



## July 2026

When we think of the month of July we think about picnics, fireworks, and freedom. Freedom and grief seem like incompatible topics. However, they are not. Grief must not become a prison in which we are held captive. If it is, we need to reassess how we are dealing with our grief. Loss is devastating and initially our grief is barely survivable. And yet, grief is an unavoidable part of life for all of us. It is a terrible hardship that contains important lessons for life. Below is an excerpt from the thoughts I shared with our June support groups. Please read it and think about how grief has changed you.

*“The reality is that you will grieve forever. You will not ‘get over’ the loss of a loved one; you’ll learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again, but you will never be the same. Nor should you be the same nor would you want to.”*

***Elisabeth Kübler-Ross and David Kessler***

*“Grief can be a burden, but also an anchor. You get used to the weight, how it holds you in place.” –*

***Sarah Dessen***

*I still grieve over my losses from many years ago. We say that grief changes but never goes away. I agree. It never goes away but it does become more manageable. While we say that grief changes, which it does, it may be just as accurate to say that **grief changes us**. After my first serious loss in life, I was never the same. However, I would like to think that I have changed for the better. As we change through the grieving process, it is important to make sure we change for the better and not the worse. Our losses can cause us to grow distant, bitter, and cold. Or, as we read in the quotes above, we can heal, rebuild ourselves, and find wholeness. Sarah Dessen said it well, “Grief can be a burden, but also an anchor.” Because I have grieved deeply, I hold onto the most important things in life more firmly. I celebrate life’s blessings more exuberantly. I love more intensely. And I seek peace more earnestly.*

**So, how has grief changed you?**

### **Upcoming Events: (Support group attendees purchase their own meals)**

- **July 1 – (first Wednesday) @ Noon at Tlaquepaque in Barnesville.**
- **July 8 – (second Wednesday) @ Noon at Mr. Lees in Cambridge.**
- **July 15 – (third Wednesday) @ 9am at Patty's Place in Caldwell.**
- **July 25 – Flamingo Run 5/10K walk/run 8:00 AM Cambridge City Park**

If you have any questions, call me on **740-432-7440**. I am also available for one-on-one meetings. Remember that together and with support, we can make it through each new day.

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