

From Pain to Hope

How do we move from pain to hope when we lose our life partner through death? Fr. Luc Tardif, omi suggests one aspect of the process includes relationship – relationship with ourselves, other people, time and God. Time stands still for us on the death of those we love – and we need to be patient with ourselves as we move back into our usual understanding of time passing. We must go on living, however – that is essential to the grieving process. Life will be different for us now, and one way of coping with it maybe to break things into small segments of time – ‘today I will do this’ – commit to doing it, whatever it may be. Through all of this we must have faith in the presence of God. God is not observing us from a distance, Fr. Tardif said, but is experiencing the suffering with us.

