



# Pastoral Healthcare Network Australia

*Committed to holistic healing*

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## ♥ GRIEF NOTES ♥

. . . from your Pastoral Healthcare Associates Team Pastoral Nurse

Acceptance  
Twelve months

A year has passed since the death of your family member. Perhaps you have come to the stage of accepting the fact that you have experienced a major loss. Acceptance does not mean forgetting. Acceptance means you have learned to live with your suffering. You enter fully into whatever life offers. Acceptance means capturing the joys that surround you. It means being grateful for the love of friends, family, and taking comfort in the kindness of strangers.

You may be experiencing some resolution of the many conflicting feelings you have gone through. Your sadness probably has not disappeared, but perhaps by now it is less of a sharp, stabbing pain and more of a dull ache in the background.

In spite of your many changes, do not be surprised if on the anniversary of the loss that sharp pain of grief returns. It is natural to again experience this pain. It is not a sign that you have not made progress and that the pain is beginning all over again. Grief is painful, but not permanent. You have grown, changed; you have not forgotten your loved one. You have come to an acceptance of your loss.

If, however, you have not experienced acceptance, do not be dismayed. Each person is unique and has their own timetable for working through their grief. Be patient with yourself and accept that you are grieving at your own pace. It is normal for many people to actively grieve for two years, or sometimes more.

*Grieving takes just as  
long as it takes . . .  
. . . this is a process,  
it may never truly end,  
but it will always change.*

Feel free to contact the PHNA team for information or support.

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