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# HOPE AND LAMENT



## PURPOSE

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When we find ourselves with time to pause, the reality of our pain and trauma can ram into us with full force. This may be generational, lived, or lateral (as a result of the justice work one does). Movement work can be a distraction but liberation and healing requires creating space — space to name our pain and our dreams for what could be. Dominant American culture does not teach us to attend to our grief or the grief of others. We must learn to hold things for one another. That is community.

## TIPS FOR FACILITATORS

### SETTING THE SCENE

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- It is encouraged to preface this practice with a conversation about our relationships with lament and hope. Discuss how those relationships were formed — spiritual influence, cultural influence...
- Explain that this is an opportunity to strengthen our ability to hold one another's pain and dreams.

## Steps

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- Have tissues ready
- Form a circle
- play quiet music in the background
- This practice is done in two call and response parts:
  - Lament: popcorn-style, someone names a lament, "I lament..." and people either respond with, "I share your lament..." or, "I hold your lament"
  - Hope: popcorn-style, someone names a hope, "I hope..." and people either respond with, "I share your hope..." or, "I hold your hope".

## TIPS FOR FACILITATORS

### EXTRA TIPS

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This practice can create a very tender space. It is not recommended to jump into another activity immediately after. Consider scheduling this when people have time to retreat or discuss further as needed.

There are no time limits to this practice. At least 45 minutes is recommended but it is the facilitator's responsibility to gage the energy in the room and create ample space for people to share as they are ready.



# GOT QUESTIONS?



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