

A New Year Begins

January 2:

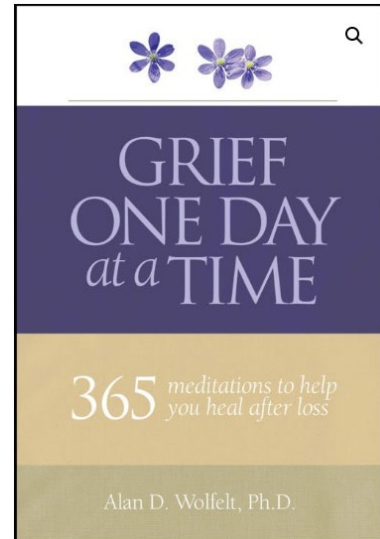
"And now we welcome the new year, full of things that have never been." ~ Rainer Maria Rilke

We who grieve may not exactly feel like celebrating the new year, but we can sometimes feel a bit of relief that the last calendar year - which was rough - is over.

The new year holds the promise of a clean slate. It offers opportunities for new beginnings. It whispers of hope.

Let us welcome hope whenever and wherever and whenever we feel it stir. And as we slog forward into this new year, let us try to remember that it will be full of things that have never been. It will lack special people, yes, but it will also bring surprises--gifts, joys, love, and, if we continue to do our hard work of active mourning, a measure of healing.

I can both mourn and expect good things to happen in this year.



January 3:

*"On this bald hill the new year hones its edge.
Faceless and pale as china
The round sky goes on minding its business.
Your absence is inconspicuous;
Nobody can tell what I lack."
~ Sylvia Plath*

Part of what makes grief so hard is that it's invisible. Inside we are torn apart, but outside we look basically the same. Nobody can tell what we lack – sometimes not even the people who are closest to us.

In times gone by, mourners wore black clothing or special jewelry to alert others to their grief. We too can wear a symbol of our

loss, such as an armband, a photo button, or, as we do here at the Center for Loss, an "Under Reconstruction" pin. Or we can simply make a point to be forthcoming with the people in our lives, letting them know what happened and sharing our current thoughts and feelings. We can appropriately communicate our lack.

When others ask me how I am doing, I will not say "fine" unless I am truly fine. Instead, I will learn to share my inner reality so that I am living and communicating my truth.

Source: Grief One Day At A Time - 365 Meditations to Help You Heal After Loss by Alan D. Wolfelt, Ph.D. at centerforloss.com. Reprinted with permission.