

Health Notes...

Traveling Your Grief & Loss Journey

*"Grief is a miraculous gift, which is
given to us to help heal the
pain of loss."*

By David Kessler, Grief Expert



Grief is the evidence of your love for someone very dear to you, that you have lost. When we lose someone we love, we lose a part of ourselves. Dr. Kenneth Haugk, a Clinical Psychologist, Pastor, and the founder of Stephen Ministries, tells us this.

True strength is letting yourself be human. True strength, many times, means asking for help in the difficult times of your life. It does not mean you must be unemotional and strongly independent or telling yourself you do not need anyone!

Everyone's grief is unique. An anonymous individual who suffered multiple losses said, "When you lost a parent, you lose your past; when you lose a spouse, you lose your present; when you lose a child, you lose your future." (Haugk, "A Time To Grieve; p. 16, 2004).

Sharing with others who understand, who can listen with empathy and knowing, who are also traveling the grief journey, can assist you in caring for yourself. Caring for yourself is the most important thing you can do for those you love, especially in times of loss. Be kind to yourself.

Dr. Haugk tells us that allowing yourself to grieve is, "Normal, Necessary, and Natural." Telling your story, talking about the life of your loved one, sharing your wonderful memories and sharing your spiritual perspective on your grief journey is what the Redeemer Grief and Loss Support Group offers. Giving yourself permission to grieve in a safe, comfortable, Christian environment with others who are traveling the same journey can help you move through the healing process, coming out stronger.

Finding others who are also grieving, even though their experience is different, allows you to realize you are not going crazy, but grieving in a normal way in your own time. Exploring the importance of prayer, the H-E-A-L-ing people in your life, the normal emotions in the grief process, learning about healthy coping and making a personal commitment to redefining yourself in its own unique way, are all a part of the healthy grieving process. Please consider joining our grief group here at Redeemer when the time feels right for you.

Ecclesiastes 3:1-2 tells us: "There is a time for everything, and a season for every activity under heaven: a time to be born, a time to die; a time to weep, and a time to laugh; a time to mourn and a time to dance."

Resources: The Holy Bible Haugk, Kenneth C. 2004; Journeying Through Grief: A Time To Grieve (Book 1 of the Four books On Grief)