

urning the pages through grief



ome people go through life feeling charmed. Nothing really bad ever happens. We all know those families or people. I was one of them. Until August 2004 when my brother, John, was killed in a car accident—on the residential street in the small town he and I grew up on, no less. He was 53, and I was 45 at the time. Talk about an "I can't believe this" situation. And after 19 years there are some days that I still can't. Sure, I've accepted it, as we didn't live in the same community, or even state, for many years, my world didn't change fundamentally after he died, but life did.

Life changed because I had to accept that bad things do, indeed, happen. Yes, the bad thing happened to John, but he didn't live to tell about it—his family and friends did. His family lived to watch our elderly parents stand in front of his casket at the visitation, clutching their own personal disbelief. The grief I felt for them in that moment

superseded the grief I felt for his loss. My siblings and I, along with his friends, live to miss a funny and talented guy. The loss and shock was intense at the time, and then...it's back to work. Getting groceries, feeding the cats, the daily routine, etc. As was the case with my brother's passing—for me anyway.

I am not trying to sound callous and uncaring. Anything but. My point is, loss is unique to everyone. Even for the same deceased person, it is devastating to some, is sad or simply disheartening to others, or elicits a short pause, and then the turn of a page.

"Just leave the gallon, Sal."

But every death leaves the world changed in some manner, even those whom you never met, and would never know. The recent anniversary of Princess Diana's death is a case in point. How we were glued to our TVs when we heard of her accident and the profound sadness when we learned of her passing. I recall with heartache to this day, the sudden

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SEPTEMBER

Believe it, pages turn for everyone. death of musician Tom Petty of whom I was such a big admirer, people were sending me condolences. And the shock of Johnny Carson's passing I literally cried out "NO!" when I saw the headline.

Where am I going with this? I am not even sure I know. But I think we can all relate to the fact that there is no one right way to feel about a person's death, or a wrong way. It can be a choice, or it can just sneak up on you. Such as when a certain song my brother used to sing comes on the radio, I am a puddle. Or I see a clip of old Tonight Shows and so much nostalgia wells up in me of a happy bygone time.

Believe it, pages turn for everyone, even though we may not be reading the same book.

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Sometimes the best advice is a break from advice. Enjoy your favorite beverage and these tidbits of this & that.



• September's name comes from the Latin word septem, meaning "seven." This month had originally been the seventh month of the early Roman calendar.



• September Gemstone: Sapphire

• September Flower:

Morning Glory



• The Autumn Equinox is September 22

• More people are born in

September than any other month!





Courtesy of whatsyourgrief.com

ature is a wonderful muse. Whether it be the once spirited green leaves now yellowing and descending gently onto earth, or the calming sound of waves crashing upon the shore and changing the landscape below the surface. Nature and the physical world that surrounds us have no shortage of metaphors to offer, especially when it comes to loss.

Our experience of grief is natural and often connects us to the natural phenomena occurring around us. So it is no surprise that we find nature and metaphors surrounding nature are consistent and common themes on our website link Grief in Six Words. Below we have shared several sixword stories from users incorporating the workings of nature and the complex emotions that accompany grief.

"All the scenery around me changed."

"The world is so dark now."

"Bright colored falling leaves. Miss you!"

"The World Lost All Its Color."

"Old hollow oak, bones of tears."

"World sparkles less without you Omar."

"A river cries through me."

"Boulders heavy, crushing, grinding me down."

"Walking together in Fields of Gold."

"But the sun will rise again."

"My heart feels like a stone."

"Murky waters, and I can't swim."

"In the clouds I seek you."

"It comes in waves not hurricanes."

"My Sunshine has completely left me."

"My love weeds my griefs garden."

"Lost at sea without an oar."

"It comes and goes in waves."

"I watch the sunrises with you."

"Floating on a sea of sadness!"
"You're in the wind sky, air."

Six-word stories are a wonderful and efficient way to share our grief experiences without the overwhelming amount of detail. It allows grievers to be creative and take the time to think back and reflect upon their experiences, often using the physical world to provide detail and sensory information about their loss. I find it beautiful and haunting that nature can encapsulate the experience of grief and loss with ease. I encourage you to get creative and compose your Grief in 6 Words story when you are ready and with your own muses from nature.





