

## **A Liturgy for Grief and Hope | *Christ Episcopal Church***

*Before you start the liturgy, take time to think about what you have lost because of the pandemic.*

*What have you had to give up in the past six months? What are you grieving? What are you grieving for other people? If you feel comfortable, ask your family and children to join in conversation with you. What are they sad to have missed this summer? What have they lost? What are they grieving right now?*

*With your lists complete, take a few moments to center yourselves and then start the video.*

### **A Prayer for Things Lost**

Let us pray.

Almighty God, you are with us even when we cannot feel your presence and you go ahead of us on the way. We come before you with broken hearts and dashed hopes; with hands tired from carrying our disappointments and despair; with eyes weary from crying for all that we have lost in this season. You know our hearts and the grief we hold for changed plans, missed friends and family, and an uncertain future. We ask you now to take the burdens of anxiety and grief that we can no longer bear and if we are to continue to bear them, Lord, we ask for your presence and renewed strength for the journey ahead. Be with all those who are sick or struggling and those who care for them. All these things we ask through your Son, Jesus Christ.

Amen.

*In some way, dispose of your list. Either (safely) by fire or by simply putting in the recycling bin, find some tangible way to lay aside the burden of your anxieties and grief.*

### **Song | *It Is Well With My Soul***

### **Meditation on Grief and Hope | *The Rev. Connor Gwin***

*Now take some time to look ahead to the coming weeks and months. What are you hopeful about? What can you do to connect with yourself and others? What beautiful things remain in your life and how can you center your attention on those things? What is an anchor for you at this moment? What words or phrases do you want to be your foundation in the weeks and months to come?*

**Write it down |** *(make prayer flags, use post-it notes, put your words any and everywhere as reminders)*

## **A Prayer for Hope**

*Hold your words and phrases in your hands as we pray.*

Renewing and Life-giving God, you call us to be a people filled with hope for the good future you are leading us into. Be with us now as we struggle in the present so that we can see the signs of resurrection life that surround us. Help us to be present to those we love and present to the stirrings in our own soul. Give us your comfort and peace as a firm foundation in an ever-changing world. Let the words we have written this day be outward and visible reminders of the grace, mercy, and love that even now hold the universe together. All these things we ask in the name of our true hope, Jesus Christ, who promised to be with us to the end. Amen.

*The liturgy concludes with the following*

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. Amen.

*Romans 15:13*