



PONDERINGS ALONG THE PATH

Dear Compassionate Friends:

I wanted to share this excellent reflection by Donna Ashworth with you in this month's column. It expresses so much better than I how grieving families have to learn to live with our loss and deal with all the emotions that come with that loss day to day, including welcoming our grief in.

LOVE CAME FIRST

by Donna Ashworth

You don't move on after loss, but you must move **with**. You must shake hands with grief, welcome her in, for she lives with you now. Pull her a chair at the table and offer her comfort. She is not the monster, you first thought her to be. She is **love**. And she will walk with you now, stay with you now, peacefully. If you let her. And on the days when your anger is high, remember why she came, remember who she represents. *Remember*. Grief came to you my friend because love came first. **Love came first.**

I wish you comfort and healing, and that you are always able to remember the love, and that that same love came first before the pain and anger and grief.

In friendship,
Nadine

