

MeMORIES OF GRIEF

Ask:

- Who has experienced grief? When?
- How do we express grief?
- Talk about the different ways we experience:
 - the loss of a pet
 - the loss of a game or sporting event
 - the death of someone we love
 - the loss of a parent's respect or trust
- The best way to help someone else through their grief is to *listen* while they *talk* about their grief. How can we encourage a grieving friend to talk?
- The best way to deal with your own grief is to *talk* while someone else *listens*. To whom can you go to share your grief?

SaYiNG GOODBYE

Ask:

- To what things or people have we said goodbye in the last year?
(Encourage group members to include not only people, but also treasured objects, places and events.)
- What different feelings can we identify in goodbye? (*loneliness, anger, sorrow, etc.*)
- Why is saying goodbye hard? What are life's hardest goodbyes?
- What parts of saying goodbye can be good?

Ask group members to select one of the examples of goodbye shared at the beginning of the activity. Explore this goodbye in greater depth.

Discuss:

- What made this goodbye difficult?
- How would we deal with the loss in this particular goodbye?
What could we do or say to help ourselves? What could others do or say to help us? What could God do or say to help us?
- How much time would we give ourselves to finish saying this goodbye? to finish feeling sad?
- What do we think this goodbye might teach us about life? others? ourselves? God?