

Opening to Grief: Finding Your Way from Loss to Peace

Book Reading and Q and A hosted by Claire Willis, LICSW

November 18, 2020

7:00 pm – 8:30 pm Virtual Meeting

In the last few months we have learned that the unimaginable can and does happen, and that grief not only can engulf us when we experience a personal loss, such as the loss of a friend, a pet, or our health but in the pandemic we have seen the loss of lives, livelihoods, homes, employment, and the familiar comfort of life as we once knew it. We see that there are aspects and qualities of grief and grieving that are universal. We are recognizing that some of the feelings we experience in these uncertain times – such as anxiety, despair, anger, irritability, and confusion – are grief. This is how we as humans respond to loss. Our grief is an expression of our love.

Claire Willis, an FCT clinical social worker, will read from her newly published book, *Opening To Grief: Finding Your Way from Loss to Peace*. OTG is an invitation to be with your grief in all its depths and to find your own unique way to peace, balance and acceptance. The slim volume encourages you to begin wherever you are and to offer yourself kindness at a time of losses and suffering. After a short talk, she will read followed by a Q and A.

Registration is limited to 30 participants, so please sign up early by emailing Isabel Pinto at ipinto@facing-cancer.org. Isabel will provide a Zoom link to join the meeting.

Opening to Grief: Finding Your Way from Loss to Peace (Dharma Spring, October 1, 2020) is an invitation to be with your grief in all its depths and to find your unique way to peace, balance, and acceptance. This slim volume encourages you to begin wherever you are and to offer yourself kindness at a time of losses and suffering. Open to any page and you'll find comfort and inspiration, as well as profound practices anchored in mindfulness and meditation. Chapters describe how art and writing and spending time in nature offer paths to healing, and how we help each other when we act generously and create beloved communities. The essential message of *Opening to Grief* is that grief and love are intertwined

Drawing upon her experiences as a clinical social worker and bereavement counselor, author Claire B. Willis helps us deepen and expand our understanding of grief. When COVID-19 arrived in early 2020, we learned that the unimaginable can happen and that grief not only engulfs us when we experience a personal loss, such as the death of a pet or partner. In the pandemic, we have lost hundreds of thousands of lives around the world. Many have lost their livelihoods. And most all of us have lost our familiar daily routines and textures of work, family, and community. "Now we see that there are aspects and qualities of grief and grieving that are universal. We are recognizing that some of the feelings we are experiencing in these uncertain times—such as anxiety, despair, anger, and confusion—are grief. This is how we humans respond to loss," Willis says.