



## HOPE AND HEALING GRIEF Meeting Format

*This document is a suggested meeting format.  
Amend the meeting format per group conscience as desired.  
All referenced documents are available at [HopeHealingGrief.org](http://HopeHealingGrief.org).*

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[INTRO] Welcome to this [NAME OF] meeting of Hope and Healing Grief. My name is \_\_\_\_\_, and I am the chair for today's meeting.

### **Overview**

This is a closed meeting for those on a healing path from grief, or those exploring whether this program may be helpful. Hope and Healing Grief is non-professional. It is not therapy, a social club, or a place for dating. If anyone approaches you in a way that feels inappropriate, we encourage you to share this with another member.

What we are is a place to share our own experience with grief and listen with respect. We welcome all people and beliefs. All forms of loss are welcome, all feelings are honored, and everything said is held in confidence. Most important, here, no one grieves alone.

May I have a volunteer read **The Preamble**?

May I have a volunteer read the **12 Truths of Hope and Healing Grief**?

### **Introductions**

It's now time for introductions.

Are there any newcomers here today?

[IF SO] Please introduce yourself by your first name only so that we may welcome you. Welcome. Everyone here will have a chance to share today, so if you'd like to tell us more about your story you may do so later. But there is no requirement for anyone to speak at any time. We suggest those new to Hope and Healing Grief attend several meetings before determining if this program is right for them.

Let's take a moment to introduce ourselves. My name is \_\_\_\_\_ and I am here for hope and healing. [OTHERS INTRODUCE THEMSELVES]

### **Weekly Topic / Lead**

Each week, we invite someone to offer a Hope and Healing Grief lead, sharing their experience, strength, and hope. If we have no volunteers we have a reading, topic, or lead. Do we have a volunteer who is willing to give a lead of up to 15 minutes?

[IF SO] Thank you, [LEAD VOLUNTEER]. Do we have someone willing to serve as timer today? Thank you, [TIMER VOLUNTEER]. May we hear the time's up sound? [Or see the time's up warning]. Our timer will give a 5 minute warning. Please help me welcome, [LEAD VOLUNTEER].



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[IF NO VOLUNTEER]. Since we have no volunteer and today is the X week of the month we will:

**[1<sup>st</sup>]** Read from the **12 Ways Grief Impacts Our Life**. Do we have a volunteer to read that?

**[2<sup>nd</sup>]** Read from the **12 Signs of Feeling Hope and Healing from Grief**. Do we have a volunteer to read that?

**[3<sup>rd</sup>]** Select 3 topics from the **100 Topics for Hope and Healing Grief**. May I have 3 different people choose a number between 1 and 100. [THE NUMBERS ASSOCIATE TO EACH OF THE 100 TOPICS.] The topics selected are [READS TOPICS].

**[4<sup>th</sup>]** Read from the **12 Signs of Growth from Grief**. Do we have a volunteer to read that?

**[5<sup>th</sup>]** Read from the **12 Spiritual Principles of Hope and Healing Grief**. Do we have a volunteer to read that?

### 7<sup>th</sup> Tenet

In accordance with the 7<sup>th</sup> Tenet, each meeting is “sustained by voluntary member contribution and mutual support.” The Venmo code will be placed in chat during the sharing portion of the meeting. Contributions support the meeting domain and website, web hosting, rent, and other program expenses. Please give what you can. And if you can’t, keep coming back. We need you more than your money. Newcomers please be our guest. We’re just glad you’re here.

### Sharing

This is the time of the meeting when we share. In sharing we focus on the reading, topic, or lead, and our progress with hope and healing. We avoid crosstalk, which means we do not comment directly on another group member’s comments. If anyone feels uncomfortable during a share, they may quietly raise their hand, and the speaker is asked to respect that signal. Please keep shares to 3 minutes or less. A timer will sound when three minutes are up. Shares will end 10 minutes prior to the meeting’s close to allow time for burning desires and closing readings.

The floor is now open for comments.

### 10 Minutes Before Meeting Close

It’s now 10 minutes before the meeting’s close. Are there any newcomers who haven’t yet had a chance to speak and would like to? Are there any 1 minute burning desires?

### Meeting Closing

We remind you of the many free resources at HopeHealingGrief.org. These include Hope and Healing Daily Meditations as well as resources for those who would like to start their own meeting.

Are there any meeting, business, or fellowship announcements? [IF THERE IS AFTER-MEETING FELLOWSHIP, IT IS ANNOUNCED HERE.]



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Would someone please read the *Promises of Hope and Healing Grief*?

### Promises of Hope and Healing Grief

If we are honest, open, and willing on our healing path, we will come to know acceptance. We will learn to face our grief without fear. Hope will awaken within us, and we will learn to trust life again. Where pain once closed our hearts, we will find faith in what is possible. Courage we did not know we had will emerge, and we will begin to grow in places that once felt barren.

By sharing our stories and listening to others, we will feel heard and understood, and know we are not alone. As we release guilt, regret, and expectations that no longer serve our healing, freedom and compassion will gently return.

Renewal and purpose will take root. We will reconnect with ourselves and with others, rediscovering our capacity for love. And having experienced hope and healing, we will share these gifts with those who still grieve, becoming reminders that no one heals alone.

These are not extravagant promises; they unfold among us when we work for them — one day at a time.

Thank you. This has been a regular meeting of [MEETING NAME].

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