



Embracing **GRIEF**

LEANING INTO LOSS
TO FIND LIFE

ALISE D. CHAFFINS

FOREWORD BY
CALEB WILDE

Embracing Grief Leaning Into Loss

William Meynell Whittemore



Embracing Grief Leaning Into Loss:

Embracing Grief Alise Chaffins, 2015-11-29 For most of her life Alise Chaffins had only a casual relationship with grief. From 2013 to 2014 however grief went from an occasional passerby to an intimate companion. Her mother was diagnosed with ALS and in 11 short months it took her life. She left the man she had been married to for nearly sixteen years amid the scandal of an affair. She remarried, got pregnant at a time when her mother was gravely ill and experienced the stillbirth of her son at 35 weeks and 4 days. Her 16 year old came out as a transgender man. She and her husband were finally settling into a congregation and were suddenly asked to leave their church for supporting that same transgender child. In the course of just over a year she experienced one calamity after another each resulting in a deep but unique grief. In *Embracing Grief* Alise examines the various ways that her life has been impacted by grief and how she has learned to lean into her sadness and find a more full life.

The Grief Walk Alister G. Hendery, 2024-05-09 This practical book is for people who are grieving for people who want to support them as they undertake the painful journey of grief and for anyone who wants to reflect on their own experiences of loss. When Alister asked Isobel whose husband had died a few years before what would have helped her most then her response was immediate: "Someone who would walk with me. Not people who would talk at me and give me answers but simply listen to me and walk with me." The grief walk. Grieving and loss are universal experiences but how you experience grief is unique to you. In his ministry Alister has found that models of the stages of grief are unhelpful as is the idea of closure. Instead he gives you permission to work through your grief in the ways and at the times that are helpful to you. Alister explores disenfranchised grief that occurs when we are denied the right to grieve and our loss isn't recognised. Our lives are marked by countless losses and we all carry grief about many losses in our life. If we embrace our grief we can journey on to something new and find fresh hope. Praise for *The Grief Walk* The *Grief Walk* has a freshness and honesty about grief beginning with its imaginative title and sustained until the final affirmation of hope. We all experience loss and grief in our lives. But as Hendery writes until we name and acknowledge a loss and recognise that we have a right to grieve we are unable to come to terms with it. He emphasises that grief doesn't follow a predetermined path and nor can we close it off like a tap. He describes a perceived end process of closure as psychobabble. While grief may not be permanently disabling we learn to encompass it. This is not the same as closure. Grief may find expression in different physical and emotional symptoms and we can't expect religious faith to provide a magical answer. Finding someone who listens and understands who in a sense personifies the presence of God can help us with the grief journey. *The Grief Walk* confronts the idea that grief is momentary or experienced in clearly defined stages and points to a hope. This book is a gift for all who grieve or who walk with those who grieve. John Meredith in *Tui Motu Magazine* Issue 253 October 2020 27 Far too often people present grieving as a one way process with well defined stages concluding with something they call closure. I strongly reject such an extremely unhelpful model. Alister does also he is clear that your grieving is unique to you. Rev d Bosco Peters on Liturgy.co.nz This book will read

you as you are reading it It is a book you will pick up and put down and pick up and put down as you find yourself walking again through parts of your life maybe unexpectedly rediscovering boggy patches you had forgotten or not realised are still painful There is ancient wisdom here alongside modern psychology There is gentleness and there is a reality faced that grief is universal painful and not always an easy walk But beware As I read Alister s words I found myself thinking lamenting crying and laughing I surprised myself with the depth of some of what rose to the surface for me Ancient griefs recent disappointments and the ambivalent feelings that came like fish to breathe the air again From the Foreword by The Rev d Rob Ferguson Contents Title and Copyright Foreword Preface Acknowledgements How I use certain Words Authors who have Influenced Me 1 Introduction 2 Our Lives are Laden with Losses Acknowledging our Losses Disenfranchised Losses and Griefs 3 Experiences of Disenfranchised Loss and Grief Grieving for Those Still Living Living Loss and Disability Relational Loss Divorce and Dissolution Relational Loss Ending of a Romantic Relationship Unrecognised Relationships The Loss of a Companion Animal Material Losses Infertility and Childlessness Grief in Foster Care The Losses of Miscarriage and Stillbirth Loss from Medical Termination Loss of Employment Discovering Disenfranchisement 4 Understandings and Misunderstandings about Grief Our Loss and Grief is Unique so Forget the Rules There s No One Size Fits All so Forget Stages in Grief We Wax and Wane so it s Okay to Retreat from Time to Time A Continual Presence Which can Ambush us so Forget the Timeline Continuing Bonds So Forget about Having to Let Go Grief Doesn t get Closed Off so Forget about Closure Our Life has Changed so Forget the idea of Returning to Normal We Grieve in Our Own Way so Forget the Stereotypes 5 Experiencing Grief More than Sadness Grief Isolates Experiencing Grief in our Body Experiencing Grief in our Emotions Experiencing Grief in our Thinking and Mental processes Experiencing Grief in our Behaviour Experiencing Grief in our Spirituality Secondary Losses and Loss of Identity When do we Need Professional Interventions 6 What do I say What can I do Sit Beside me on my Mourning Bench Some Dos and Don ts Do Talk About the Loss It s about Relationships Caring Companionship Silence Tears and Empathy 7 Grief is about Love and Attachment Grief the Price of Love Love as Attachment A Secure Base 8 God and our Grief But what Kind of God Our Vulnerable God Good News Stories of Vulnerability Loss and Grief Becoming Vulnerable Becoming like God Suffering Love that is With Us Discarding the Great Vacuum Cleaner in the Sky Jesus Began to Weep 9 Words for our Grief A Gift from the Psalms David s Dirge Faith Incorporating Grief My One Companion is Darkness Challenging a Cover up 10 Walking with Job A Story of Losing and Grieving The Scene is Set Job 1 1 2 10 Job s Friends Job 2 11 13 What the Friends got Right Sitting Shiva What the Friends got Wrong Job s Wife What Job Needed Giving Voice to his Grief Anger and the Need to Blame Job s Questioning Faith Containing Tensions The Climax Job 38 41 Our Faith may be Challenged and Changed 11 The Easter Walk Waiting in the Darkness and the Absence Gradual Imperceptible Resurrection 12 A Choice Do we go Through the Pain or Around it Stewards of our Pain A Great Freedom How do we Respond 13 Our Search for Meaning after Loss Moving Grief from a Noun to a Verb What is Meaning Reconstructing

our Meaning after Loss Meaning in Love Living in a Changed World 14 Hope Emerges Hopes and Goals Hope Isn't a Magic Potion Our Sustaining Hope If God is for us Selected Bibliography Also by Alister G Hendery from Philip Garside Publishing Ltd Index About the Author Alister Hendery is an Anglican priest in Aotearoa New Zealand Loss and grief have been a special focus of his ministry for the past 40 years He has served as a parish priest educator counsellor and funeral celebrant These days as well as exploring with others what loss and grief can mean for us he ministers with faith communities in times of change He is the author of *Earthed in Hope Dying Death and Funerals* also from Philip Garside Publishing Ltd *Moving from ALERT to Acceptance* Khara Croswaite Brindle, 2024-05-06 *Moving from ALERT to Acceptance* Helping Clinicians Heal from Client Suicide covers suicide assessment and safety planning in measurable and empowering ways that takes away some of the fear of asking about suicide when working with clients of diverse backgrounds Experience a modern compassionate take on suicide assessment in this book through client stories and explore how you can adopt the ALERT suicide assessment framework into your own client work With a predicted quarter of mental health professionals clinical supervisors and therapists losing a client to suicide sometime in their career this book also serves to explore this life altering event including an in depth look at the personal and professional impact on clinicians through therapist stories the mental health leadership and support needed to heal and tools that encourage a purposeful transition from crippling anxiety and grief towards post traumatic growth and meaning **Embrace** Liz Mannegren, 2019-10-23 One in four pregnancies end in loss But there is hope *Embrace* invites us to explore the grief surrounding pregnancy loss Sharing her own painful experiences Liz Mannegren gently creates an open and honest discussion about the mess and heartache such devastation creates As we allow Christ to redeem each uncomfortable ounce of this journey we find freedom and hope Each chapter ends with a series of journaling prompts that encourage reflection gratitude and healing As we gather together around this table of loss there is communion and strength to be found in our shared heartbreak Drawing from the unique testimonies of mothers who have experienced miscarriage infertility recurrent loss multiple loss and stillbirth *Embrace* challenges the lie that whispers You're alone in your grief and instead proclaims You are loved and worthy **Empty Hands** Tracy Wainwright, 2025-06-13 When an unspeakable tragedy leaves their hands empty and their marriage directionless Jessica and Nate Arbour struggle to find hope in the future and each other As Jessica fights to save her marriage Nate pulls farther away from her Can they grasp the love they once shared and replace the emptiness of despair with renewed love **Stuck in Yesterday** Clara W. Hayes, 2025-09-12 *Discover Freedom Beyond the Shadows of the Past* What if the chains holding you back aren't the obstacles outside but the memories and regrets you carry within This transformative guide delves deep into the psychology of why we cling to the past and how those invisible ties shape our present reality Written with compassion and clarity it gently peels away the layers of emotional baggage that keep us trapped in yesterday's grip Through insightful chapters and practical exercises you'll learn to recognize the masks you've worn understand the difference between healthy

reflection and harmful rumination and confront the weight of unresolved regrets With hands on tools like mindfulness journaling and visualization this book provides a clear path to embrace change without fear rewrite your narrative and cultivate self forgiveness Real life stories illuminate the journey from emotional entanglement to renewal offering relatable anchors as you navigate your own transformation Whether you struggle with lingering pain from past relationships difficulty setting boundaries or the challenge of relapses this book acts as a supportive companion helping you build resilience and confidence for a hopeful future The journey ahead is not about forgetting or dismissing the past but about integrating its lessons to step boldly into new possibilities With practical advice on cultivating gratitude fostering healthy connections and nurturing a loving relationship with yourself you ll open the door to a life defined by growth and peace If you re ready to break free from yesterday s hold and move forward with courage and clarity this is the guide you ve been waiting for

Hope All the Way Theo Boyd,2025-12-02 Discover how divine signs unexpected hope and heartfelt truth can guide you through grief and transform loss into purpose in *Hope All the Way* Hope is always there waiting for you Theo Boyd When you hear that special song playing on the radio out of the blue When you see that certain time on a clock When you re given a piece of jewelry from a new love who would have no way of knowing the significance of its color and shape It is these moments these surprises these divine signs that can house the pieces of hope that carry you through loss and into a life filled with purpose love and cherished memories *Hope All the Way* is a soulful stirring invitation to see life and loss through a different lens In this compassionate and candid follow up to *My Grief Is Not Like Yours* Theo Boyd shares her personal story of moving through traumatic grief and into healing and hope With unflinching honesty and gentle wisdom she reveals how moments that may seem like mere coincidences clocks stopping lights going out dreams unfolding are actually divine whispers of love from above While grief can feel as varied as a steak raw burnt or well done or as messy as eggs scrambled over easy or made to order hope is constant and sure It s always there when you re ready for it Whether you are walking through fresh grief or carrying a decades old ache this book reminds you that healing doesn t mean forgetting It means simply finding hope in unexpected places and learning to live love and believe again Hope isn t just a feeling It s a divine invitation to keep going all the way Zion's Herald ,1908 Death/dying ,1984 The Power of Embracing Grief

Shameka Pointer, Rena,2020-07-06 This a book that was written to give insight on the power of embracing grief Grieving is a very important matter when it comes to one s mental health and emotions Embracing grief after a loss helps heal in many positive ways Many haven t been taught how to grieve properly so they turn to negative outlets such as alcohol drugs sex and etc This book will not only teach you how to grieve but tell my story of how i became to embrace grief instead to push it away

History of the Border Wars of two Centuries, embracing a narrative of the wars with the Indians, from 1750 to 1874. Illustrated. Compiled and written from the most reliable sources by C. R. Tuttle. [With plates, including portraits.] Charles Richmond TUTTLE,1874 **International Sunday School Evangel** ,1901 Wild Yoga Rebecca Wildbear,2023-02-14

Awaken Your Wild Nature and Deepen Your Relationship with Earth This wonderfully fresh and revelatory book invites you to create a personal yoga practice that seamlessly melds health and well being with spiritual insight Earth stewardship and cultural transformation Wilderness guide and yoga instructor Rebecca Wildbear came to yoga after a life threatening encounter with cancer in her twenties Over years of teaching and healing she devised the unique and user friendly practice she presents in Wild Yoga In this book she guides you in connecting to the natural world and living from your soul while also addressing environmental activism Whether you are new to yoga or an experienced practitioner by engaging in this vibrant approach you ll discover greater levels of love purpose and creativity along with the active awareness we know our planet deserves

A History of the Clan Mac Lean from Its First Settlement at Duard Castle, in the Isle of Mull, to the Present Period John Patterson MacLean, 1889

The Outsider Edward D. Andrews, Jeffrey Jordan, 2017-08-27 In an era of rapid change and overwhelming challenges young individuals are often at the crossroads of identity beliefs and societal pressures THE OUTSIDER Coming of Age In This Moment offers a lifeline to the troubled souls who grapple with the adversities of modern life Aimed specifically at the age group of 12 25 this book serves as an essential guide shedding light on the myriad dilemmas faced by today s youth Divided into seven pivotal sections the book touches on everything from the delicate nature of sexual desires and love the challenges of maintaining genuine friendships in an age of superficiality the complexities of family dynamics the trials and tribulations of school life to the deeply personal struggles of self identity and health Each chapter provides valuable insights grounded in Christian values and teachings offering a conservative perspective that is both relatable and transformative This isn t just a book for the youth Parents will find it a revelation unraveling the layers of what their children are navigating in today s wicked world It provides them with the tools to foster understanding and open channels of communication Moreover pastors Christian counselors church and even school counselors will find it an invaluable resource aiding them in their mission to guide the youth towards a path of righteousness and purpose Whether you re a teen trying to find your place in this world a parent aiming to connect with your child or a counselor in search of holistic approaches THE OUTSIDER will provide answers solace and hope It s not just about surviving these tumultuous years it s about thriving finding purpose and emerging stronger all while keeping faith at the forefront Equip yourself with this comprehensive guide and find the strength understanding and wisdom to navigate and rise above the challenges of contemporary life For in understanding our struggles we are better placed to overcome them leaning on faith community and the timeless teachings of Christ

Embracing Life After Loss Allen Klein, 2019-03-15 An important authentic and liberating look at how we can move through loss with compassion humor and peace Mike Robbins author of Be Yourself Everyone Else Is Already Taken Losing a loved one is never easy Allen Klein knows how it feels just like you he s lost many loved ones in his life Inspired by Klein s experience with the loss of his wife Embracing Life after Loss can help you to recover from grief You never forget the people you lose But you can grow stronger wiser and more appreciative of life as you

move forward And believe it or not you can even laugh again Embracing Life after Loss will show you how to smile through the difficult times how to take a break from the pain of your loss and rediscover joy in life A winner of the Lifetime Achievement Award from the Association for Applied and Therapeutic Humor Allen Klein was once described by comedian Jerry Lewis as a noble and vital force watching over the human condition This book is a steadfast compass that offers hope and resilience to anyone trying to navigate through dark times With the belief that humor is one of God s gifts for overcoming your trials and tribulations Allen Klein guides us through the steps of losing learning letting go living and once again laughing

Living on the Ragged Edge Charles R. Swindoll,1988 Here is an intimate glimpse into Solomon s ancient journal Ecclesiastes in which the young king s desperate quest for satisfaction in work in sexual conquest in all the trappings afforded by his fabulous wealth was as futile as trying to catch the wind For those struggling with the anxieties and frustrations of our modern era the good news is that you can find perspective and joy amid the struggle

Report of the Proceedings of the ... Annual Re-union of the Eighth Indiana Veteran Cavalry, 39th Regiment Indiana Volunteers United States. Army. Indiana Cavalry Regiment, 8th (1863-1865),1899

Golden hours, ed. by W.M. Whittemore William Meynell Whittemore,1882

Moby Dick Herman Melville,1900

The Enigmatic Realm of **Embracing Grief Leaning Into Loss**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Embracing Grief Leaning Into Loss** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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