

RESOURCES FOR LAMENT

Compiled by Simone Monique Barnes March 2024

Some Readings:

- “Recognizing lament: How might a Unitarian Universalist ritual of lament help when you are driven to cry out?” by Myriam Renaud
<https://www.uuworld.org/articles/lament-ritual>
- “No Place for Self-Pity, No Room for Fear: In times of dread, artists must never choose to remain silent.” by Toni Morrison
<https://www.thenation.com/article/archive/no-place-self-pity-no-room-fear/>

Watch or Listen

- Rev. Meg Barnhouse video or audio, “What’s the Difference? Venting vs. Lamenting.” <https://austinuu.org/wp2013/whats-the-difference-venting-vs-lamentation/>

At home:

- Journal
- Light a chalice or a candle at home and sit for a few moments in silence, with your thoughts
- Conscious breathing: “Breathing in, I know that I am breathing in.” And as you breathe out, say, “Breathing out, I know that I am breathing out.” Just that.
- 54321 meditation: It involves identifying 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. By doing so, it helps shift your focus from anxiety-provoking thoughts to the present moment.

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Continued

In Community:

- Attend Wildflower's Coffee and Conversation (pastoral care) Wednesday mornings at 10 am on Zoom
<https://wildflowerchurch.org/calendar/>
- Visit SoCo Episcopal Church, 1314 Oltorf St, 78704, for a Maundy Thursday service, that includes the humbling act of washing one another's feet, Thursday, March 28, 4:30 pm
<https://www.socoepiscopal.org>
- Visit St James' Episcopal Church, 1941 Webberville, 78721 for the Good Friday Project (and artist led worship service) Friday, March 29, 8 pm
- Many African American Christian churches hold "7 Last Words" services on Good Friday, March 29, 2024, with 7 different speakers giving 7 different homilies or sermons.

In Nature:

- Walk an outdoor labyrinth at the Natural Gardener (South Austin), St David's Episcopal Church (downtown), or Unity Church of the Hills (North Austin)
- Visit one of the many neighborhood, county, and state parks, and greenbelts
- Sit by the lake

Some support:

- Suicide prevention hotline 988 Suicide and Crisis Lifeline is available 24 hours a day. Languages: English, Spanish. Call or text the number 988. Or chat online at <https://988lifeline.org/>
- YWCA Counseling <https://www.ywcaustin.org/counseling>
- Wildflower Pastoral Care 1:1 Zoom session appointments with Jan Austin, formerly a Licensed Professional Counselor, will be available with her if you wish. Schedule with her at calendly.com/jhigaus