



## RITUALS OF HOPE IN SEASONS OF LOSS

November 7, 2022

### Pre-Evaluation Survey

#### Community Agreements

1. Be open to another perspective
2. It's okay to be raggedy
3. Speak for yourself, not for others and not for an entire group
4. Use the "pass" or "pass for now" option as needed
5. Share "air time"
6. Honor confidentiality
7. Respect the role of the facilitator, respect time limits

#### Question 1: Introductions

Professor Ochs says that ritual is something we do repeatedly that has meaning to us or our community. With that in mind, what is one ritual you practice regularly and why is it important to you?

#### Question 2

Think of a season of sadness or loss in your own life, whether at UVA, among your family and friends, or within another community.

- Were there rituals your community followed to support you in your time of sadness or loss? What felt supportive? What didn't?
- Is there anything you wish your community could have done differently to support you?

#### Suggested Questions

- Think of a time when someone close to you was grieving a loss. Were you able to offer care or comfort to them? How?
- What is a ritual or practice you turn to in times of grief that isn't part of your life in other times?
- Have you ever experienced a loss (as an individual, as a community) when you wished there was a ritual to fall back on, even if you didn't know quite what it would look like?

### Question 3: Closing

As you're thinking about loss, hope, and community ritual, what's one thing you want to take with you from this conversation and continue thinking about?

[Post-Evaluation Survey](#)