# The Gift of Empathy, led by Deacon Eunice Attwood

11 May 2021

**Summary of Zoom chat**

Power of role because we’re the ordained?

Agreed - definitely no time limits on grief of any kind

Any suggestions about what to say to a child who asks why God let someone die or why something bad happened?

Clear explanations and timely, many thanks Eunice

Slides would be useful to have when we run a Dying Matters event.

Breakout questions:

• In your own experience of loss, how have other people supported and helped you? • How might you empathise and support the multiple losses within your local community? • What has helped you grow in ‘empathy’ and led to greater understanding of yourself and others?

 • What are the healthy boundaries needed for empathetic relationships?.

I found a really helpful service this year called Mothers’ Day Runaways - <https://www.mothersdayrunaways.org.uk/> found it really helpful in terms of my own grief and my own dislike of mothers’ day

Also would fully recommend Mental Health First Aid training as it gives tools for us to help other people

MHFA is an excellent resource, also linking in with Dying Matters.

Very soon there will be some people trained as MHFA instructors within the Church and so training will be rolled out, hopefully near the start of the next Connexional year.

Oh that makes my heart so happy

Alzheimers carries a double grief - of the person in life and then in death too

Would second Professor John Swinton book <https://www.amazon.co.uk/Dementia-Living-Memories-John-Swinton/dp/0802867162>

Thanks again for another challenging and affirming session, you're doing amazing things

it is hard to talk about loss, as everyone has experienced losses this year.