

Minister's Musings – March 2020

Soul Matters theme: WISDOM

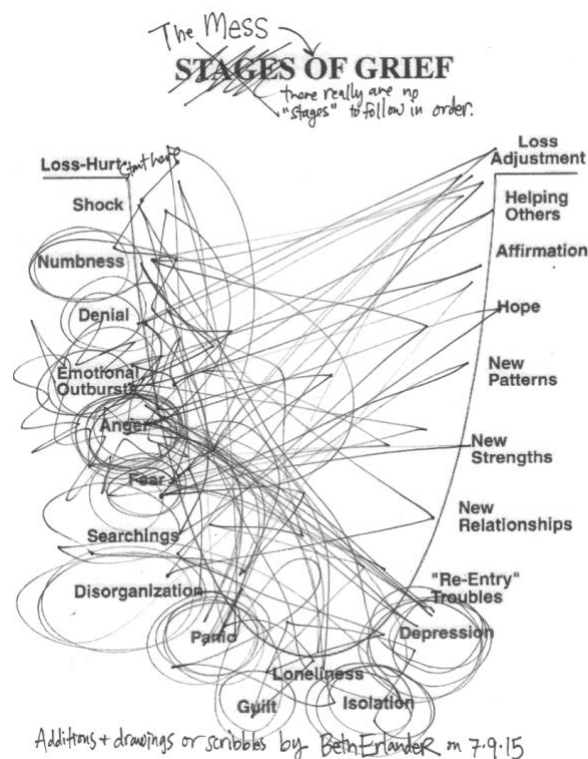
Some of the wisest words I have read recently are these, from poet Jan Richardson, from her book, *The Cure For Sorrow: A Book of Blessings for Times of Grief*.

Grief is the least linear thing I know.

I have been thinking about the pressure we place on other people, on ourselves, to be done with grief sooner than grief is done with us. How we say things like, I was grieving while she was sick, so I am not grieving so much now that she is gone. How we hear things like that and take it at face value, when it might be more aspirational, more wishful, than real.

Grieving is not an orderly process.

Not an orderly process, by far. Here is an image of just how not-orderly:



We wish for it to be otherwise. For it to be clear and easier. Yet grief will have its way with us, no matter what we hope for.

*It causes what we treated as solid to give way.
It spirals us back through layers of sorrow we thought we had dealt with.*

May we can remember this more often – for ourselves, for people in our lives whom we love, for the stranger who is short-tempered with us.

I am blessed to be on this journey with you ~ Rev. Karen