

Recalling Significant Moments

Purposes

To help people process grief and continue the healing process.

Time

One hour.

Materials

One candle per group, matches for each group, drawing paper, crayons etc.

Instructions

Before the session, arrange a central space, convenient to all of the groups, with candles to be lit by the participants, and light a large candle; have matches ready (if needed) and tape to attach the pictures to the wall. It is good to put a metal tray or cookie sheet under the candles if they are not in small containers.

1. Explain: "Often, we do not have time, circumstance, or the ability to process our losses. This activity will allow you to process a loss, recalling a positive, important and meaningful time connected with the person, place or thing you have lost."
2. Working with the drawing of a loss demonstrated by a member of the facilitation team in the previous exercise, briefly demonstrate the following process:
"We will be in the same groups as last night. You may choose to use the loss you drew yesterday or you may choose a different loss. Each group will have a facilitator, as before. Facilitators will be prepared to lead Groundings as needed in the groups. The small groups will separate themselves as far apart as possible."
3. "In your companion groups, you will think of an important and significant moment with the lost person, place or thing."
4. "Each person will have the opportunity to create a short scene that symbolizes this moment, using your group to portray the characters and explaining how to act out the scene. If props are needed, find what's needed."
5. "The scene may have movement or it may be stationary. It should not take more than a few minutes to create and enact."
6. "After watching the scene, ask the focus person if the scene was portrayed correctly and if it depicted the feeling of that moment. If not, replay the scene."
7. "If the focus person wishes to take his or her own role in the scene, repeat the scene."

8. "After the group has recreated the significant moment, the group will then accompany the focus person to the designated area."
9. "The focus person will paste their picture to the wall and light a candle to commemorate the moment remembered. The person lights their small candle from the large candle lit in advance, symbolizing healing. The focus person may say a few words commemorating the person, place or thing they have lost. [Note: If a participant does not want to do the scene, they will still be invited to light a candle, and put the picture on the wall.]"
10. "Then invite the focus person to say something specific they want to remember from this activity."
11. "Then proceed to work with the next person in your group, recalling their Significant Moment."
12. After all the small group members have had an opportunity to have a scene and light a candle, give the whole group a chance to view the drawings shown in the gallery of work, and remember the significant moments that they have experienced. Then, in the large group circle, take the time to be silent or sing.

Processing Questions:

Would anyone like to share something?