



## **PREAMBLE – HOPE AND HEALING GRIEF**

### **SHORT VERSION**

Welcome to Hope and Healing Grief. We gather as equals, guided by compassion as we navigate the pain of loss. No grief is too small to be felt or too great to heal, and here, no one grieves alone.

We heal individually through the Twelve Truths and create hope collectively through the Twelve Tenets. With no governing leaders, we follow collective wisdom rather than individual will.

Anonymity protects what is shared, ensuring a space that is safe for everyone. Inspired by the Twelve Steps of Alcoholics Anonymous, Hope and Healing Grief is a softer, gentler path created specifically for those navigating loss.

All who seek relief from grief are welcome here, exactly as we are and wherever we are on our healing journeys.

### **LONG VERSION**

Welcome to Hope and Healing Grief. We gather as equals, guided by compassion as we navigate the pain of loss. We believe that no grief is too small to be felt or too great to heal — and that no one has to grieve alone.

We heal individually through the Twelve Truths and create hope collectively through the Twelve Tenets. We have no governing leaders; our fellowship is rooted in humility, simplicity, and shared responsibility.

Our purpose is to create a safe space for honesty, tenderness, and healing. Anonymity protects this space and makes room for genuine connection — with ourselves and with one another.

We follow collective wisdom rather than individual will, choosing presence over persuasion. We are gentle with ourselves and with one another, knowing that grief is a universal human experience.

Inspired by the Twelve Steps of Alcoholics Anonymous, Hope and Healing Grief is a softer, gentler path created specifically for those navigating loss.

All who seek relief from grief are welcome here, exactly as we are and wherever we are on our healing journeys. Together, we learn from the past, support one another in the present, and create hope for the future.