

It can't be true
This space of time
Suspended

The world no longer safe
My cocoon imploded

My loved one
Unreachable.

Grief overwhelms
And threatens
To swallow me alive.

And yet...

The gifts of care
And love
touch my wounded soul.

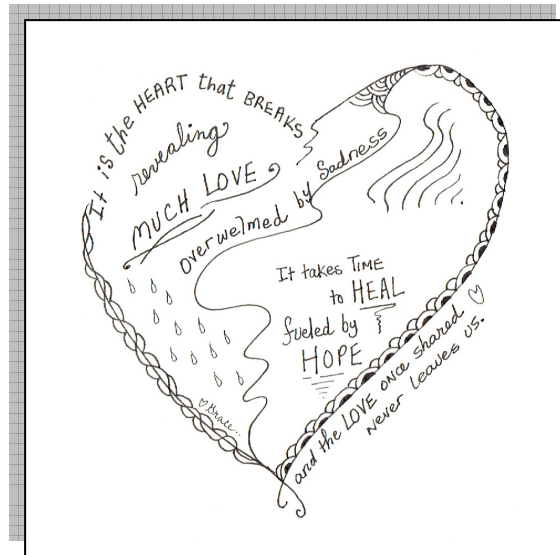
The good memories we shared
Surface with sweet remembering.

Sometimes all one can do

Is hang on
To that glimmer of hope

In the barren season
Of grief.

-Grace Wulff 2016



Finding Your Way

When Tragedy Comes

*There is nothing which can
prepare us for the tragic death of a
loved one.*

*I received a call, early one
morning, to inform me that my
precious nephew, only seventeen,
had died.*

*The world seems to stop. It felt
like we lived in a nightmare, while
the world around us audaciously
carried on.*

*May you know the comfort
That you are cared for
That love is Eternal
And Yours always,
In life, and in the life to come.*

Written by Chaplain Grace Wulff

Accepting the Unreality

Tragedy usually is something that happens to someone else, something we heard about or see in the news.

But when it is our loved one, we can feel very shaken.

Grief can feel very different for all of us. Some will be stoic, others will fall apart. There is no right or wrong way to grieve.

For a sudden death, it can feel like a terrible shock. For those who have accompanied a loved one for a longer illness, there can even be a sense of relief. There should be no guilt in this. Our emotions will be triggered and often they don't make sense.

When a loved one dies in the hospital, there are often regrets. There is a longing that things would have been different, and it is easy to blame others or even ourselves.

Having a good support system, and people to talk to can help us to sort out these feelings.

Many will have supportive families or faith groups. Even as we grieve differently it helps to talk about how this tragedy affects us.

Some will reach out to God, and others will be angry.

Sometimes it helps to talk to someone outside of our immediate circle, such as a hospital social worker or a chaplain. They can help to listen, provide practical help or spiritual guidance.

Practical Realities

When a loved one dies, there are decisions to be made. This can feel overwhelming in the midst of great grief.

Remember that there are those who want to help, and have knowledge about what to do.

Creating a space or time to remember your loved one is a healthy thing to do. It could be a formal service or funeral, or a time of remembrance in a family home or outdoors. Taking time to remember and honour the person who has died is a healing step. It brings significance to the life they lived.

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Grief is hard work. It can take all of our energy.

As you work through your grief, it is important to take care of yourself, even as you might be taking care of others.

Talking about what has happened, and reaching out for support can help you through this difficult time.



Resources

Hospital Social Workers

Hospital Chaplains/Spiritual Leads

Grief Counselling

Support Groups – in community and on-line

Churches can be a good resource

For those who have lost a child: Compassionate Friends: