



Family and Caregiver Education

BEREAVEMENT

Love Means Never Having to Say Goodbye

Something to ponder...

“When we love someone, we enjoy being in their presence. However, we are also able to carry them with us throughout our day. When we are away at work or a loved one has gone to the grocery store, we do not stop loving that person, simply because we cannot see her or him for a period of time. We are able to hold this connection intact in our hearts.

Death does not need to change this. The people we know and love can be said to be always right with us, whether present in body or not. We do not have to be caught up in the assumption that if the other person is not present and visible to us, then the relationship no longer exists. We teach young children to learn that a parent going out of the room is not going out of their lives. We learn that out-of-sight does not have to equate with out-of-mind. As we age into adolescence and adulthood, we know that membership continues, even with people with whom we are not physically in contact.

If we can extract death out from under the metaphor of goodbye, then we can open more life-affirming possibilities. To achieve this transition, we need to be creative about designing ways to reincorporate the dead in our thoughts, in our conversations, and in our rituals of living.

How we continue to construct relationship, even after death, is more important than any particular plot event in a relationship before death. In plain language, how we tell the story matters.”

By Lorraine Hedtke and John Winslade, excerpt from their book, *Remembering Lives*

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Bereavement Services

602.530.6970

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