

STAGES OF GRIEF

DENIAL—Shock and Disbelief

ANGER—That this is happening to us!

BARGAINING—What-ifs and Regrets

DEPRESSION—Sadness and Overwhelmed

FEAR—Oh!!! What could happen!!!

ACCEPTANCE—Reality—This is real!

HOPE/MEANING—In one's own life.

What we can do.

Create with God's help.

This does not prescribe; it describes the general process.
Each person grieves in her or his own unique way.

CRISIS CARE

Crisis: a critical time or moment, any sudden or decisive change.
(From the Greek work *krisis*, meaning, “decide” or a “turning point.”)

We are all in a time of pandemic COVID-19 crisis and several related personal, financial, professional, relational, emotional, etc. crises.
How you care for yourself and others in this time is crucial.

In order to do all you do as a minister and in giving care to others, take good care of yourself: physically, mentally, emotionally, relationally, professionally, spiritually, etc. Pray for what you need and pray for others.
“Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others.” Parker Palmer

Some suggestions for caring for others:

- *What are the crises people in your midst are experiencing?
- *Invite them to tell you about it.
- *Listen intensively and reflect feelings and/or thoughts.
- *Ask caring questions to understand their issues.
- *Ask how you and the church could be most helpful.
- *Clarify and assess their responses and condition.
- *Provide practical guidance, useful information or resources.
- *Help the person to decide the next step and to take it.
- *Give emotional and spiritual support through the whole process.
- *Check on people by phone, text, etc.

Resources: Adam Hamilton, *Unafraid: Living with Courage and Hope in Uncertain Times*

Terry Parsons, *Life-Changing Stories: Reflections of a Seasoned Therapist*

If I can be helpful, just let me know.

Shalom and Adios,

Terry Parsons