



# Saint Patrick

## Catholic Church

Dear

Although your life may have temporarily lost much of its purpose and meaning after the death of your loved one, perhaps you are now beginning to get a better grasp on a new identity without your loved one and are starting to feel a bit more secure. Possibly you have made some new friends and are involved in new activities. You may be surprised to discover that your sense of humor is returning along with an ability to relax and enjoy yourself.

However, there are probably still days when it seems as though the death was just yesterday. Grief accompanies all the major events of life. During those special days of the year...those special times in life, you will truly miss having your loved one with you. This experience is common to all who grieve. Earl Grollman in his book, *Living When a Loved One Has Died*, offers some insight into these times:

"You may not have completely regained your balance.  
Yet life continues though scars remain.  
You are breathing, moving and functioning.  
You are now able to remember the one you love,  
And the circumstances surrounding the death  
Without falling apart...  
You have changed. You have grown.

Sincerely,

Grief Support Minister