

Adult First Day Program Notes – 29 May 2022

This week Tampa Friends read the Friends Journal article *Grieving as a Spiritual Practice* by Barbara Bennett.

Friends shared how deeply this article resonated with them for several different reasons. One Friend shared how the article made the case for her that grieving was a spiritual practice as she originally didn't think so. Another Friend shared her understanding of the impermanence of things and thus made it a point to be grateful daily. Another Friend shared how the author's understanding from a quote by Alfred North Whitehead in the article spoke to her too: "Nothing is ultimately lost but is gathered into God's infinite care and returned to us as possibility." The possibility of "an ongoing creative process" leading to new opportunities and outcomes. She also shared that a book she had read, entitled *Prophetic Lament*, made the case that grieving/lamenting/suffering is a communal experience, experienced by all in the community and that the church is the appropriate place to hold the community's pain and grief. A final Friend shared how the article led her to remember the work of Quaker poet Mary Oliver who had had an extremely difficult childhood, yet it led her to create such beautiful and touching poems, an example of possibility of a creative process leading to new opportunities and outcomes.

Adult First Day Program will be on hiatus for the summer, as is our usual practice, and will restart in September.