

# Welcome to **Befriending Grief** 2022

*From Mary Manera:*

I am deeply honored that you have stepped into the **Befriending Grief** series of virtual gatherings. To make sure you receive series information & updates in the future, please add [manerastudio@icloud.com](mailto:manerastudio@icloud.com) to your contact list or list of safe emails. I will do my best to alert you of any calendar updates as early as possible.

This welcome contains the information you will need to make the most of the **Befriending Grief** sessions, including the Zoom link. Save this information, or [click to download a pdf version to save or print](#).

## **HSI Befriending Grief 2022 Series**

<https://us02web.zoom.us/j/86182356482>

**Befriending Grief** sessions will take place online on Sunday afternoons starting at 1 pm ET approximately eight times a year. We ask that you do not share the Zoom link - if you wish to invite others to attend a session, we request that you ask them to register via the Hope Springs **Befriending Grief** event page 2-3 days prior to the next scheduled session.

There is no expectation or pressure to attend every session. If you wish to deeply restore your connection to your natural capacity for grief, attending several sessions will be most beneficial, at the frequency and pace that feels right for you.

The series will alternate between Grief Encounter and Grief Revelation sessions:

**Grief Encounter** sessions will include short teachings on grief and guided activities to enhance our grief literacy. Sessions will last three hours with a break halfway through; participants are asked to commit to be in the session for the entire time.

**Grief Revelation** sessions will be less structured, with opportunity to share our grief journeys with each other and glean what Grief is offering us in that moment. These sessions will be open for two hours, and you are welcome to join at any time during the session.

## **Dates for 2022**

*Dates are occasionally shifted; changes will be announced via email to those registered.*

May 1, 2022 – Grief Encounter

June 12, 2022 – Grief Revelation

August 7, 2022 – Grief Encounter

September 25, 2022 – Grief Revelation

November 13, 2022 – Grief Encounter

December 18, 2022 – Grief Revelation

## **Agreements**

For our time together in session, I am asking us all to align with these agreements:

- We offer respect to all who attend the session, welcoming each other in all our expressions of identity – such as race, ethnicity, gender, sexuality, ability, spirituality, etc.
- We allow others their tears, their anger, and their complexity by offering them respectful attention and witness.

- We offer ourselves and each other deep compassion, even when we experience challenge or disagreement with another's sharing.
- We hold what is shared in our sessions with confidentiality; what is said in the group stays in the group.
- We refrain from giving feedback or advice, unless it is explicitly requested.
- We understand that **Befriending Grief** sessions are not intended to be therapy, or meant to replace medical or therapeutic support.

If you decide at any point that you no longer want to receive communication about upcoming Befriending Grief sessions, simply email me at [manerastudio@icloud.com](mailto:manerastudio@icloud.com) and let me know.

For those who enjoy reading that might enhance your grief literacy, I recommend [The Wild Edge of Sorrow](#) by Francis Weller, and [The Smell of Rain on Dust](#) by Martín Prechtel.

### Session logistics

In most cases, sessions are designed to be experiential & interactive, so you are encouraged to participate with video and audio on.

Consider lighting a candle in your space, as a simple practice of ritual honoring of the gift you are giving yourself with the session. Set up in a quiet, private space with as little distraction & interruption as possible.

For Grief Encounter sessions, login to the Zoom room 5-10 minutes ahead of time to settle in. Bring a journal, or paper and pen, as well as a candle.

Some sessions will include a time of guided meditation. You can sit or lie down, so long as you can hear my voice, and feel relaxed and supported during the meditation.

### One last note...

Our grieving selves are asking to reveal themselves, and it is an act of courage & trust to step further into these waters. If you find you are feeling anxious about attending the session, wondering if you are up to it, constructing ways to cancel... know that this is all really common and very natural. If this is happening for you, see it as an opportunity to notice & name what is coming up for you, offer yourself gentleness and compassion, and invite yourself to bring your unease with you to the session. I am available to connect with you about any questions or concerns you may have at [manerastudio@icloud.com](mailto:manerastudio@icloud.com).