

Note to Apprentices at top of Month 1 page:

As you engage with the below assignments, please be aware of words and images that bring up specific emotions, memories, reflections and questions. Highlight those passages (or make note of the running time.) Please also pause and take time to go deeper into your responses through journaling. Listen to your inner teacher.

Required Readings

- *Understanding Your Grief: Introduction and Touchstone One chapter (pp 1-19)*
- *Bearing the Unbearable: Forward, Prologue, Chapters 4-5, Chapters 7-11 (pps. xv-xvii, 1-8, 21-31, 39-58)*

Required Video and Audio

- *Video from Elizabeth about grief denying culture (14 minutes)*
- *Video from Elizabeth about grief vs. mourning (11.5 minutes)*
- *How to Live After Profound Loss: Colin Campbell interviewed by Bari Weiss on the 'Honestly' podcast. Listen from the beginning to the break at 35 minutes. You can listen via the below link or on Spotify or Apple or wherever you like to listen to podcasts!*
<https://www.thefp.com/p/how-to-live-after-loss>

****[Joe, you can just provide the link. No need for posting or editing.]**

Additional Assignment

- For our October 14th webinar: Bring a photograph and/or an object related to a grief that you want to honor and share with the group