

# PERMISSION TO GRIEVE



We all have a lot to grieve these days. Everything from the death of loved ones to the *small everyday* losses of life and work as we've known it, from the harms of injustice to lost *future* stories. Yet taking time to acknowledge and grieve these many losses is not always easy. Here are some steps for a spiritual practice to help you work with your grief.

- 1) Find an object, poem or song, jewelry, or memento of grief, and get it in front of you. Hold it in your hands.
- 2) Choose a mode for writing (pen and paper, computer, phone, etc.) and place it in reach.
- 3) Give yourself a gift of time to write and tell the story of that object and the layered ways it helps you to process your grief.
- 4) Share your story with someone you trust: friend, partner, counselor, pastor, or peer group. This step is important because in the telling you can experience *emotional connections* and more wisdom than just keeping the story to yourself.
- 5) Ask yourself: How can I keep giving myself permission to grieve? How might this practice be part of my regular spiritual self-care?



## THREE MINUTE MINISTRY MENTOR

With Host Eileen Campbell-Reed

