

## About *Grieving With Grace: A Woman's Perspective*

There are many ways in which the course of our daily lives can be altered—illness, change in residence, loss of employment and death of loved ones. These alterations can require dramatic and even subtle changes in our everyday living, limit our options and force us to choose different priorities.

Dolores Leckey knows firsthand that the death of a spouse changes forever the rhythms of life at all levels—body, mind and soul. In this moving and personal narrative that includes entries from her journal, she shares with us her own shift in consciousness, in the way she sees God, herself and the world after her husband's death. She offers us consolation and hope.

## Discussion Questions

### Chapter One

1. How do you keep track of the graces flowing through your current life? Daily prayer? Spiritual direction or friendship? Journaling?
2. How would you describe the relationship between friendship and the communion of saints?
3. Have you found art (music, poetry, photography, painting, textiles) to be an opening to the sacred? What are your other experiences of the sacred in the ordinary?
4. How is *remembering* a way to better understand your life and the lives of others?

### Chapter Two

5. What transitions in your life do you remember? How did they change your pattern of living, if at all? Could you describe any one of them as a “conversion”?
6. Ponder and discuss the distinction between a corpse and a body as Frederick Crowe describes it.

### Chapter Three

7. What ways might you simplify (unclutter) your life?
8. Have you ever made a “pilgrimage” to a source of roots in your own life? The house you grew up in? Your old neighborhood parish? Some place beyond the territorial borders of the United States? How did the experience affect you?

9. In the evening of life (what some physicians call “the third third”), what form of creativity seems possible? Volunteer service? Trying a new art form? Strengthening a family relationship? Learning a new skill? Risking a new or renewed relationship?

#### Chapter Four

10. Who are the people to whom you feel deeply connected? Do they help you to move through the losses of everyday life?
11. Have you ever made a silent retreat? How did that experience infuse your ordinary everyday life? How might you arrange for quiet times in your daily life?

#### **About the Author**

DOLORES R. LECKEY has been a senior research fellow at the Woodstock Theological Center since 1998 where she is currently coordinator of a new project, Theology in the City. Recipient of numerous awards, including twelve honorary doctorates, Dolores is the author of nine books and general editor of *Just War, Lasting Peace: What Christian Traditions Can Teach Us*. The mother of four and grandmother of seven, with her late husband, she is a founder of the Arlington Partnership for Affordable Housing. She resides in Arlington, Virginia, where in 2003 the Commission on the Status of Women named her a “Person of Vision.”