

# SORROW/FULLNESS

a reflection on mourning

featuring work by

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Center for Performing Arts**

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# About this Guide

The information below can be used as a launch pad into learning about the themes of the exhibition. The questions and prompts can be used to start a deep-dive discussion about the artwork on view.



## Death & Dying

Everyone dies. It's a common thread that connects us all, but in Western cultures death is often a taboo topic. The [death-positive movement](#) is a social and philosophical movement that encourages dialogue around death-related topics, seeks to decrease anxiety surrounding death, and advocates for more diversity in end-of-life care options. Try a death-positive approach to thinking and talking about death;

- If a pet is dying, talk with your family or friends about it.
- If you pass a dead bird on the side of the road, acknowledge it.
- Avoid euphemisms like 'passed-away' and embrace the terms 'death' and 'dying'.



## Mourning & Ritual

There are multitudes of ways people honor death [around the world](#) and have throughout history. In [Victorian England](#), mourners wore jewelry made from the hair of deceased loved ones. In present-day rural Indonesia, families perform a ritual called [ma'nene'](#), where the bodies of deceased family members are exhumed and cleaned before being buried again. Explore different mourning traditions with these titles from the GVSU Libraries.

- [From Here to Eternity](#) by Caitlin Doughty
- [The Good Death: An Exploration of Dying in America](#) by Ann Neumann
- [Death, Culture and Leisure: Playing Dead](#) by Matt Coward-Gibbs



## Loss & Healing

Feelings of grief due to loss are complex, often difficult to articulate, and are different for everyone. There is no right or wrong way to grieve. Dr. Alan Wolfelt, in his [Mourner's Bill of Rights](#), states, "You have the right to experience your own unique grief. No one else will grieve in exactly the same way you do." Similarly, the process of healing takes many forms. The GVSU Counseling Center offers self-guided and group grief counseling.

- To start your own healing journey visit the [Counseling Center online](#) or call 616-331-3266 to schedule a free screening.

For additional learning resources visit [www.gvsu.edu/artgallery/sorrowfulness](http://www.gvsu.edu/artgallery/sorrowfulness) or contact:

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