

## ask didi...



Dear Didi,

Less than a year ago, our adult son died from a rare disease that went undiagnosed for a long time. We are in so much pain it is all we can do sometimes to just put one foot in front of the other. Here is the issue we are dealing with. There are so many different feelings that run through me. Sometimes I want to be dead more than anything, and other times I believe that I am here for a reason, even though I don't know what it could possibly be right now. I have feelings of anxiety, guilt and unspeakable anger. Although I've always embraced God in my life, right now I am so angry at God I can hardly stand it, I can't eat or sleep, and I feel like I will never, ever be happy again. What do you say to someone like me and my husband who feel like we are simply lost, wandering around aimlessly in a city where no one else speaks our language and there is no road map to get us home. We feel like we are living in an awake nightmare and that we are completely alone. Can you suggest anything that might give us some direction? We were told that you are a good resource person. Please help us if you can. The pain is unbearable.


Signed, J


 ki  
networking breakfast

WEDNESDAY, JUNE 15, 7:30 AM

The KI business networking breakfasts are back and thriving. On the morning March 30, 44 KI members (ranging from a reality TV producer to printers, therapists, accountants, lawyers, a comedy writer and persons looking for work) noshed and schmoozed - all before 9:00 AM. To help KI members really get to know each other, both professionally and socially, most urged that future breakfasts occur every few months. Heeding to popular demand, KI invites all members to attend the next business networking breakfast at 7:30 a.m. on June 15 in the KI social hall. Cost is \$25/person.

To RSVP for this breakfast, please send a check made payable to Kehillat Israel by no later than June 10 (attention: KI Networking Breakfast). If you have any questions please contact one of the breakfast chairs: Steven Cron (smcron@aol.com), Jeffrey Cowan (cowanlaw@verizon.net) or Wes Bilson (wesbilson@aol.com)



Dear J,

First of all, I want to say how sorry I am for your loss. I can't imagine that there is any pain worse than that of losing a child. I can only imagine what you are going through. I totally understand how you and your husband can feel lost and hopeless, angry with God, feeling alone in your agony. Grief is a lonely business, unfortunately. Other than Time itself, there is very little that can be done to ease your suffering. Of course, you never ever "get over" the loss of a child, that's for sure. However, you are not without hope.

You will in time come to a place where your pain dulls somewhat and shifts a little in order to allow for your life to continue. I promise you this. You will laugh again. You will enjoy things again. You will love and feel joy and be happy again. It will come in time...slowly, but surely. And it will be the memory of your child that will be the guiding force that motivates you to go on living.

Very close friends of ours lost their only child, a beautiful daughter, about two years ago. We have seen what people go through when they lose a child. Truly, there are no words adequate enough to describe the pain and suffering of grieving parents that we have personally witnessed.

Our friends, in honor and memory of their daughter, Erika Whitmore Godwin, have created a foundation in her name, for the purpose of helping grieving parents like you to find hope and support from others who have also lost children.

I would like to recommend that you first go to their website, [griefhaven.org](http://griefhaven.org) and have a look around. You will find hope there and others with whom you can share your grief. Others who will "speak your language." The website is filled with many resources for grieving parents and in another few months there will be a video available too, solely for grieving parents, made by grieving parents and grief professionals who will share their knowledge and expertise with you. On the website, you can add your name to the list of people waiting for the video to be completed. As soon as they are available they will send you one in the mail as a gift.

I also recommend that if you're not doing this already you seek some sort of therapy. I appreciate your letter to my column very much but I am not a therapist. I can only suggest things to you, things that are only my opinion. I do have the advantage of 21 years of (as a rabbi's wife) experiencing people as they go through every imaginable life cycle event from birth to death and everything in between. So I speak from my own personal experience here in this column. I can only hope that somehow, using my experience as a guide, I can be of help and service to the people who write to me.

Love, Didi