

Mourning Discoveries[®]

A guide to help families navigate through grief towards healing.



Family Care Series™
BOOK THREE

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PREFACE

This booklet is the third in the Family Care Series and is being sent you as a gift of understanding. While continuing to acknowledge the difficulty of your grief, I thought it might be helpful to share uplifting thoughts and notions. I have added Part II in books three and four.

In Part II, I have included articles and excerpts from a series of newsletters that I helped develop some years ago. Included is a collection of thoughts, stories, notions and expressions.

I believe that, in time, you will experience joy in your life. Meanwhile, maybe the words and ideas in this booklet will help!

You Are a Part of Our Hearts

A thousand times we've needed you, a thousand times we've cried; if love alone could have saved you, you never would have died. In life we loved you dearly, in death we love you still, for in our hearts you have a place that no one else can fill. It broke our hearts to lose you, but you did not go alone, for a part of us went with you, on the day God took you home.

-Author Unknown

PART I

COMMON FEELINGS

*He disliked emotion, not because he felt lightly,
But because he felt deeply.*

-John Buchan, Scottish Writer

Day after day there are reminders everywhere. There are reminders of what your life was like and how your loved one was a part of your life. You may still feel out of balance. You may think that you should be able to cope by now, but you find that you are not coping well at times. You may think that you should be over it, and you are not! You might think that you should be doing okay because you have family and friends looking out for you, but you don't feel okay.

A bereaved woman said, "It seems as the months pass I get lonelier and feel more isolated. Life seems to move on and I am not ready to move at all."

As time passes you will continue to define the relationship that you shared with your loved one. By doing this you begin to see a complete picture of who and what your loved one and your life together was like. As your picture gets clearer it will become a great source of comfort, which is more than just a memory.

Many people I talk to tell me that they feel as though everyone and everything around them indicates that they should be “over their grief”, after a certain period of time. I have been told that others make them feel that there is a “right” way to grieve according to some pre-determined set of rules. Many people share that they have heard the saying: “time heals all wounds”. Hearing these things leave the bereaved feeling as though they are weak and unable to “deal” with their grief. Sometimes we are left feeling like we are doing something wrong. Or you might think; *there must be something wrong with me!*

A bereaved woman said, “I spent the day of my son’s birthday crying. When my friend called to say hello, she did not acknowledge that it was my son’s birthday. When I told her that I was having a bad day, she said, “It has been months, I did not know how badly you were handling your grief”.”

I believe that we can not know how long it takes to “feel normal” after a significant loss. It seems to take much, much longer than we would ever have expected.