

BEREAVEMENT SUPPORT

Death of a Beloved or Not So Beloved

What is grief?

One understanding...Grief is a reflection of a connection that has been lost. We grieve those we love, we grieve those we like, we grieve those we didn't like and we even grieve those we hated. We don't grieve those we were indifferent to. We grieve people even if there was a negative connection.

(Understanding Loss Grief 101 – David Kessler)

<http://understandinggrief.pages.ontraport.net/grief-video>

What is bereavement?

Bereavement can be a rite of passage in which we gradually revise, re-orient, rebuild, restore, re-adjust, rise to, relearn, reconcile and heal **who we are** in the relationships with those who have died and find or make a new connection. We can discover and experience **new spirit, new life.**

We relearn the world in [grief reactions](#) as we passively take in the realities of change in our world that bereavement entails, including loss of wholeness and sorrow that come over us. And we relearn the world in [grieving responses](#) as we actively come to terms with these changes in our world and reengage in the fullness of life. Rather than learning that the world is different in the aftermath of loss, it is one of learning to be and act in a world in which we have been transformed by loss. Learning to love in separation is the pivotal challenge in relearning the world. (Thomas Attig)

Grief can gift us

*It is the **person** who has died.*

That is the place of the loss- their physical absence from your life.

*The **relationship**, however, remains.*

The connection, the love you have for them continues or can be refound again.

Reflection Video: *On the Death of the Beloved - John O'Donohue*

<https://www.youtube.com/watch?v=Vk1kvpdN-LQ>

*Life is
changed not
ended*



For Today:

*"I will carry a happy
memory of my loved
one in my heart and
find solace in this
remembrance"*

*Joyce Hutchison & Joyce Russ
"NOW THAT YOU'VE GONE HOME"*

*Death does
not end our
story...
Death does
not end our
relationships*