



JUST FACTS

A Grief Observed

“No one ever told me that grief felt so like fear” - C.S. Lewis

In his book “A Grief Observed”, Lewis observes the range of emotions he feels after his wife dies. To many who are experiencing grief, whether it is the loss of a loved one, the death of a marriage or the stillbirth of a dream, the emotions experienced can vary vastly from day to day. How do we move forward? If one is to heal, one must journey through the grief. Here are some milestones we will pass on the journey.

1. **ACKNOWLEDGE:** Confronting the reality of our loss is an important step in healing. For many, the temptation to push away the memories of our loss is appealing but we need to talk about our loss and the memories surrounding the loss.
2. **EMBRACE:** The need to mourn necessitates us to embrace the pain of our loss. It is easier to avoid or deny the pain. An important step in moving forward is to admit we feel pain.
3. **REMEMBERING:** Many will encourage us to move on, to keep busy, but remembering the one you've lost actually helps you face the future. It reflects on the importance of the relationship you shared with the one lost, and affirms it in your memories.
4. **DEVELOPING:** Who you are is very much made up of the people who've had a part in your life. Now that you have gone from being a “wife” to a “widow” or a “husband” to a “widower”, the way you define yourself and the way society defines you is changed. You will take on perhaps a new role, new independence, a new identity. Don't rush yourself into new things. Give yourself time to develop into these new roles and be patient with yourself as you learn to adjust. Take time to rest and to eat well.



5. **SEARCHING:** Death often causes us to rethink our beliefs and question the meaning and purpose in life. You may confront your own beliefs or search for meaning in your life. Use this time to reaffirm your belief in a God. Use your faith, lean on it, grow.
6. **RECEIVING:** Seek comfort and accept it from others. The quality and quantity of support you receive from others will influence your journey from grief to healing. Surround yourself with friends that allow you to mourn, recognising it as a valid human need, not as a weakness.

As you reconcile yourself to the new reality of your life, your feelings of loss may remain but you will find a new sense of meaning and purpose.

CLM CARE SERVICES

Loss is one of the most difficult experiences to come to terms with. A grieving person needs support and friendship to go through, and complete the grieving process so that they can heal.

CLM Grief Unit was established in 2004 to show God's love and comfort to the grieving.

CLM GRIEF EDUCATORS

A group of volunteers passionate about their desire to minister to the grieving by offering practical, hope-filled, spiritual help to a grieving person. Support is given through phone calls, home/hospital visitations, etc.

CLM GRIEF SUPPORT GROUP

Date: 3rd Thursday of each month

Time: 7.30pm

Venue: 1st Floor, Unit 20-2, Jln PJU 8/5G, Damansara Perdana, 47820 Petaling Jaya

ANNOUNCEMENT

CLM is organising a Charity Movie Preview entitled “Underdog”, a Disney Picture on September 8, 2007 at TGV I-Utama. Admission is by donation. Please call CLM to find out how you can help us to provide free counselling services to the community.

CONTACT US

Calvary Life Ministries
Tel: 03-77103360
Email: clm@clm.org.my
Web: www.clm.org.my

Director:
Pam Guneratnam (MSc)