

GO TO GRIEF MEETINGS

"I wouldn't go to one of those grief meetings. It's morbid—people sitting around talking about the dead." How wrong those people are!

In so many ways, those who attend bereavement support groups are saying, "I am hurting now, but I want to go on with my life." They are saying, "I am crying now, but I want to laugh again." They are saying, "I am sick in body and soul; help me get well." I see these things as healthy, not morbid.

It's not easy to walk into a meeting of any kind alone, especially one where the subject is very emotional; but once there, it takes only a few minutes to find out we are not alone, that there are those who care about us and want to help us. We see others hurting and suddenly we want to help them. I don't see that as morbid.

A grieving person wants to talk about his beloved love who is no longer physically part of his life. That person has died with a tragic suddenness or as a result of an illness. We want to know why or find a reason or some meaning in our loved one's death. I don't see morbidity in trying to understand.

Memories are all we have left. We have a driving need to hang on to those memories lest we lose that small bit of him or her. It is not morbid to want to keep that small part alive forever, at least in our hearts and minds.

To walk into a bereavement support meeting is a loud shout, "I want to live and be happy again." It's a cry that "My love is dead, but I know he would want me to go on and be a better person for the suffering." It is a confirmation that "even though part of my life is gone, there is a reason to go on." There is nothing morbid about doing what is necessary in order to re-enter the mainstream of life.

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