

Welcome to our
'Second Breakfast'
Experiment

Music/Artist: Sleeping At Last

Second Breakfast

LOSS

Why Talk About Loss?

Loss can be many things

- A change in situation, in relationship
- Saying goodbye to something (a career, an ability, an idea, or opportunity) or someone (a physical moving away),
- Expected or unexpected (maybe an unfulfilled expectation);
- A passing on of something or someone dear and loved.

I'm left with Questions...

How can we as people, a community, society, church etc. respond to the 'loss' in our lives, in a way that acknowledges it well?

That does not hide or live in fear, that helps us to still live fully even in the midst of loss?

Group Conversation: Looking Inward

Take a little time to consider a time you experienced some kind of loss.

In your group, share about something that helped or is helping you through that time.

Group Conversation: Looking Outward

What has helped you notice, or acknowledge, or share an experience of loss with someone else?

Group Conversation: Looking Outward

Have you heard some things in common?
(i.e. coming up more than once or twice)

Closing Thoughts

- Acknowledging Rhythms
- Acknowledging Presence
- Listening and Sharing our stories
- Poetry and the Stories we follow

Sources

- Matt Balcarras - message ['God is with us in the Season of Death'](#)
 - Ecclesiastes and Mary Oliver's 'When Death Comes' (at 4'10 - 8'05)

Interested in a compilation of readings and listenings around this topic of loss?

Email me about interest or contributions at raymondpfunk@gmail.com.