

Bringing Grief to the Table

A Reflection from the Road

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When we grieve, even the act of eating can feel hollow. But food connects us to the earth, to memory, and to culture. In Italy, I discovered that bringing grief to the table—through simple rituals of attention and presence—created space for comfort and grace.

Try this small practice:

1. Choose one meal this week to dedicate to a loved one you've lost or to your own healing.
2. Set the table with care, even if you're alone. Light a candle. Place a flower or photo nearby.
3. Before eating, pause. Take three deep breaths. Whisper a name. Hold your heart gently.
4. Savor each bite slowly, noticing flavors, memories, textures.
5. End with gratitude. Thank your body, the earth, your loved ones, and yourself.

Grief is welcome here. And nourishment, too.

-Karen

(Wild and Holy: A Journey Through Grief, Guilt, and Grace in Italy - Coming 2025)