

Reconnecting amidst Conflict, Loss, and Grief

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Opening: Earth Spot

Visualize a place that is joyful, safe, healing, and rejuvenating for you. Take a minute to imagine it, see it, smell it, feel it.



Earth From Space – Apollo 17
NASA Langley Research Center

12/7/1972

Image # EL-1996-00155

Brief Go-Round

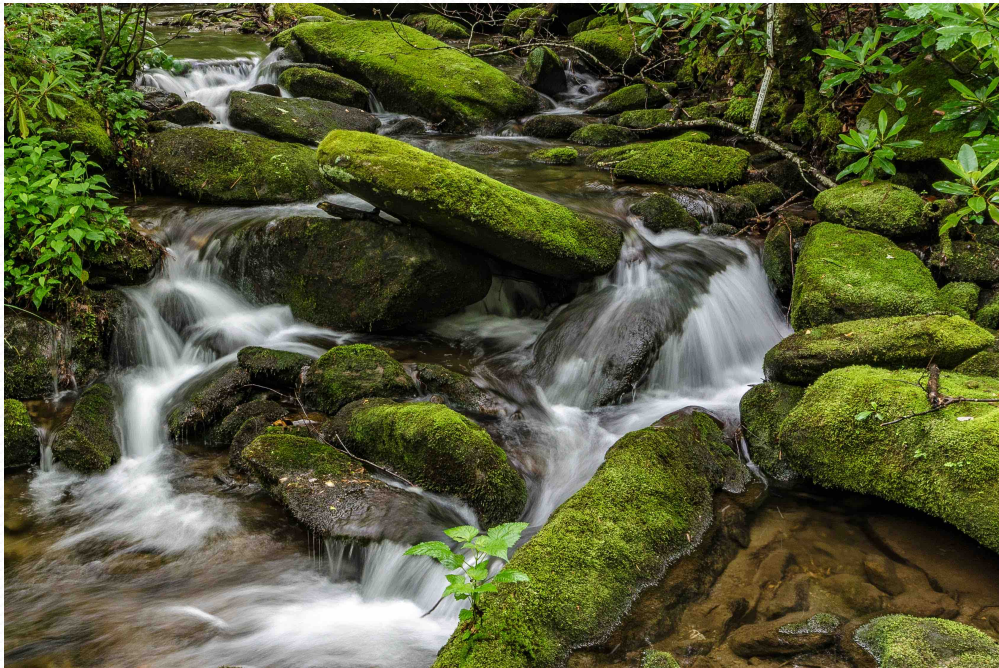


Photo by Joe Cole

- Share your **Name** and **Community**
- Share **1 or 2** **Feeling words** connected to your **Earth Spot**



Agreements/Guidelines

- Take Care of Yourself
- Trust the Process
- One Speaker at a Time
- Be Present/Fully Engage
- Facilitator will redirect to keep us on track
- Confidentiality: Lessons can leave the circle, other people's stories cannot



Agenda

- Introduction/Seeds
- What's Your Story of Conflict/Loss/Fracture in Community?
- Embodied Movement, Expression, Discharge
- Gifts and Gratitude
- Debrief and Share Insights
- Closing

Introduction/Seeds



Painting by Gwendolyn Knight

1. Conflict and Loss are part of our Community Journey
2. Grief is a normal and natural response to Conflict and Loss
3. Mainstream Culture is Trauma Culture/Numb Culture
4. Ungrieved Grief stalls feeling, perpetuates harm, fuels conflict, stunts growth
5. Community can offer Support around Grief, Conflict, and Loss

Journal: 3 minutes

1. What's Your Story of Conflict/Loss/Fracture in Community?
2. What Feelings did you experience then and now?
3. What unmet Needs are involved?

Small Groups

Share Stories, Feelings, and Needs—
2 minutes each person



Embodied Movement, Expression, Discharge

Journal: 3 minutes

1. What are you Grateful for around your experience of Conflict/Loss/Fracture in Community?
2. What Gifts, Awarenesses, and Learnings did the experience bring?
3. What do you want to Create going forward?

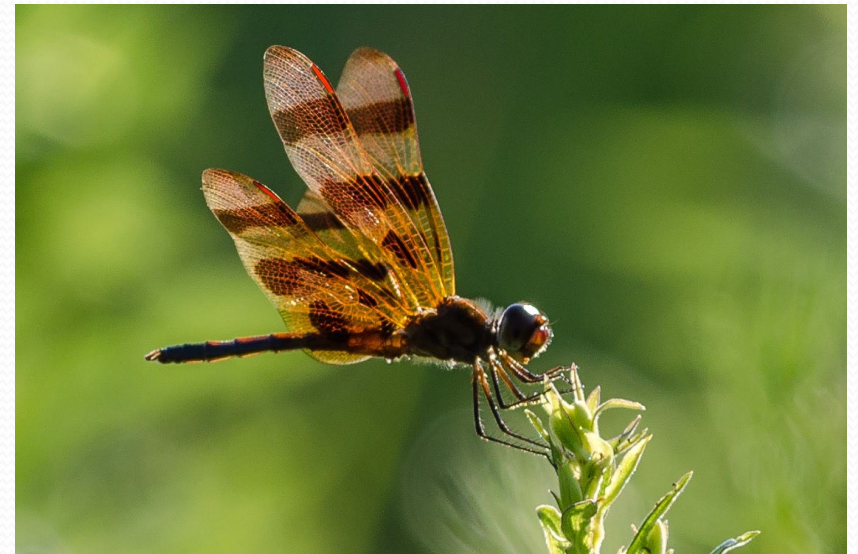
Small Groups

Share Gratitude, Gifts, and what you wish to
Create—

2 minutes each person

Gather to Debrief/Share

- Conflict and Loss can help us clarify what we want, need, and wish to create
- Sharing our stories and offering Deep Listening is Healing and Transformative
- Movement can shift energy
- Grief has own pace and agenda
- Grow Internal + External Resources
- Small Group Highlights?



Dragonfly is a symbol of change and transformation.
Photo by Joe Cole

Gratitude for some of my teachers on Grief:
Frank Overton, Joanna Macy, Francesca Morfesis, James Hollis, Joanna Laws Landis

The Power of Community,
Photo by Vikash Kumar



Harvesting and Sharing Insights

How can Community help us reconnect,
restore, heal, after Conflict/Loss/Fracture?

How can community support you in
Creating What You Want going forward?