



Grief is in
two parts.
The first is
loss. The
second is
the
remaking
of life.

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(b. 1935)
Writer

The ache of loss is as painful as it is unavoidable. Sometimes sharp and disabling, other times dull and draining, loss's emotions abound. Writers tell us that this suffering is evidence of love. While true, the loss in grief is also a sign that we are in the midst of an often unbidden change.

The change in grief is the work of construction.

As we grieve, our world downsizes. In loss, we discern the most cherished parts of what is now gone. In a different form, we hold those parts dear; in a novel way, we discover how those parts will emerge in our living. Loss can also help us discern those parts of what is now gone that we no longer need. We cleanse ourselves of unresolved discord or of unhealed wounds. Grief may assist us in preserving only that which serves our own flourishing.

As we grieve, our foundations are expanded. We honor the value of what is left behind after our loss. We add to that groundwork by laying new supports for our future. Cleared of detail, what endures in the midst of loss is our bedrock...those key, sustaining pillars of our life upon which everything else is built. Faith, love, fidelity, hope - we add rather than replace. We use whatever we can, to create what is needed, for whatever is to come.

As we grieve, we build new spaces in which fresh dreams can reside. With a renewed footing, we now build our new life. Our pain and our imagination join together to shape what our future is to be. We re-discover happiness we fear was lost and uncover ambitions we had not yet known. Our surroundings become more textured; they feel more ours again. We have made a new life to inhabit.

In grief we re-define what gives us meaning and joy.

What is a recent loss I grieve? What from that loss will I take into my future?