

# Renegade Grief

By Carla Fernandez






**What do you do after the  
funeral is over?**





# Google



Google Search

I'm Feeling Lucky





# Grief Goldilocks









DIDO ON THE FUNERAL PILE.







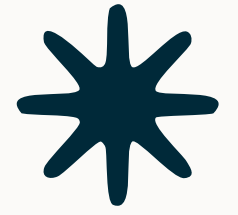
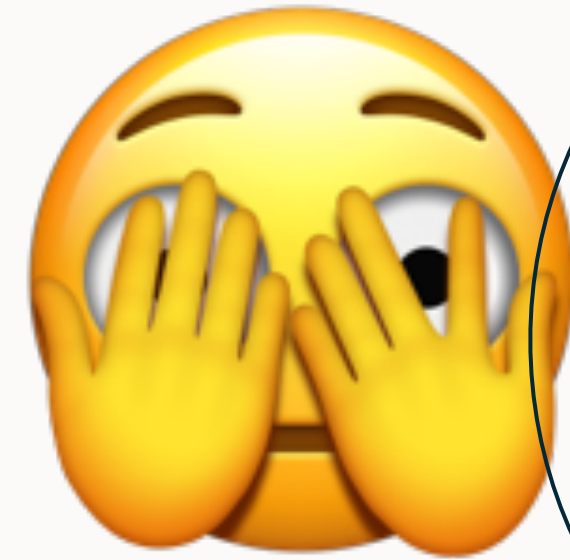












**But first ...**

**I needed a table mate**







**Carla Fernandez** <carla.l.fernandez@gmail.com>

to me ▾

Sep 5, 2010, 4:46 PM



Lennon Dearest,

I hope this finds you mid-flight in a splendid Sunday afternoon, simmering in anticipation of our forthcoming and fabulous evening of goddess revelry.

This email has very little, if anything, to do with the obvious ways in which we are related -- the great GOOD, the humming world of social enterprise, cool girls anonymous --- and everything to do with a deeper connection that I believe we share, the one that is formed between the hearts of two spirited young things who have experienced the death, transcendence, loss --- call it what you will -- of a parent.

As I make my way through the carnival fun house of healing, grieving, bereavement, I can't seem to find one crucial room. A grief group I attended in San Francisco was eye opening, but I found it too sulky, the facilitator leading adults down the dark hole of psychoanalysis and victimization ... books I read on the topic, and on tangential topics, are rich and crisp and full of life, but alas, not alive ... friends that I talk to extend the deepest sympathy, but haven't yet been asked to walk the walk ... I find that I am craving candid and carefree time with the women and men who have walked those hallways late at night, understand in that way the meaning of love and goodbye, and are using their experiences to springboard into richer, more honest, and more open-hearted lives ... you my dear seem to be one of those people.

The time I spend talking with women like you about our experiences are the moments that I wish I could stretch like salt water taffy, lengthening them, giving them time to rise like our daily bread. I do believe we have a lot to learn from one another, and a special blend of support to offer each other.

Some other LA sisters I've met or reconnected with these past few months are all at different levels of recovery, peace, and response in their own lives to the losses of their own parents, and I would love to get us in the same room and see what color sparks fly. I would love to cook dinner for the lot of you, invite you to bring any sweet or corked flare to our meal, and set the intention of opening up the parts of ourselves and our experiences that we want to share ... tricks of the trade, in a way.

In the case that you want to take me up on this offer, let me know which of the following evenings at 8 PM would work for dinner at my Echo Park crib ... Thursday (9/9) through Monday (9/13) of this upcoming week, or 9/23 through the 9/29





Carla Fernandez <carla.l.fernandez@gmail.com>

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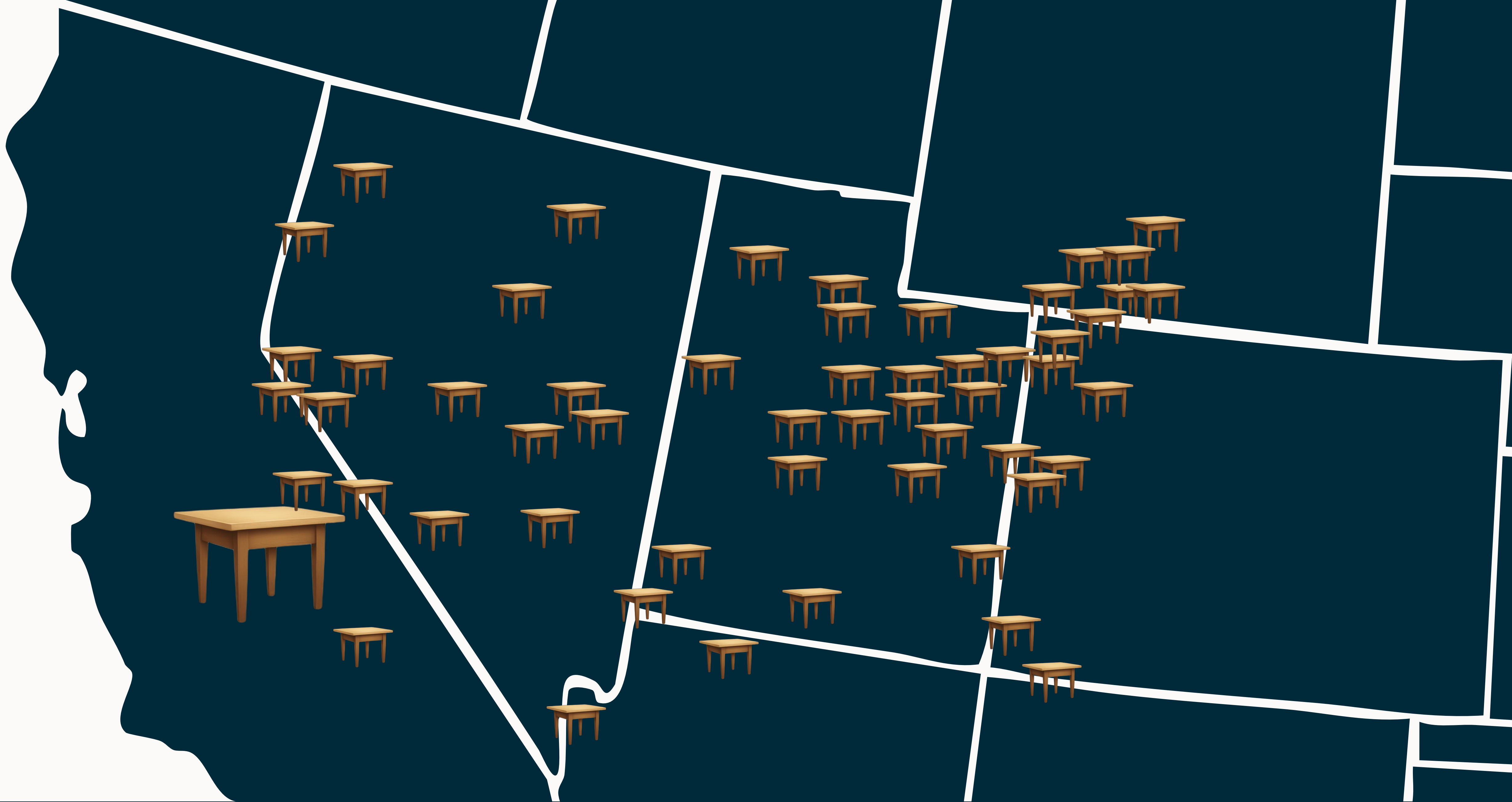
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# *The* DINNER PARTY

20k+ Dinner Partiers

150 NYC Tables launched since 2019

97% would recommend The Dinner Party to a friend,

while 81% already had.

“Before The Dinner Party, I was always the outlier. Now I've found a place I belong, and I can't imagine my life without my tribe.” - Dani, Charlotte NC



“Like therapy, but better”

*The Washington Post*

“Some say it's one of the new ways that young adults, often skeptical of organized religion, are connecting to find meaning in their lives.”

**n p r**

“A Refuge When Nobody Understands Your Loss. It's not just about getting together and talking about loss, but finding a community that shares your story.”

**O** THE OPRAH  
MAGAZINE



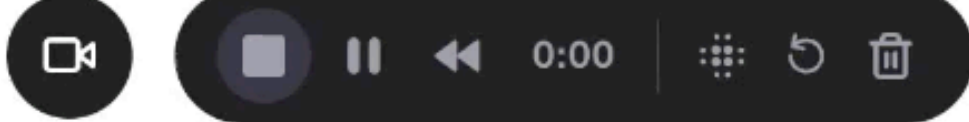


Carla Fernandez, co-founder of The Dinner Party, just released her new book: Renegade Grief! Join us at a [Renegade Grief Roadshow](#) event near you to gather as a community and celebrate together!

# Welcome to The Dinner Party

Location

Search





# Renegade Grief













Well actually

# How Dungeons & Dragons helped my siblings and me grieve our father's death

Carla Fernandez

Sun 9 Mar 2025 10.00  
EDT

[Share](#)

Fantasy realms offer a place to escape when our own world is too intense, too boring, too heartbroken



# The Guardian



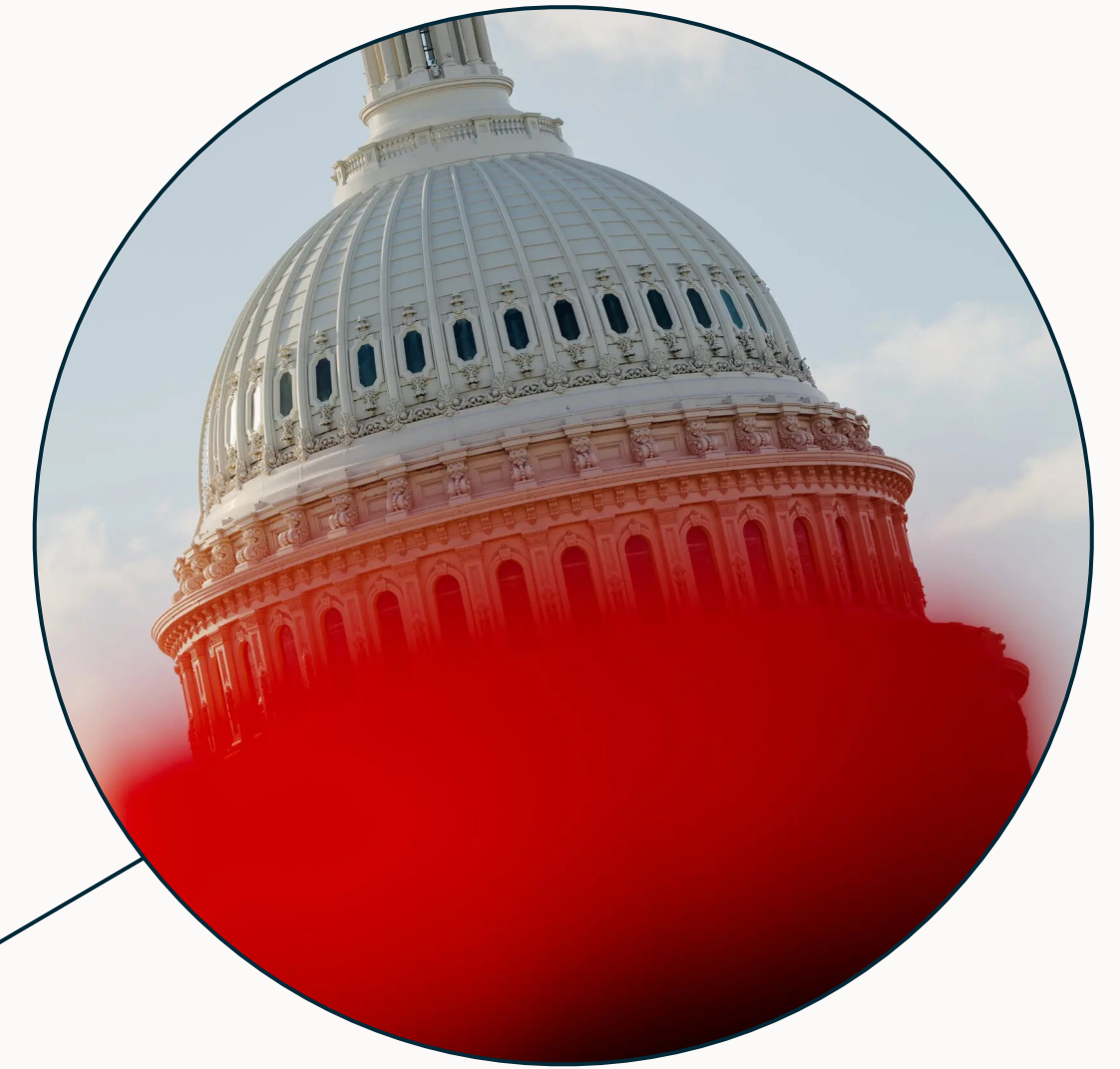
Grief is not a problem.

Social isolation and cultural norms that get  
in the way of tending to grief in community  
is a problem.



What if each of us  
could go renegade by  
turning the source of  
our deepest isolation  
into healing and  
community support?





**This too is grief.**



# What happens when we reframe grief ...

FROM:

A niche mental health issue  
we regard as psychologically unhealthy  
and deal with on our own

TO:

A radical act.  
A critical life skill.  
The muscle that will make or break  
whether we can meet this moment.  
A portal to hope and resolution.



Your Turn.



# What does Renegade Grief look like to you

## FROM:

- Not talking about your loss experience
  - Feeling isolated in your grief
- Hesitating to reach out because you'll say the wrong thing

## TO:

- A creative practice that continues bonds
- A friend (group) where you can be real
- Actively advocating for culture change



Reflection Question #1:

Naming the Friction

One way the cultural “rules” about  
grief don’t work for me is that they  
expect me to

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Reflection Question #2:

Naming the Longing

Something I am longing for in my  
grief right now is

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Reflection Question #3:

Naming the Reality

I can't control

---



Reflection Question #4:

Naming the Agency

But one small way I could create  
more of what I need—for myself or  
for others—is by

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Reflection Question #5:

Naming the Edge

There's a way I've been hesitating  
to show up—  
for myself / for someone else / for  
my grief—by

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Reflection Question #6:

Naming the Renegade Move

If I gave myself permission to do  
grief my way, one renegade step I  
might try is

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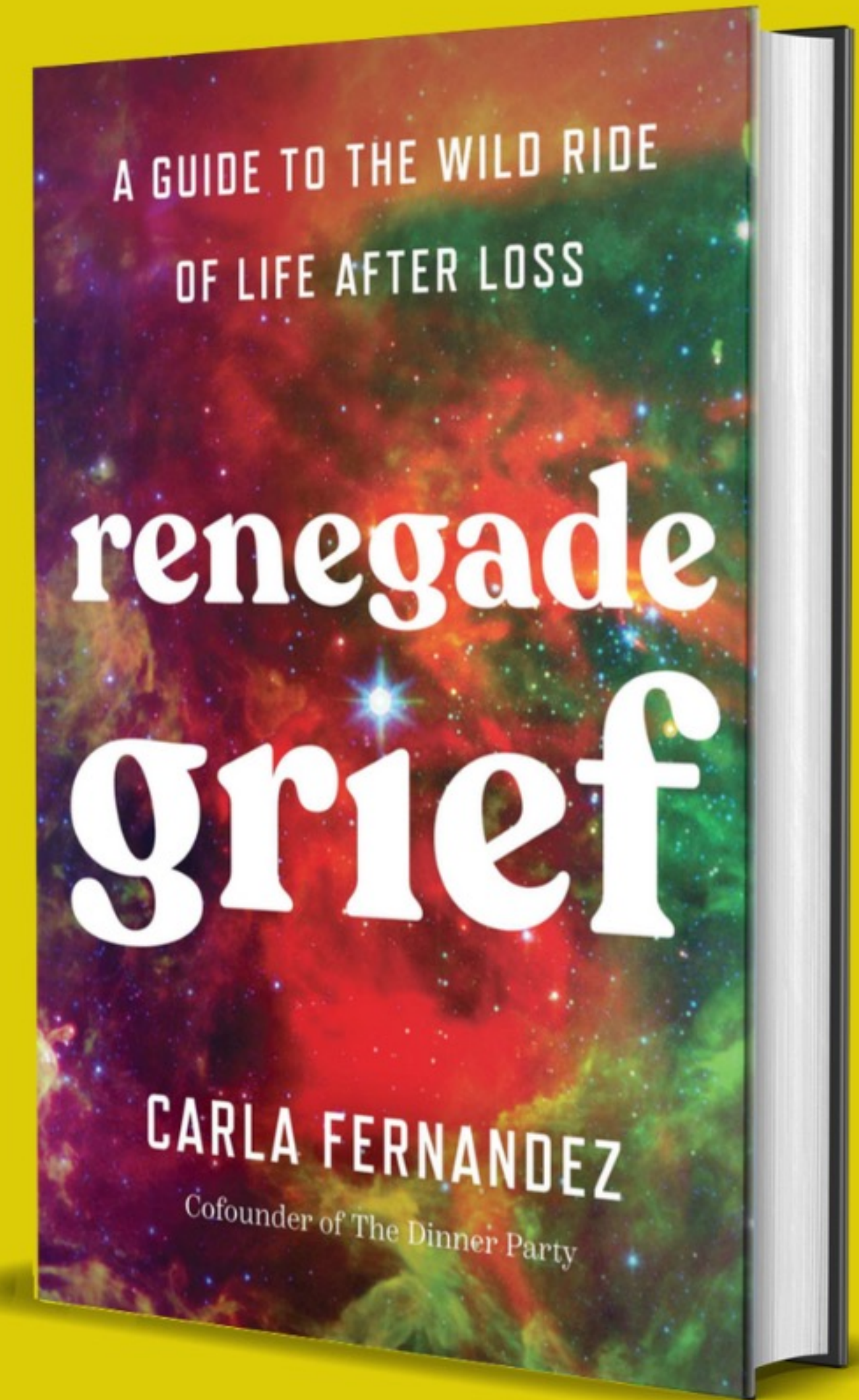
# \* Keep in Touch

@CARLITAFERNANDEZ  
WWW.CARLAFERNANDEZ.CO

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