



October is here, and I'm sure someone you know is **not ready** for the cold, dark, fall weather – maybe it's you. Readiness certainly includes an emotional element; however, we also know it is a decision. While pondering this idea, I found the excerpt below from a newsletter called, "What's Your Grief."

"When you're ready, you'll know. You'll feel it.... People say it in all sorts of contexts—about when you're ready to go back to work, ready to start dating again, or ready to go through his belongings that you haven't been able to bear looking at, much less thinking about parting with. It's talked about with some sort of ephemeral magic, as if one day you'll simply be walking along and go from feeling unready to feeling ready....."

One thing this saying does get right is that it normalizes the reality that people who are grieving often don't feel ready for the things listed above, and countless others. But ultimately, the shift from unready to ready is usually something more than a feeling. It's usually a far more complicated decision. For example, there may be times when you think to yourself, 'Okay, here we go. I'm ready. I have to take this step.' But in that moment, there may also be a part of you saying, 'No, turn around. I just want to bury my head in the sand. I just want to run backward into the safety of the grief cocoon I've been living in.' This is a back-and-forth dynamic that may play out over and over again, and if you wait for an elusive feeling to suddenly make you feel comfortable or sure, well, that may never happen. Instead, you may need to approach readiness as a decision that involves mixed feelings and a little bit of give and take." (whatsyourgrief.com)

Recently, I decided to take a step in my own grief process. Although I did not feel like I was ready, with the help of my wife and a few friends, I did it. I still struggle with my grief, but I needed to take the step, and I have experienced much needed healing.

The next step in your grief process may include an uncomfortable decision. When my father died, I refused to visit his gravesite for many years. Finally, my son said, "Dad, don't you think it's time to visit Grandpa's grave." I didn't want to, but I did. The healing was indescribable.

What decision should you make to help you manage your grief? Who can stand beside you as you take your next step? If you need to talk about it, give us a call.

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

- **October 7 – (first Wednesday) @ Noon at the Barnesville Memorial Park (bring a lunch!)**
- **October 14 – (second Wednesday) @ Noon at Mr. Lee's in Cambridge.**
- **October 21 – (third Wednesday) @ 9am at Patty's Place in Caldwell.**
- **Mark your calendar! December 3, Candlelight Memorial Service, Pritchard Laughlin.**

If you have any questions, call **740-432-7440** or you can email me. 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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