

BOTH / AND

Holding Space for Joy & Grief

Presented by Stop Breathe Believe® & Dianne Morris Jones

November 2023

Holding the Tension

by Roger C. Jones

Buoyant sun rises over the dawn horizon /
Breathless wind smells of fall/ Birds sing / Seem
oblivious to the coming winter / Friend calls /
sweet connection / A stranger commits a kind act
/ Toward another stranger / A cancer patient gets
the word / Treatment results in remission / So
much wonder in the world / But wait, the news
shouts there is fighting / With their tanks and
their bombs and their guns / Innocents crushed
beneath the rubble / And there's rising prices,
high interest rates, economic growth suspect /
Uncertainty for all / So many things going wrong /
Tell me / Will we focus on the bad over the good /
Can we amplify what is good and beautiful /
Without denying what is not / How shall we hold
the bad with the good / Help me / My arms are
weary

As we cross the threshold into the month of November, widely known as a time of Thanksgiving and Gratitude, we will be exploring the idea of holding space for joy amidst the pain and hurt of our world.

Our world sometimes seems to be falling apart, beset by rampant fear, uncertainty, war, and loneliness. We might know the hurt and ache of pain and grief on an individual scale or in a more collective sense.

The paradox BOTH/AND is a beautiful path...holding space for joy amidst the pain and grief. The contrast, EITHER/OR, can be a short road to nowhere as we examine the contradictions even within ourselves.

Krista Tippett, creator and host of the podcast “On Being,” first introduced me to the idea of a “generative narrative,” the concept of desiring to amplify what is good and beautiful without denying what is not.

DAY 1

How might we invite a more generative narrative today as we hold space for the 'both/and' of our joy and our pain?

Photo taken at Fort Worth Botanic Garden, Fort Worth, Texas.



DAY 2

How might we invite a more generative narrative today as we hold space for the 'both/and' of our joy and our pain?

Photo taken in Bermuda.



DAY 3

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DAY 4

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DAY 6

How might we invite a more generative narrative today as we hold space for the 'both/and' of our joy and our pain?

Photo taken at Dallas Arboretum, Dallas, Texas.



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DAY 24

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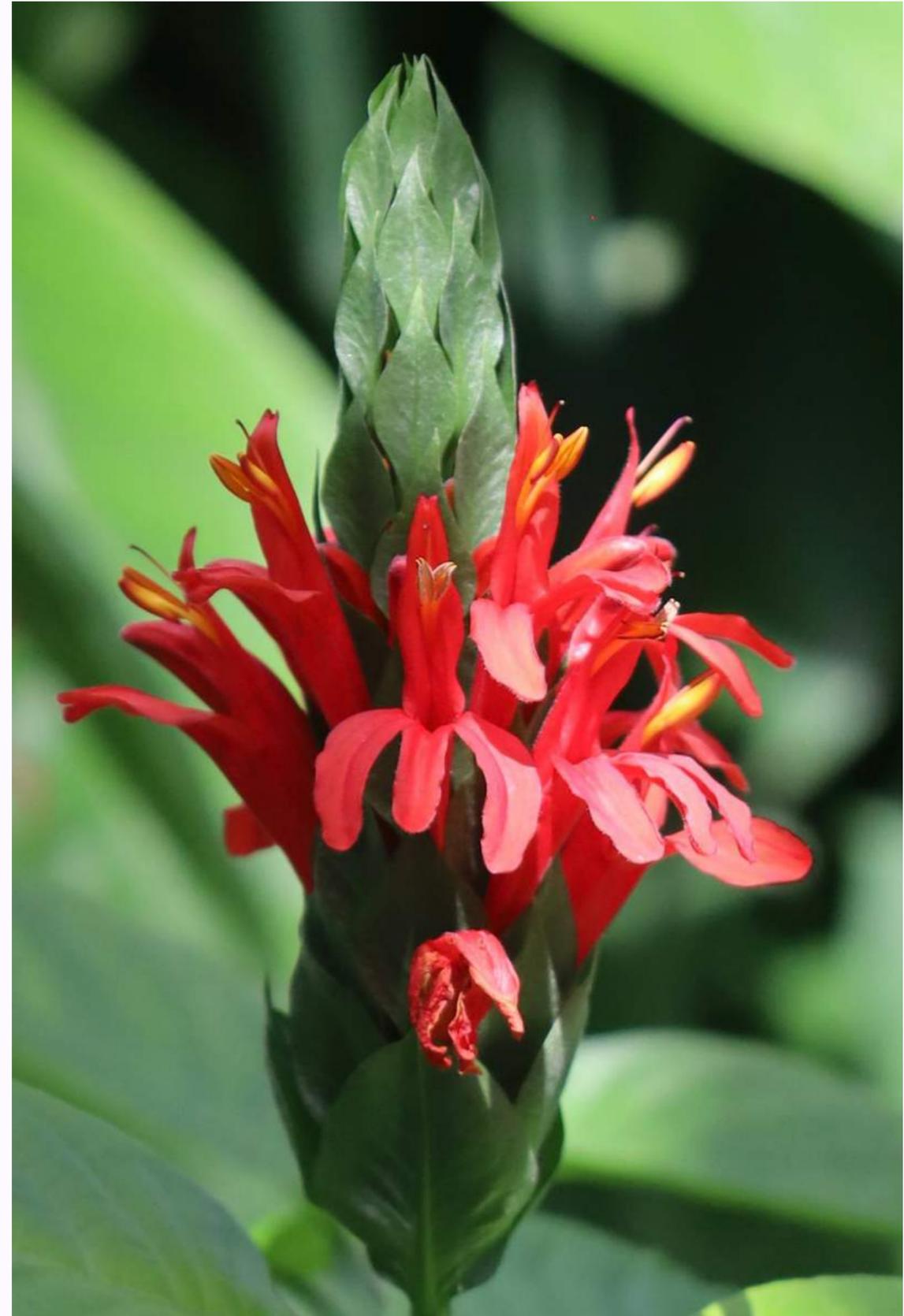
Photo taken in National Harbor, Maryland.



DAY 25

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