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# *Grief in a Pandemic:*



*COVID-19 and  
Pastoral Care*

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# Grief in a Pandemic

## Grief Atmosphere

- Grief
- Assumptive  
World
- Disenfranchised  
Grief

## Pastoral Care

### Responses

- Laments
- Funerals
- Rituals

# Important Definitions

- Bereavement
  - Being deprived of something or someone
- Mourning
  - Outward expression of loss
- Grief
  - Internal experience of loss

# Assumptive World

- General operating system
- Cosmic in nature
  - Safe
  - Predictable
  - Benevolent
- Trauma disrupts the assumptive world.



# Disenfranchised Grief

- A loss that is not or cannot be
  - Openly acknowledged
  - Publicly mourned
  - Socially supported.



(Doka, Kenneth. "Disenfranchised Grief," *Disenfranchised Grief: Recognizing Hidden Sorrow*. New York: Lexington Books. 1989. 4)

# Pastoral Care Responses

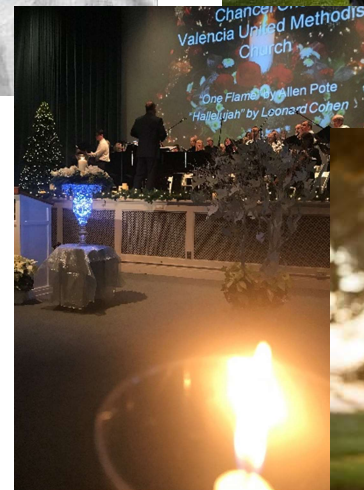
- Enfranchise the loss



- Lament

- Rituals

- Funerals
- Corporate Worship
- Individual



# What is beautiful?



## For a Time of Sorrow

I share with you the agony of your grief,  
The anguish of your heart finds echo in my own.  
I know I cannot enter all you feel  
Nor bear with you the burden of your pain;  
I can but offer what my love does give:  
The strength of caring,  
The warmth of one who seeks to understand  
The silent storm-swept barrenness of so great a  
loss.

This I do in quiet ways,  
That on your lonely path  
You may not walk alone.

Howard

Thurman

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