

**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,**

**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**