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23 March, 2020

## **Am I Grieving?**

"My help comes from God, the maker of heaven and earth." Psalm 121:1

Dear Ones,

Your comments and responses to these letters are so lovely! Thank you for taking the time to write back. If you do want to send a comment, I recommend sending it directly to me ([katecrawfordmn@gmail.com](mailto:katecrawfordmn@gmail.com)) or replying to the on-line version on Facebook. Poor Janna is having to forward all your replies one by one, as they are coming through the office!

I read something this morning that seemed very wise, written by Jess Swance: "Grief doesn't just come in the form of death. Grief comes from loss- loss of routine, structure, physical connection, events, school, jobs, work...etc."

Wow. Loss of routine, structure, events... does that sound like your life right now? It sure sounds like mine!

At first it's an adventure: how will I do this? And then it's fulfilling: I finally got around to fixing the do-hinky. But after a while the fun wears off. And perhaps a sense of anxiety sets in. Or shortness of temper (who locked me up with that crazy fool?). Or just a low-spirited funk.

Or grief. We have lost a lot. The world as we knew it. A sense of safety. Freedom. Physical connection to others.

If you are feeling this way, do be gentle with yourself. Know that it is quite normal. And, like all grief, it has a beginning, a middle and an end. It will pass. It may not have passed for you yet, but it will pass. Remember the things that helped you the last time you suffered a loss, and do those things for yourself now. You are wise! And you are resilient! You can do this!

And even if we can't see you, your sisters-brothers-kin in your community of faith are still here. We are together! "We are not alone. We live in God's world. Thanks be to God!" (The New Creed)

**Grace to you, and peace,**

Kate

*"Our relationship with God and each other strengthens us, and helps make the world a better place.  
We welcome and include **everyone** into congregational life."*