

# Holding On with Letting Go

The purpose of this conversation is to honour our relationships with people we have worked alongside who have disappeared, are missing, or have died. Our collective intention is to hold on to that which has been most meaningful in our relationships with people, not to move on, get over, or in some way settle ourselves or accommodate ourselves to situations which lack Social Justice and are intolerable.

Re-member a person you have worked alongside whom you have lost and with whom you had a meaningful relationship.

Who is this person? What do you respect, celebrate and hold dear about them? What is at the heart of your care for this person?

## 1. How was your work alongside this person of use to them?

If this person were here now, what would they say about you in terms of your ways of being or the qualities you hold which were most useful to them?

## 2. What are some of the teachings which you received in your work alongside this person?

How has this person been helpful for you in terms of being helpful to others? to yourself?

## 3. How will you re-member this person, and keep this person and their teachings alive in your work? (Resisting their disappearance, or just being a number)

How might this person's life have amplified your hope, or kept your hope alive?