



Grief Circle Script

This session is in the form of a script but you may want to just treat it as a template for your own words. It is also explicitly Christian. You are welcome to adapt to make it more inclusive (to make your own copy to edit, go to 'file' and 'make a copy' or 'download'). As a guide, it is intended to be about 20 minutes in length, allowing for pauses and short times of silent reflection, but this is very flexible.

See also [Listening Circle](#) - which is written for all audiences

Facing the reality of the climate and nature crisis is hard. It's good to be able to confront this issue together and to know that we are not alone in our sense of fear and loss. It is good to build hope together.

We are going to draw on our faith based traditions of contemplation and lament as well as some secular influences to help us reflect and connect, and there is no right or wrong way to experience it. This is your time and space to bring your emotions to God.

Let's start by grounding ourselves.

Give yourself a moment just to be still and present. Sit and listen to the sounds around you but hold yourself apart from them. They are just there, they don't need your attention.

Pause

Closing your eyes, focus on your breathing. Don't try to breathe any special way, slow or long. Just feel the breathing as it happens, in and out. Note the accompanying sensations at your nostrils on your upper lip, in your chest and abdomen As you notice your breath, note that it happens by itself, without your will, without your deciding each time to inhale or exhale It's as though you're being breathed - being breathed by life Just as everyone here, everyone with us, everyone on this planet now, is being breathed by life, sustained in the vast living breathing web of the Creator 'For in him we live and move and have our being.' (Acts 17:28)

Pause

Let your breath anchor you as we begin now to reflect about what is happening to the world.

In Jeremiah 12 we hear

“They have made it a desolation. Desolate before Me, it mourns; all the land is laid waste, but no man takes it to heart.”

We take it to heart

Pause

Let us spend a few moments thinking of the *Harm That Has Been Done*

Some might be very concrete for you - polluted rivers, degraded landscapes, food insecurity. Some may be more abstract, but still pressing, climate refugees, global inequality and poverty multiplied by climate change.

Still breathing deeply and slowly we allow ourselves to acknowledge how far we have gone wrong.

Pause

Let us spend a few moments thinking of *What We Are Losing*

The breakdown of the climate and the degradation of our environment mean that there are many precious things we will lose. Places we know are already changing. Plants and animals are on the verge of extinction. Perhaps there are personal things that we have lost or will lose. Things we will have to give up.

Giving up the things in life that we now see cannot be sustained can be hard.

Pause

Let us spend a few moments thinking of our *Fear for the Future*, and letting go of our expectations and our hopes for the future.

Whatever we do to limit further harm to the planet, our world and the world we leave to future generations will have changed. It is likely to be much harder, less secure. We may be fearful of what the future holds for ourselves and for future generations.

So we will sit with our grief for a few moments.

Breathe deeply and let your breath out slowly.

Allow yourself time to acknowledge your fears, your sadness, your despair, your worry, your anger.

This is a place where you can know that the burden is shared.

Pause

You may want to ask God to be in this space with you.

Period of silence

Let God hold you as you take a deep breath. Breathe slowly in and out. Visualise your breath as a stream of air. See it flow up through your nose, down through your windpipe and into your lungs. Now from your lungs, take it through your heart. Picture it flowing through your heart and out.

Breathe in your anger, your fear, your sorrow, your despair like granules on the stream of air, up through your nose, down through your windpipe, through your lungs and heart, and out again into the world Let them pass through your heart And on that stream that flows through and out again, let your fear and pain go Surrender yourself silently to God's mercy

Period of silence

After a period which can be determined by the length of time available.

Let us come together to acknowledge our sorrow.

We Have Forgotten Who We Are - Prayer from from the U.N. Environmental Sabbath Programme

We have forgotten who we are.

We have alienated ourselves from the unfolding of the cosmos.
We have become estranged from the movements of the earth.
We have turned our backs on the cycles of life.
We have forgotten who we are.

We have sought only our own security.
We have exploited simply for our own ends.
We have distorted our knowledge.
We have abused our power.
We have forgotten who we are.

Now the land is barren.
And the waters are poisoned.
And the air is polluted.
We have forgotten who we are.

Now the forests are dying.
And the creatures are disappearing.
And humans are despairing.
We have forgotten who we are.

We ask forgiveness.
We ask for the gift of remembering.
We ask for the strength to change.

To remember who we are.

Pause

Breathe deeply now and dare to allow hope to enter your heart and be with you.

Pause

Our hope is not an optimism that we can avoid what we have brought upon ourselves,
Nor that things can return to how they were.
Our hope is in the depths of our sorrow and our repentance.
Our hope is a life-giving process in which we can reconnect with the Earth, and with our
God-given purpose.
Our hope is in making change.

Pause

My splendour is gone
and all that I had hoped from the Lord.
I remember my affliction and my wandering,
the bitterness and the gall.
I well remember them,
and my soul is downcast within me.
Yet this I call to mind
and therefore I have hope:
Because of the Lord's great love we are not consumed,
for his compassions never fail. (*Lamentations 3:18-24*)

Pause

End with a blessing or a Bible passage such as this:

May your unfailing love be with us, Lord,
even as we put our hope in you. (*Psalms 33:22*)
Amen