Remember the Person who Died

For this discussion, we want to discuss the movement from presence to memory. We often discuss that grief waits on invitation, but we rarely extend that invitation. What are you currently doing to invite your grief to come in and sit with you, holding space for your grief intentionally and on your own terms? Discuss ways you can do this:

1. Set an alarm for a certain defined time and light a candle. Take the moments of quiet to reflect on how the person you lost brightened the room like the flame of the candle.
2. Listen to a song that helps you get in touch with your grief. For the duration of the song, spend the time in quiet reflection on the person you lost.
3. Do an activity or eat a meal that was their favorite.

What other ways can you sit in your grief intentionally?