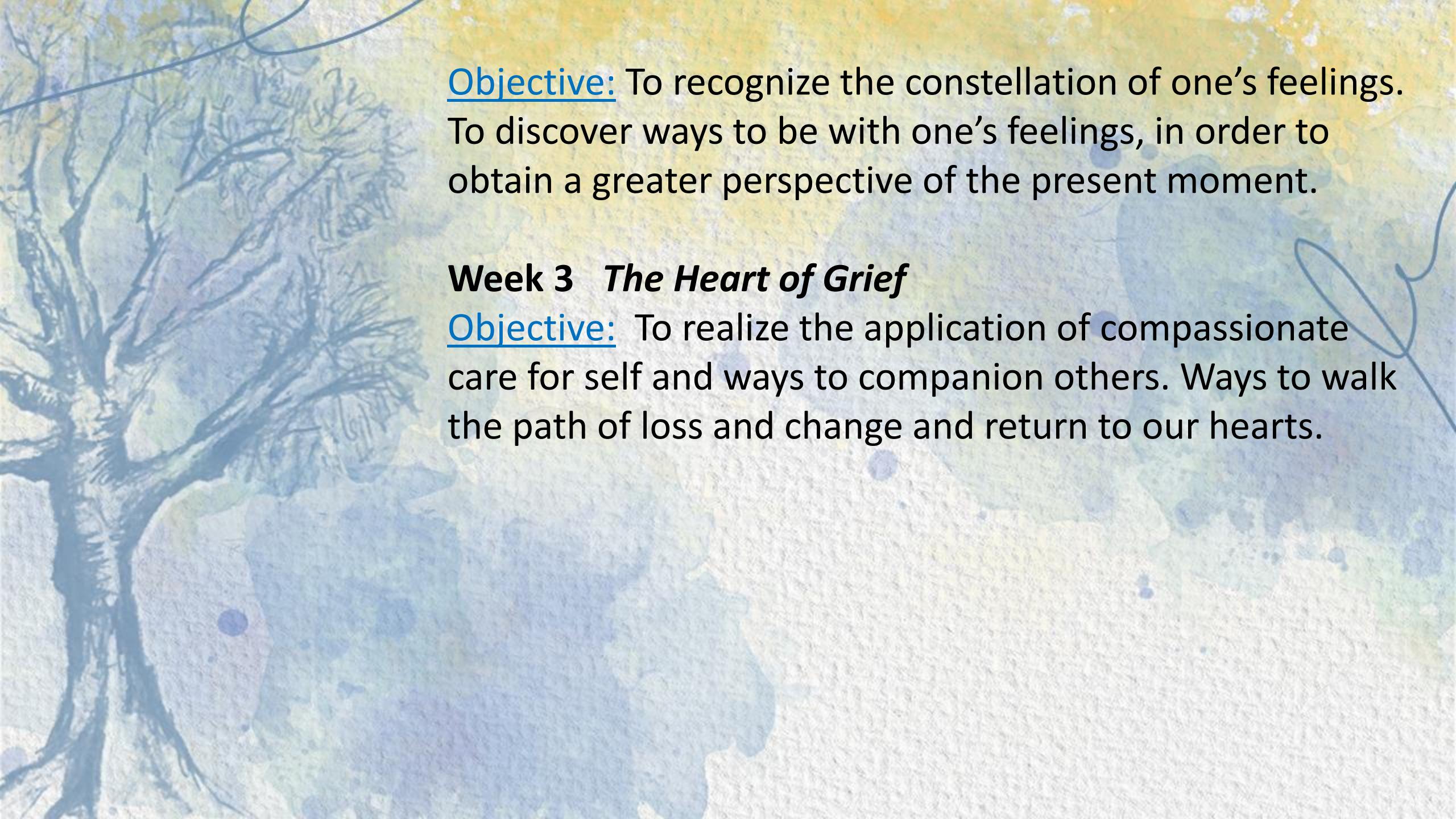
Offered by Dr. Patty Luckenbach



NAVIGATING PANDEMIC GRIEF

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.

MileHi Church



LOVE OFFERING

Visit
milehichurch.org/Giving
and choose the best way
for you to give.



It's different here.

“We don’t trust the sense of endlessness, of edgelessness within. Our suffering is caused by holding to how things might have been, should have been, could have been. Grief is part of our daily existence. But we seldom recognize that pain in our heart that one fellow called a deep weeping, a mourning for everything we have left.”

Stephen Levine, *Who Dies*



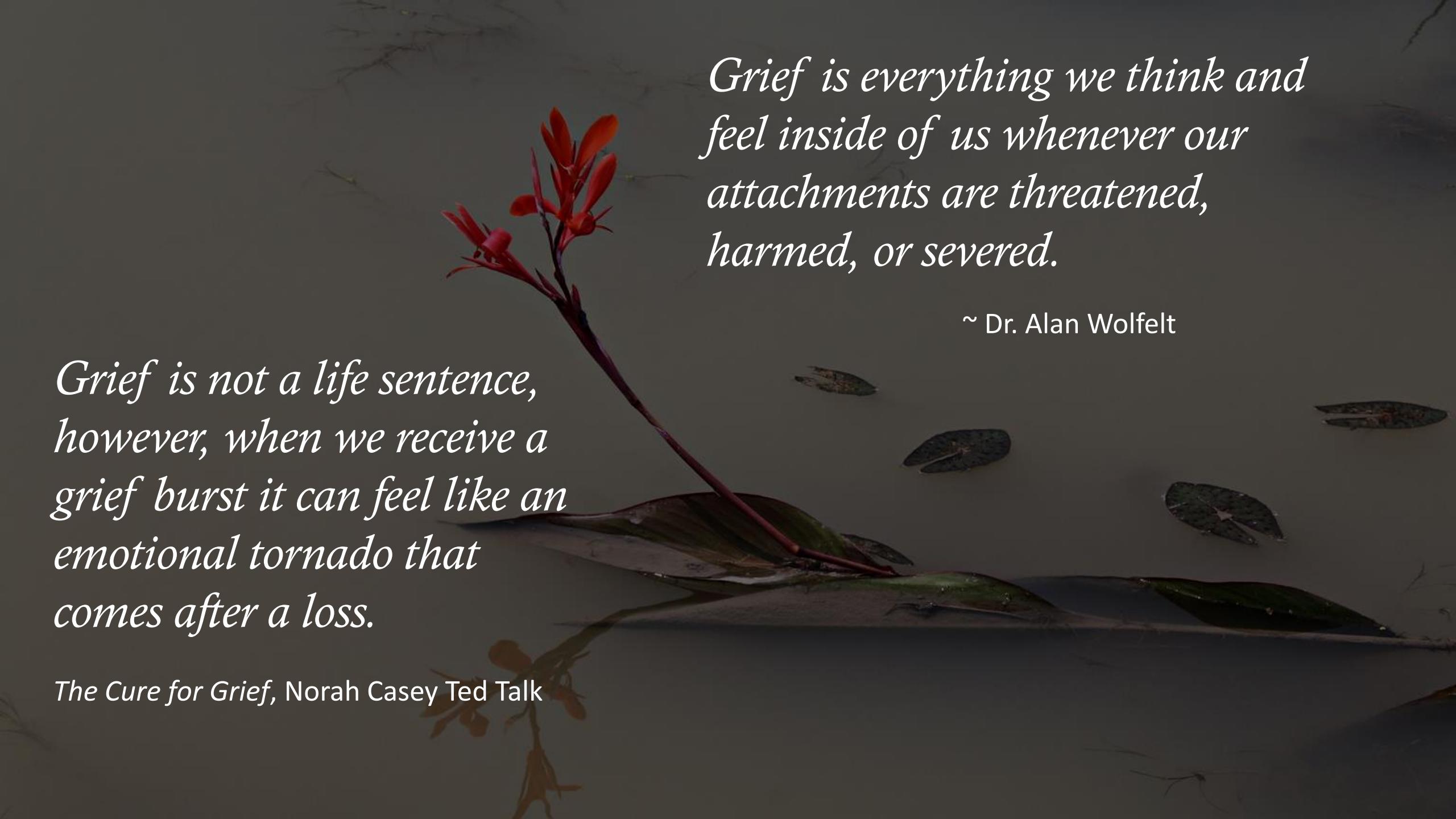


*The greatest
healing act in
town is balance.*

~ Stephen Levine

When we
cling to
what changes
we suffer.

~ Ram Dass

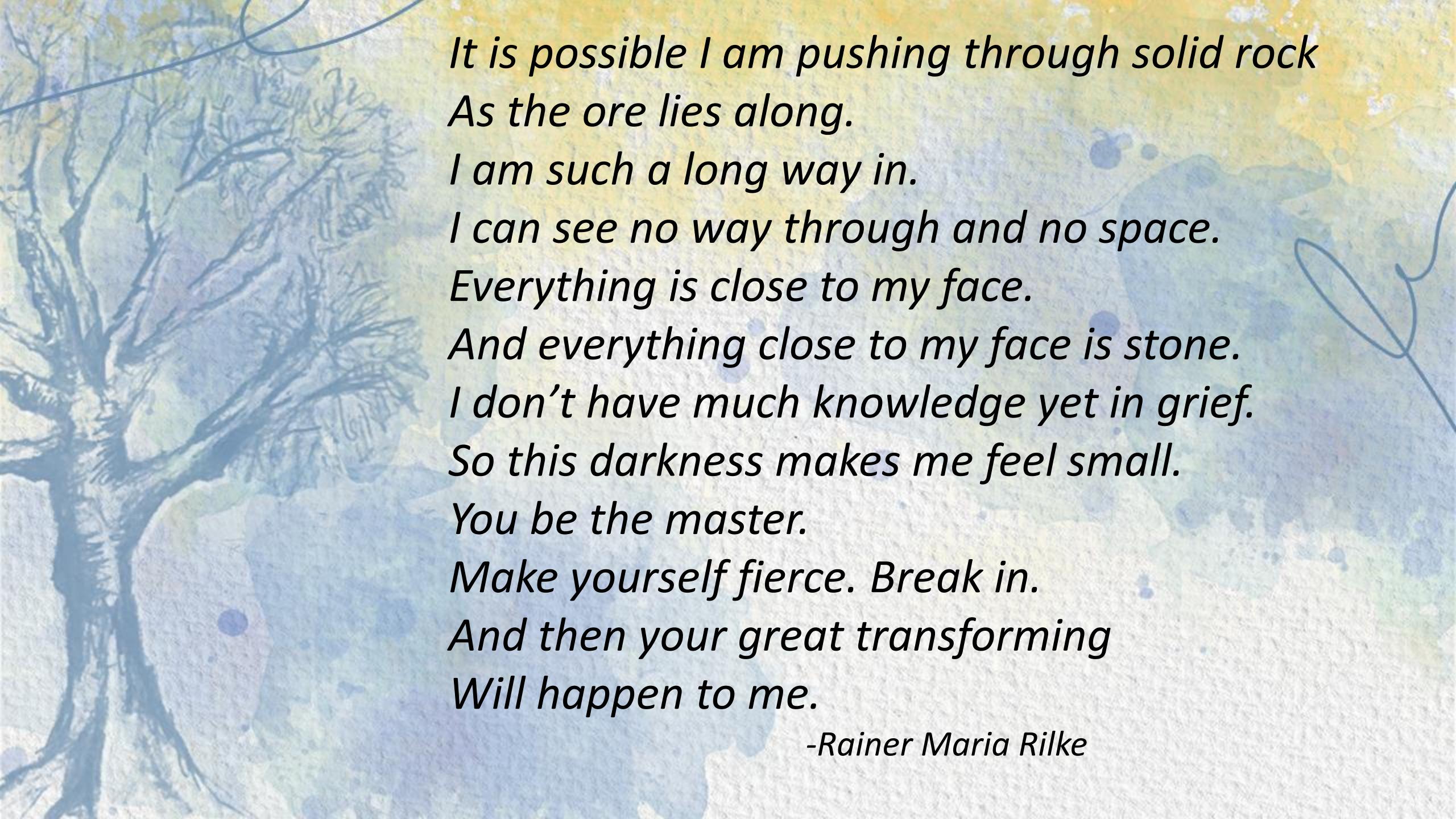


Grief is everything we think and feel inside of us whenever our attachments are threatened, harmed, or severed.

~ Dr. Alan Wolfelt

Grief is not a life sentence, however, when we receive a grief burst it can feel like an emotional tornado that comes after a loss.

The Cure for Grief, Norah Casey Ted Talk



*It is possible I am pushing through solid rock
As the ore lies along.
I am such a long way in.
I can see no way through and no space.
Everything is close to my face.
And everything close to my face is stone.
I don't have much knowledge yet in grief.
So this darkness makes me feel small.
You be the master.
Make yourself fierce. Break in.
And then your great transforming
Will happen to me.*

-Rainer Maria Rilke

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

~ John Brantner

A mourner is in the process of re-defining a new normal; the mourner is taking grief from inside to outside.

~ Dr. Alan Wolfelt

Many people want the mourner to experience light before darkness before encountering darkness. The mourner needs to say goodbye before they say hello.

~ Dr. Alan Wolfelt



THE SIX STEPS OF MOURNING

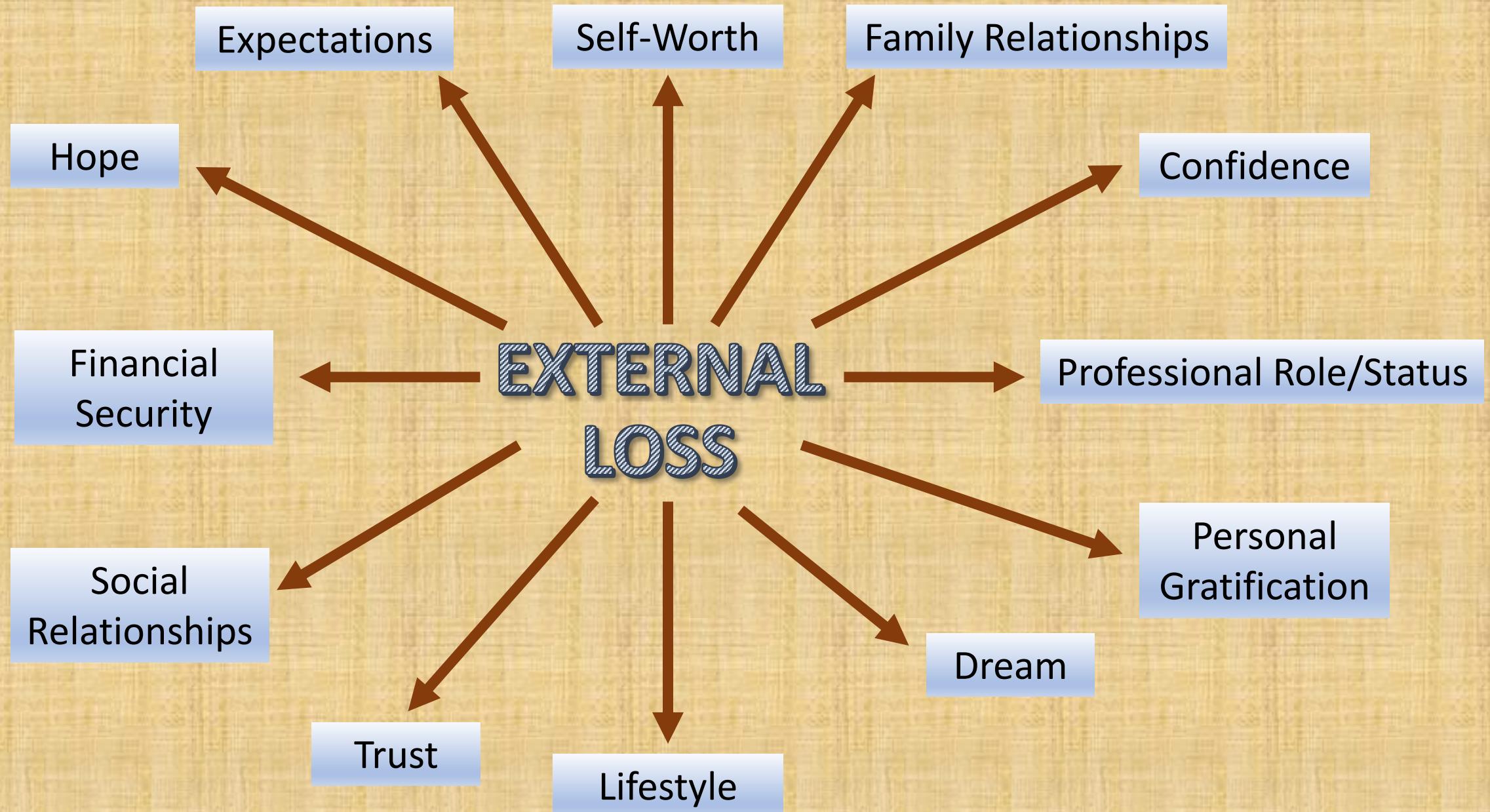
1. Accept the reality of the loss.
2. Accept the pain of the loss.
3. Adjust to an environment in which the relationship or deceased is missing. Remember the Person Who Died.
4. Withdraw emotional energy and reinvest and develop a new identity based on a life without the deceased, relationship, or circumstances.
5. Relate the experience of loss to a context of meaning.
6. Let others help you-now and always



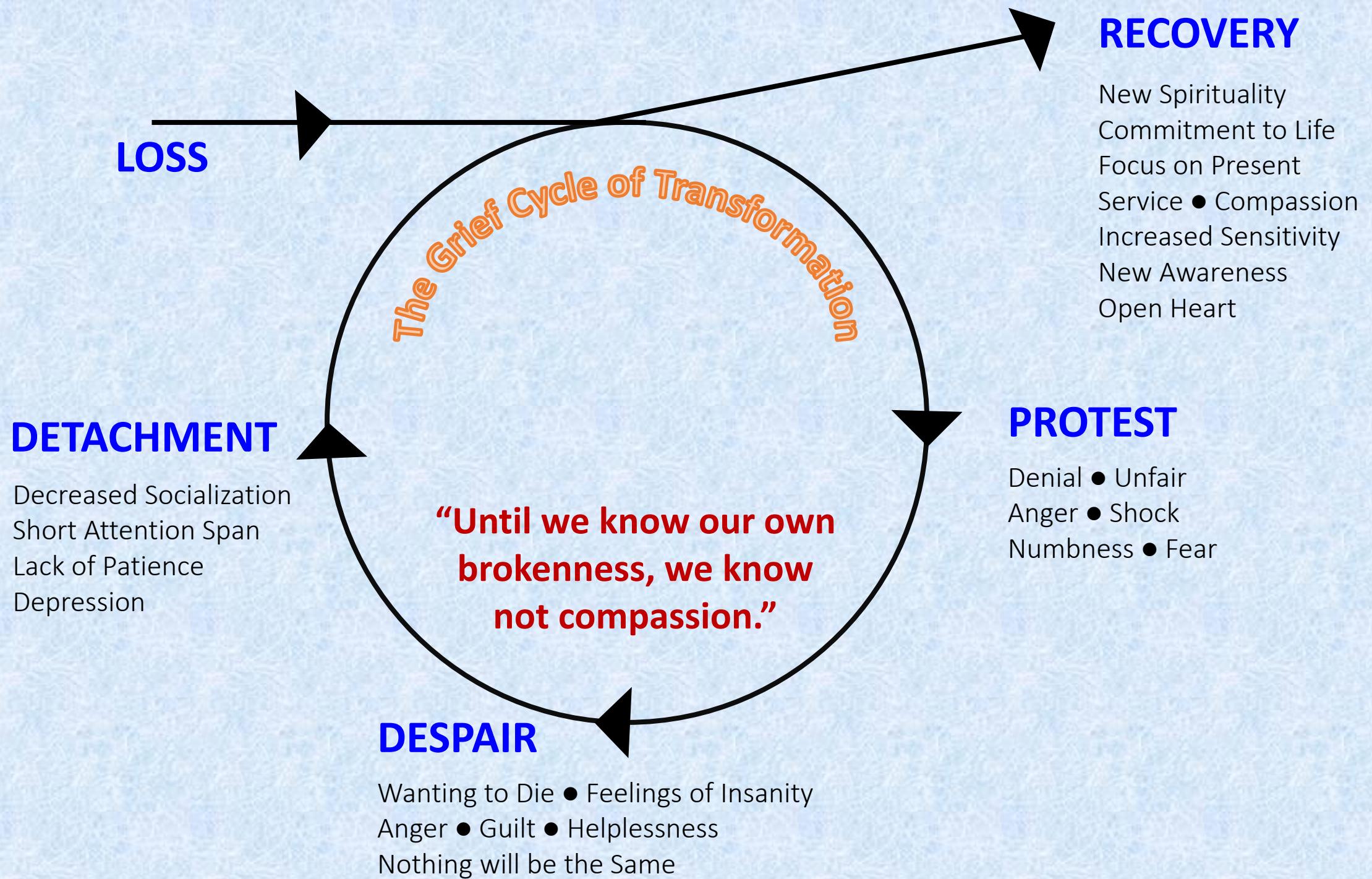
EXTERNAL LOSS

“While life must be eventually lived forward, it is understood and made meaning of to go backward.”

~ Kierkegaard



The areas of our lives and identity that may be impacted when we experience an external loss.





“

Ritual builds community, creating a meeting-ground where people can share deep feelings, positive and negative... a place where they can sing or scream, howl ecstatically or furiously, play or keep a solemn silence.

~Starhawk