

“The holidays are upon us”. This can inspire both hope and dread in us, as we work through our grief. “How can I do all this?” “How will I make it through this day?” Often the time prior to the holiday can be harder on us than the day itself.

Grief uses up a lot of our energy. And there is only so much energy in any given day. So the thought of preparing for any holiday can be overwhelming. Some of us will try to keep everything the same. Some of us will want to do nothing. And it may be time to try something new—after all, our losses have caused many changes already.

So, talk it over with the others involved. If being the host of a gathering seems too much, say so. Change the location, or the menu, or the day of the get-together. One hint about hosting: if things get to be “too much”, I find it easier to leave if I’m a guest, than if I’m the host.

If you now find yourself alone, consider possibilities: invite someone(s) to visit; or to go out together for a meal; or to worship together. When my dad died, my mom baked, as a way of coping. And she would invite friends and family to visit to help her eat the pies and sweet rolls, “so they wouldn’t go to waste”.

So, take good care and be gentle with yourself. Fatigue can make things seem worse, and can rob us of any joy. God bless you and yours.

Sincerely,

Dave Heidecker  
Bereavement/Pastoral Support