

MOUNTAIN: MOVE!

Part 5 :: GRIEF

Matt Boyle :: November 18-19, 2017



Books on Grief:

The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief by Francis Weller

Lament for a Son by Nicholas Wolterstorff

Grief Practices:

Thanksgiving in Reverse

Sit in a circle or around a table with family members or friends. Go around the circle and take turns saying what you miss or what grief you are carrying. It may be helpful to have an object to pass around that the speaker holds, or for each person to bring an object that illustrates what they miss. Thank the person for sharing. Allow some space before the next person speaks. This isn't a time to give advice or to provide answers. This is a time to be heard, to be vulnerable, and to be allowed to grieve. Pray to close, thanking God for the gift of today, for being faithful, for hearing you, and for being present in your grief.

Stone Ritual

Sit in a circle or around a table with family members or friends. Place a large bowl of water in the middle of the circle or table. Place a collection of small stones around the bowl. One by one, you pick up a stone, speak a grief you are carrying in your heart, and place the stone in the bowl of water. Any and all grief is invited to the bowl. Everyone gets a chance to place a stone in the bowl, and you can come to the bowl as often as needed. As the bowl fills, there is a growing sense that this is a *collective grief*, not just an individual's. After everyone is done sharing, take the bowl outside and pour the water onto a plant or in the grass. Your grief turns into nourishment for life. Take the stones to a river, a pond, your sink, or your bathtub so the water rushing over the stones can make them clean once again. Pray to close, thanking God for the gift of today, for being faithful, for hearing you, and for being present in your grief.