

# Sharing Stories



*“In the middle of the  
road of my life  
I awoke in a dark wood  
where the way was  
wholly lost.”*

Dante  
*Commedia*

**W**e will share stories of many mourners; others who have grieved and have found ways to survive and live again with meaning and purpose.

However, the most important story is your own. Tell it as frequently and as often as you believe necessary to find healing. Your story, or life’s journey, actually began before you were born. Right now you are living one of the most difficult and rough parts of your journey. The rest of your life will be greatly influenced by how you live through your grief. The purpose is to assist you with this process. Getting in touch with the good and the bad, and what you will and will not miss in your relationship with the deceased is a part of grieving. The religious hymn writer, Charles Wesley wrote, “I want a principle within...”

Everyone has a principle within that gives meaning to life and guides our actions. It serves as a compass guiding us along life’s journey.

The death of a loved one leaves us feeling that the meaning, purpose, and direction in our life has been shattered. The loneliness, emptiness, hurt, loss and confusion leave us feeling out of control and as if our whole world has tumbled down around us. Our preoccupation with this death is so great that we can’t think, or even care properly for ourselves.

A widow said, “one rainy night I had a leak develop. I didn’t know what to do. I sat down on the floor and cried. He had always taken care of these things. Now it was up to me. I didn’t even know who, or what kind of person, to call. I felt sorry for myself.” Right now it is time to focus on taking care of yourself.