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.
Brief Go-Round

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

Photo by Joe Cole
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
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
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?