

Grief and the Path to Healing

UU Fellowship of La Crosse, WI

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Opening Words: You have experienced grief and it is likely you will experience it again. It is made more difficult to bear by the uniqueness of every cause of grief. Perhaps, by sharing our thoughts and experiences, we may help each other deal with grief the next time it strikes.

Check-in

Share a bit of yourself, a thought, an event in your life, or something intended to be meaningful to these friends with whom we gather today. Please respect any confidential or personal aspects of what is shared within this bonded group.

Topic: Grief

Think of the varied causes and responses to grief of which you are aware. What thoughts or support might you offer to a person in the midst of their grief?

Grief comes in many forms in response to losses or other events. It has been widely studied and written about. Unfortunately, it is a deeply emotional experience that tends to be unique to the event that triggers it and the person or persons who must cope with it.

Sources of grief may range from the almost trivial, like the loss of a favorite talisman, to catastrophic disruption of one's whole remaining life. We mostly hope that we will somehow come to terms with it and move on, though not without change in our lives.

We read and are told many different things about dealing with grief. Many authorities assert a fixed sequence of stages in grief. The sequences they describe differ. Is there a finite number of fixed sequence or stages of grief or is any grief experience in some ways unique to the person or persons affected and the event or events that caused it?

Let us open our minds, think freely about grief, and share our thoughts in order that we may each be better prepared to cope with grief the next time it strikes us, whatever the nature of the event and its impact. As one helps others, one often helps himself or herself.

Within the limits of our time here, offer a few examples of differing circumstances associated with grief, the depth of the grief, and the personality and prior experiences of the person or persons affected.

Search in your own way for the wisdom of others and share what may be helpful to us. There are, for all practical purposes, an unlimited number of resources available to you. I will offer just **one** reference that addresses the subject broadly and that may stimulate your individual research into the subject:

http://www.medicinenet.com/loss_grief_and_bereavement/article.htm

Ponder the topic, think hard, and choose what you will share with the rest of us.

Closing Words:

Thanks to all for coming today and for sharing your thoughts with the rest of us. I trust that we are wiser and that our time was well spent listening to and expressing some thoughts on this topic. Peace be with you until we meet again.