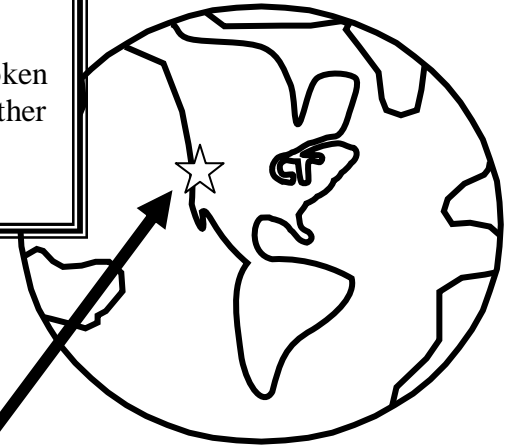
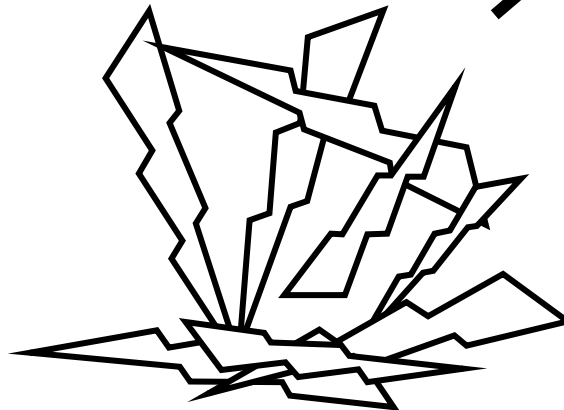
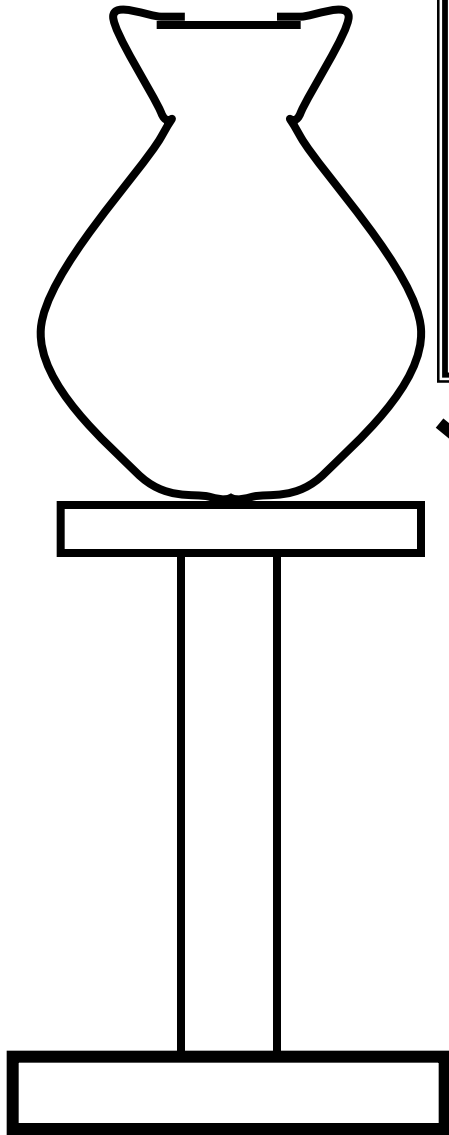


DEFINING GRIEF:

The vase represents our needs, and the hopes and plans we have for meeting those needs. But when difficult losses happen, they crash into the pedestal of our life shattering our dreams into sharp cutting pieces. Our needs feel broken. Hope spills out. Our dreams seem lost. *Grief, then, is defined as the natural human response to losses.*

Active grieving is the healing process of picking up the broken pieces of our needs and beginning the work of putting together a new and meaningful life picture—one that expresses renewed hope of needs being met once more.



Defining Hope in Grief: *The belief that my crashed needs and lost hopes can be reshaped into a new and meaningful future. Hope emerges out of finding someone to walk with me in my grief.*