

As the time passes and things are changing for you at a rapid pace, remember to stop and take care of yourself. Treat yourself with the same care and affection with which you offer others.

Loneliness is one of the greatest problems on the grief journey. When a loved one has passed away, there is a tendency to give into emotional and physical isolation. This choice seems to be the easier one when life itself seems difficult.

One of the most powerful outlets for healing grief is talk. Seek someone to use as a sounding board for your thoughts and feelings. This is one of the greatest gifts you can give to yourself. Telling and retelling, the story, is normal and healthy.

I'M HERE

By: Jeanne Losey

**I cannot ease your aching heart,
Nor take the pain away.
But let me stay and take your hand
And walk with you today.
I'll listen if you need to talk;
I'll wipe away your tears.
I'll share your worries when they come;
I'll help you face your fears.
I'm here and I will stand by you;
Each hill you have to climb.
So take my hand, let's face the world;
Live one day at a time.
You're not alone, for I'm still here.
I'll go that extra mile.
And when your grief is easier,
I'll help you learn to smile.**

Sincerely,

Miranda Lane, BSW, Bereavement Coordinator

“IT HELPS TO HAVE FRIENDS WHO WILL LISTEN”

When I ask you to listen to me and you start giving me advice, you have not done what I asked.

When I ask you to listen to me and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings.

When I ask you to listen to me and you feel you have to do something to solve my problems, you have failed me, strange as that may seem.

Listen! All I asked was that you listen, not talk or do, just hear me.

Advice is cheap; twenty cents will get you both Dear Abby and Billy Graham in the same newspaper.

And I can do for myself. I'm not helpless. Maybe discouraged and faltering, but not helpless.

When you do something for me that I can and need to do for myself, you contribute to my fear and inadequacy.

But when you accept as a simple fact that I do feel what I feel, no matter how irrational, then I can quit trying to convince you and can get about this business of understanding what's behind this irrational feeling.

And when that's clear, the answers are obvious and I don't need advice. Irrational feelings make sense when we understand what's behind them.

Perhaps that's why prayer works, sometimes, for some people - - because God is mute and doesn't give advice or try to fix things.

He just listens and lets you work it out for yourself.

So please listen and just hear me.

And if you want to talk, wait a minute for your turn - - and I'll listen to you.

~ Anonymous