

Week Five: Acceptance

Overview:

The last stage of grief identified by Kübler-Ross is acceptance. Not in the sense that “it’s okay my husband died” rather, “my husband died, but I’m going to be okay.” In this stage, your emotions may begin to stabilize. You re-enter reality. You come to terms with the fact that the “new” reality is that your partner is never coming back – or that you are going to succumb to your illness and die soon – and you’re okay with that. It’s not a “good” thing – but it’s something you can live with. It is definitely a time of adjustment and readjustment. There are good days, there are bad days, and then there are good days again. In this stage, it does not mean you’ll never have another bad day – where you are uncontrollably sad. But, the good days tend to outnumber the bad days. In this stage, you may lift from your fog, you start to engage with friends again, and might even make new relationships as time goes on. You understand your loved one can never be replaced, but you move, grow, and evolve into your new reality. (Source: <https://www.psycom.net/depression.central.grief.html>)

Day One: Lectio Divina, Psalm 23

The Lord is my shepherd, I shall not want.

He makes me lie down in green pastures;
he leads me beside still waters;
he restores my soul.
He leads me in right paths
for his name’s sake.

Even though I walk through the darkest valley,
I fear no evil;
for you are with me;
your rod and your staff—
they comfort me.

You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.
Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
my whole life long.

Day Two: Fabella Divina (*see instruction sheet*)

Day Three: Visio Divina ("*Look Down That Road*" by Charles Pollock)

Day Four: Imago Divina (*see instruction sheet*)

Day Five: Musica Divina ("*Song for Athene*" by Tavener--<https://youtu.be/tK3bIQxMMEg>)

Day Six: Silentium Divina (*see instruction sheet*)

Day Seven: Worship on CEC’s YouTube Channel