**Dealing with Grief**

Death claimed four members of our church in the last five weeks. That is both a great loss and huge amount of grief for any family. This is our reality in Burwood Heights Uniting Church family. And I would like to extend my sincere thanks to the whole church family for the way you have cared and supported those who lost their loved ones. I thank you also in anticipation of your continuing support, care and love, especially for those who are learning to live with this ‘strange beast’ called grief.

Grief is often a private affair that others cannot share or even understand. A smiling face does not mean, he’s not sad or hurting inside. The many people that gather at the time of death and attend a Thanksgiving service is a source of strength and comfort for the grieving family. But a few weeks later, reality hits when faced with the changes and new ways of being caused by death. It’s a reality that grief cannot be filed away in archives, or can be deleted with the press of a button. “We do not get over grief as if it were a surmountable obstacle.”

“We can become more comfortable with our discomfort, but there is no finite time for grief as there is no finite time for love.”

Love bears all things, believes all things, hopes all things, endures all things. Love never ends. Love never dies (1 Cor 13:7-8).

***Rev Sylvia***