

### THE SEASONS OF THE CHRISTIAN CALENDAR

Advent: Anticipation

Christmas: Incarnation

**Epiphany: Revelation** 

Lent: Crucifixion

Easter: Resurrection

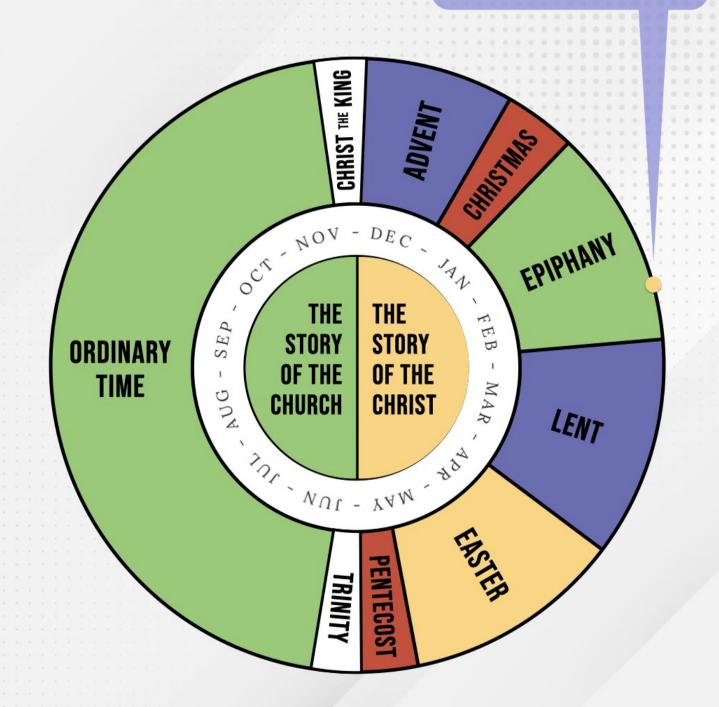
Pentecost: Ascension

Trinity: Magnification

Ordinary Time: Mission

Christ the King: Conclusion

#### **WE ARE HERE**





# THE VALLEY of DARKNESS

Psalm 23

#### PSALM 23:1-6

A psalm of David

- [1] The Lord is my shepherd; I shall not want.
- [2] He makes me to lie down in green pastures; He leads me beside the still waters.
  - [3] He restores my soul; He leads me in the paths of righteousness for His name's sake.

#### PSALM 23:1-6

[4] Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me.

#### PSALM 23:1-6

of my enemies; You anoint my head with oil; my cup runs over. [6] Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever.



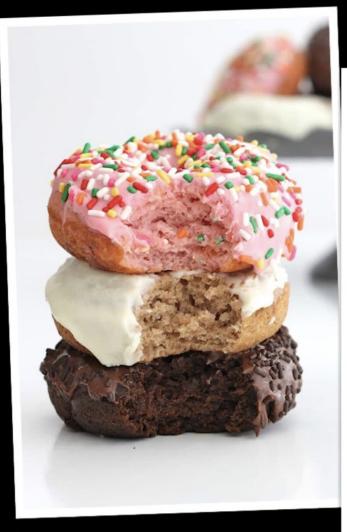
## Grief is a response to loss—and loss is disorienting.

lost, adrift, astray, off track, gone off course, out to sea, going in circles, bewildered

Rituals can help reorient us to the story we inhabit and get us moving in the right direction again.



#### RITUALS OF CONTINUATION







#### RITUALS OF TRANSITION



#### RITUALS OF AFFIRMATION







#### RITUALS OF RECONCILIATION





#### RITUALS OF

#### CONTINUATION

HELPS STRENGTHEN A SENSE OF INTERCONNECTEDNESS

## RITUALS OF TRANSITION

CELEBRATES THE SIGNIFICANCE OF IMPORTANT CHANGES

RITUALS OF

#### **AFFIRMATION**

REINFORCES DEEPLY HELD VALUES WITH GRATITUDE

RITUALS OF

#### RECONCILIATION

RESTORES HARMONY AFTER SEPERATION OR CONFLICT

