

It's Okay....

IT'S OKAY TO GRIEVE: The death of a loved one is a reluctant and drastic amputation, without any anesthesia. The pain cannot be described, and no scale can measure the loss. We despise the truth that the death cannot be reversed, and that somehow our dear one will not return. Such hurt!! It's okay to grieve.

IT'S OKAY TO CRY: Tears release the flood of sorrow, of missing and of love. Tears relieve the brute force of hurting, enabling us to "level off" and continue our cruise along the stream of life. It's okay to cry.

IT'S OKAY TO HEAL: We do not need to "prove" we loved him or her. As the months pass, we are slowly able to move around with less outward grieving each day. We need not feel "guilty", for this is not an indication that we love less. It means that, although we don't like it, we are learning to accept death. It's a healthy sign of healing. It's okay to heal.

IT'S OKAY TO LAUGH: Laughter is not a sign of "less" grief. Laughter is not a sign of "less" love. It's a sign that many of our thoughts and memories are happy ones. It's a sign that we know our memories are happy ones. It's a sign that we know our dear one would have us laugh again. It's okay to laugh.

GRIEF – IF WE AVOID IT WILL IT GO AWAY?

Dealing appropriately with grief is important in helping to preserve healthy individuals and nurturing families, to avoid destroying bodies and their psyche, their marriages and their relationships. You can postpone grief but you cannot avoid it. As other stresses come along, one becomes less able to cope if one has other unresolved grief. It requires a great deal of energy to avoid grief and robs one of energy for creative expression in relating to other people and in living a fulfilling life. It limits one's life potential. Suppressing grief keeps one in a continual state of stress and shock, unable to move from it. Our body feels the effects of it in ailments. Our emotional life suffers. Our spiritual life suffers. We say that the person is "stuck in grief". When a person faces his grief, allows his feelings to come, speaks of his grief, allows it expression, it is then that the focus is to move from death and dying and to promote life and living.

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"If There Was a Way"

If there was a way I could come back and tell you,
I am sorry for all your grief and pain,
If there was a way I could change what I did,
to stop your tears from falling like rain,
If there was a way I could undo the hurt
I've caused you to suffer through,
I would do it in an instant...
because I really do love you.

But I can't...I took my life because,
at the time, I was unable to cope,
I felt empty...void of all emotions.
No anger...no fear...no hope.
Depression was the killer,
not you or what you did or didn't do,
it wasn't anyone's fault except my own.
You need to believe that part is true.

You were loving...you were stern,
you were just...at times...unjust as well.
You were right...you were wrong...
that's human nature...I was victimized
by a Depression sent from hell.
You couldn't see the signs, if you could,
the choice wouldn't have been mine.
So I had to keep my feelings from you.
That's how suicide is designed.
I had faith and trusted in you,
I only wish I would have trusted more in God.
Then maybe I wouldn't have felt so hopeless.
Maybe I would have beaten the odds.

Still...I want you to know our Father above,
is far more forgiving that I had hoped,
because He took me into His home,
where I finally learned to cope.
It's beautiful here with Him,
so much peace and tranquility,
it's a life I look forward to sharing with you
FOR ALL ETERNITY!

*written by Carolann V. Jerkovic
dedicated to Pam & Ken Schultz
in memory of Steven E. J. Schultz
who lived from 8-29-78 to 3-5-98
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