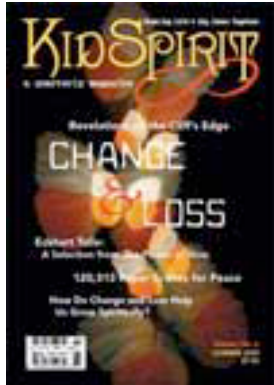


KID SPIRIT

Group Guides



Change & Loss

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In this issue kids tackle difficult topics: divorce, moving, how losing a grandparent affects one's perspective on life and faith. Change isn't necessarily bad, however, and neither is loss. Sometimes it can help us grow. Here are a few questions to help initiate discussion about the double-edged theme of change and loss.

1. In Spirit Exchange, Elizabeth Berg writes about how different cultures around the world mourn. How do people mourn in your family or community? Have you ever experienced any of the traditions mentioned in the article, or perhaps some different ones? If so, how did those rituals affect your feelings of loss? In contrast, how do you celebrate? Are there similar aspects between these seemingly opposite rituals?
2. In the Big Question, Rachel Mae Aguilar suggests that change and loss reflect our relationship with the unknown. When things go well for us we tend to thank something beyond ourselves for it; while if disaster strikes, we rarely feel grateful, but rather find ourselves questioning the power that we took for granted in the unknown. Do you find that you look beyond yourself when something dramatically good or bad happens? What about on just a normal day, or before an important big event? Do difficult moments of change or loss affect the way you relate to what is unknown?
3. In pieces by Julie Ross and Eckhart Tolle, we are reminded that change and loss are constant, and that often the most difficult thing to do is not to hold onto anything too tightly. Why do you think it's hard to let things go? Do you remember something you had to give up or give away? Was it difficult? What happened after you gave it up? Did something new come into your life as a result?
4. What was your reaction to this theme? What messages do you notice in our culture about change and loss? Do you think that as a society we are comfortable dealing with this topic? How do you think we should approach these experiences in life?

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