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"sur" - beyond. To survive means to find the resources to "live beyond" the experience of loss. The adjustments one must make are many. These can be practical, emotional, physical, social and spiritual. Each adjustment can be a painful process. Sometimes mere survival is a major success.

"Grief Involves Struggle"

Grief is difficult. It is never easy to lose someone you have relied on.



This is possibly the most difficult experience of your life. There's an ancient Warrior Song that says, "Life has meaning only in the struggle, Triumph or defeat is in the hands of God. So let us celebrate

the struggle." One of the things I believe about God is that He gives us choices. In some things, we have no choice. We had no choice in the death of our loved one and much as we might like, that situation cannot be changed. But we do have a choice around what we do about it. We can choose to be bitter or better. We can choose to be victims or victors. Some people, after a loss, see themselves as a victim.

They refuse to struggle to come to terms with the situation. But it is as we struggle that we discover that with every loss there is a gain. You didn't think you could make it, but suddenly you're discovering strength and resources you didn't know you had. Expectant mothers have labor pains, teenagers have

growing pains, but out of that pain comes growth and life. That doesn't make the pain any easier, but it does help put it in a meaningful context.

Life is full of problems. Each one has the potential to be a stepping stone or a stumbling block. Will the problem trip you up and be a barrier to your progress? Or will you allow it to become a stepping stone to growth and renewed life? Stepping stone or stumbling block. Both are made of the same material. What we do with them makes all the difference.

Dr. Bill Webster has resources on grief available at his Web site: www.griefjourney.com. Call 905-624-8080 or, for more information, write to him at Centre for the Grief Journey, 2-3415 Dixie Road, Suite 201, Mississauga, Ontario, Canada L4Y 4J6.