



MARCH 3

Connections

It's always nice to have connections – to know somebody who, when you need something, tells you with a knowing smile, “Don't worry. I got a guy.” These “guys” are the ones who, when we run into seemingly insurmountable obstacles, help us get things done. Usually legally. There are few connections more important to us recovering from grief and loss than other “guys” working a similar healing path.

My grief hit me like an avalanche. It consumed me and covered me. I couldn't see a way over, under, through, or around it. I was buried. After starting Hope and Healing Grief, I have connected with many people I didn't even know existed and would have never known were it not for recovery. I've met people who have shared their experience, strength, and hope with me. I've been introduced to the concept of a Higher Power and found that incredibly comforting. I've connected with countless resources – books, readings, meditations, and more. And most important, I've reconnected with myself.

While my grief still surrounds me, with the help of others – and by doing the work of healing my grief – I have begun to dig myself out from my pain. I know I still have much work to do. But now the difference is I know I got a lotta “guys.”

I'm eager to support others who are new to working on their healing by letting them know about some of my “guys” and what they've shared with me.

**When I feel alone in my grief
and no further along on my recovery than I was yesterday,
I remember that I am connected
to many others who are eager to support me on my journey.**

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