



A safe space to talk and listen

Newsletter

ISSUE 26 JUNE 2022

JOURNEY THROUGH GRIEF: HOW TO MANAGE THE LONELINESS OF GRIEF

WHAT IS GRIEF



Grief is the process by which a person adjusts to the physical absence of someone with whom they continue to have a psychological or spiritual relationship.

Loneliness is the worst pain in this world. It constantly eats away the person's heart, and can cause the person to hate, to feel enraged. It is like a wound of the heart; the type of wounds that cannot go away with a kiss or a hug. The only thing that can make this great pain go away is love and compassion, another human heart to pull them out of this hell.

Princess Diana

www.idlehearts.com

I look around
and no one is
concerned for me

I have no place
to run and no one
cares for my life

Lord
I cry out to you
for help

YOU ARE MY
REFUGE AND ALL
I NEED IN LIFE

Psalm 142:4-5

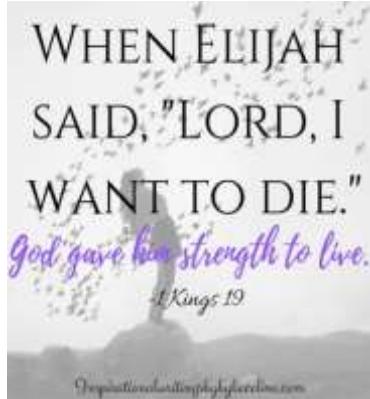
- Grief can isolate us. Our world has stopped, but everything else surges on as usual, oblivious to our pain. We're stunned. We move in a fog. People we counted on drift away. Some say they understand, but we know they don't. We feel misunderstood, cast aside, and left behind [Gary Roe].

Question: *Have you felt loneliness in your journey of grief? What or who have helped you to manage this? [Sharing your experience can help others]*

Loneliness and the Bible

One writer said that, because loneliness is part of the human condition, it is not surprising that several persons in the Bible experienced loneliness.

- In 1 Kings 19, the prophet Elijah appears to have suffered from a sense of social isolation that made him almost suicidal.



When Elijah battled **Depression**
 God didn't send an Angel to preach to him, tell him he needed to pray more, or condemn him for feeling that way. He sent an Angel to comfort him while he rested. Some people just need to be comforted.

1 Kings 19:4-8

1 Kings 19:5

Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise and eat."

- Paul likely experienced loneliness, as when he tells Timothy, "At my first defense, no one came to my support, but everyone deserted me" (1 Timothy 4:16]).
- Jesus also appears to have been experiencing loneliness in the garden of Gethsemane on the night before his crucifixion (Matt. 26:36-46) and while on the cross (Matt 27:46]).

David also expressed his feelings of loneliness in the Psalms.



*Look on my right hand and see,
 For there is no one who acknowledges me; Refuge has failed me; No one cares for my soul.*

Psalms 142:4 (NKJV)

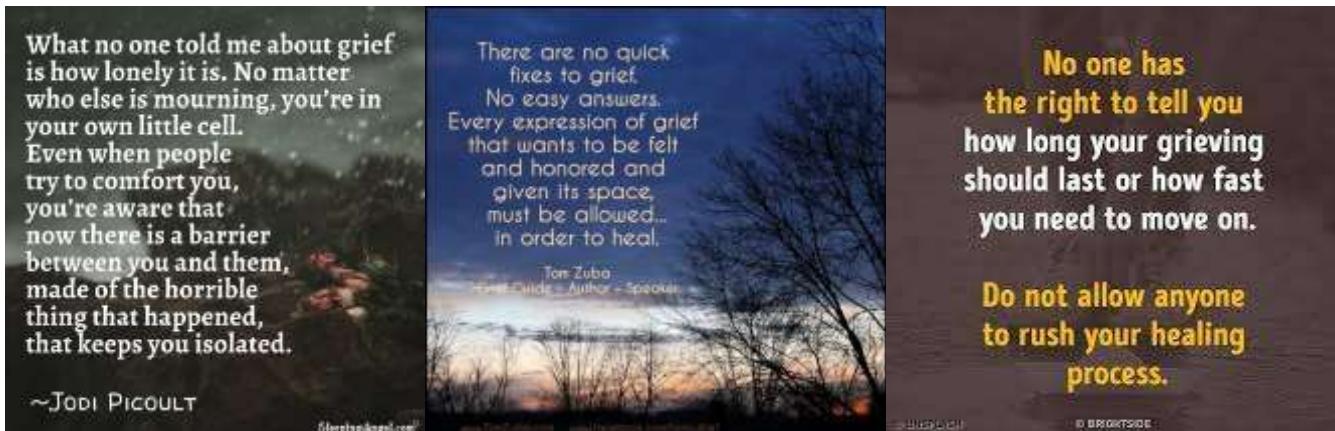

Don't worry!
 God is never blind to your tears.
 Never deaf to your prayers.
 and never silent to your pain.
 He sees, He hears and He will deliver you.

www.facebook.com/TheLordMyShepherd

What is grief?

According to the writer, Norman Wright, grief is slow, and you need it to be like this even though you will probably want to rush it along. It will take longer than you have patience for. Time seems to stand still especially at night.

Don't allow anyone to rush you through the process. They are not experts, and you will discover others who will be uncomfortable with your grief. Let your grief do its healing work at its own pace. You need the slowness. Grief cannot be put on a fast track.



Remember to:

- Invite God into your grief. Don't be afraid to let your heart be known by God. That is where intimacy and trust are born. Go to Him honestly with all you are feeling.
- Don't hide the dark places from Him. Let Him enter your highs, lows, and everything in between. He will meet you there, where you are.
[\[https://soloparent.org/blog/2021/01/04/emmanuel-god-with-us-in-grief\]](https://soloparent.org/blog/2021/01/04/emmanuel-god-with-us-in-grief).

What is Loneliness?

- Loneliness has an ugly twin sister named fear. When I am lonely, I fear that life will always be this way.

"One of the most challenging aspects of grief is eating alone. The empty chair at the kitchen table is always a frustrating encounter with the inescapable, pervasive loneliness of life without your loved one" [Julie Yarborough]



Question: "How can I feel lonely when I have Christ in my heart?"

Answer:

- It is not sinful to experience the pain of loneliness. In fact, it is perfectly normal. We are made to have significant relationships with God and others. When there is a great loss or a great change in our lives, we experience great pain and stress. Even Jesus hurt when His friend, Lazarus died. Tears are not wrong; they are God-given for healing [The writer, June Hunt].



You have collected
all my tears
in your bottle...
You have recorded
each one
in your book...
(my tears matter to God)
Psalms 56:8

*Feeling lonely?
Know that
God is with you
wherever
you are.*

Another writer, Alan Wolfelt says this about Loneliness, it is the feeling of being empty, alone, and unwanted. It is discomfort or pain of wanting connection with other human beings but not having it. It is the internal response to an external experience [or lack of it].



- God, I am grateful that you are the only one who knows exactly how I am feeling and this is why you remind me to Cast all my anxiety on You because You cares for me [1 Peter 5:7].

Difference between Loneliness and being alone

The main difference between loneliness and being alone is choice. It is one thing to choose your own special moments of solitude and privacy, and another to have them forced upon you, because you don't feel meaningfully connected with anyone else [<https://aapcounselling.co.uk>].



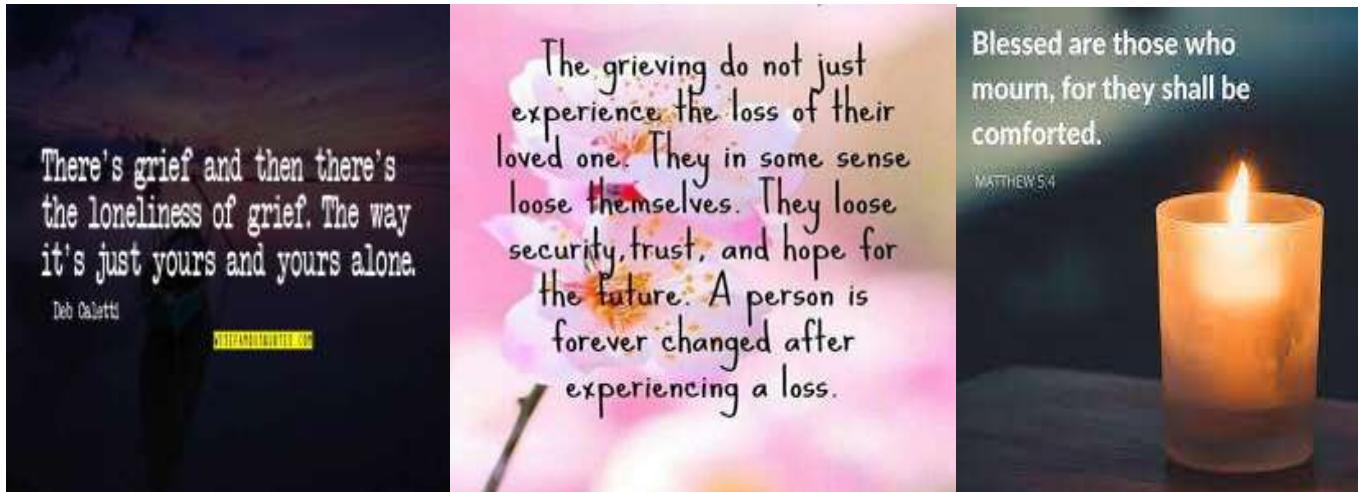
What causes loneliness?

Loneliness has many different causes, which vary from person to person. We don't always understand what it is about an experience that makes us feel lonely [Mind].

For some people, certain life events may mean they feel lonely, such as:

- Experiencing a bereavement
- Going through a relationship break-up
- Retiring and losing the social contact you had at work

Other people find they feel lonely at certain times of the year, such as around Christmas, birthdays, anniversaries etc.



Fear of loneliness can manifest in several different forms:

- Fear of living alone or of being at home alone
- Fear of being in public without someone you know being with you
- Anxious anticipation of being alone during the holidays
- Fear about the future alone

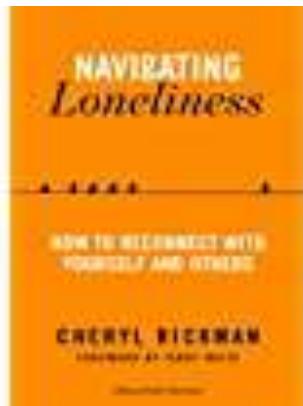
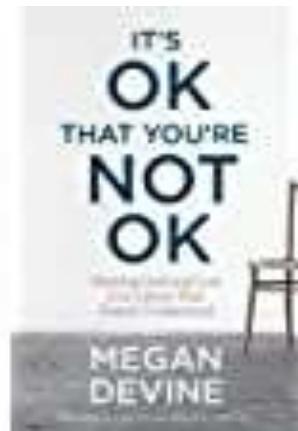
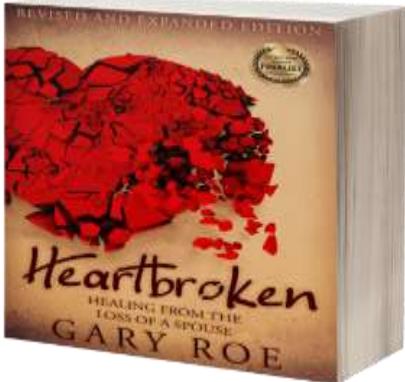
Please Note

If you are struggling with grief /loneliness/social isolation, please don't sit in silence. Discuss your feelings with your family, friends, or your local supporting groups.

Brent Bereavement Services (BBS)

- ⊕ Contact details: Phone: 020 8459 6818
- ⊕ Website: <http://bbsonline.org.uk/>
- ⊕ Address: 395 Chapter Road, Willesden, London
NW2 5NG

Other Bereavement Support is on page 16-17 the Newsletter



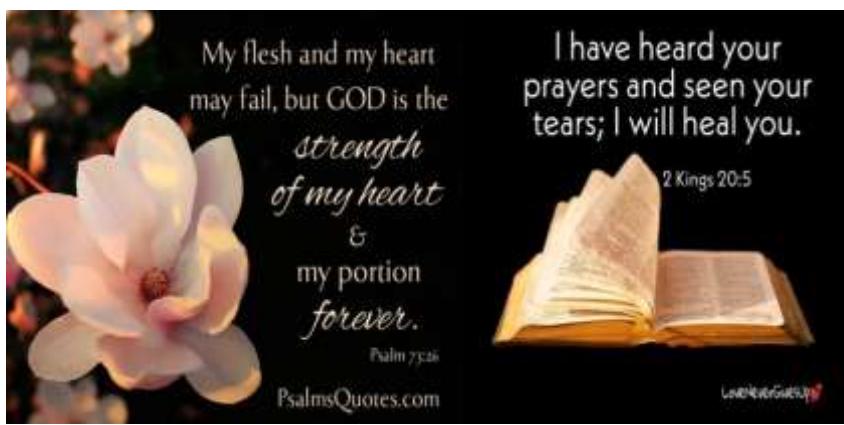
Prayer

Father God, I take strength in knowing that not only do you see my tears as valuable, You are close enough to gather them and keep them; I take courage also in knowing that, even though the mountains be shaken and the hills be removed, yet Your unfailing love for me will not be shaken nor Your covenant of peace be removed...[Isaiah 54:10]. And, Father, I take comfort that, You are never too busy to hear my cry and answer my prayer. In Jesus Name I pray Amen.

Bible verses for a grieving heart

Revelation 21:4: He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away

"This is not all there is. One day our tears will be wiped away. Our pain will be completely gone. There will be no more sorrow, no more goodbyes. God will put death to death".



Types of loneliness

Different types of loneliness include:

- Emotional loneliness
- Social loneliness
- Transient loneliness
- Situational loneliness

Emotional Loneliness is caused by feeling emotionally empty and unattended by close relatives due to lacking in-depth and satisfying relationships.

WWW.COUNSELANDQUOTE.COM

Loneliness caused by different kinds of situations is known as situational loneliness.

WWW.COUNSELANDQUOTE.COM

Then you will call on me and come and pray to me, and I will listen to you.
Jeremiah 29:12

Thank You, God, for hearing every single prayer. Sometimes I don't understand why things are happening the way they are but I trust in You with all of my heart. More than anything, I want Your will to be done in my life. Amen

THECONSECRATEDWOMAN.COM

What does loneliness feel like?

Question: Have you ever felt so alone and burdened with sorrows that it was painful to watch others smile, chat, laugh, and go on with their lives with apparent contentment?

- In this condition, it can feel like no one else walks in your shoes, understands your pain, or sense of struggles.
- This is loneliness, the state of sadness that comes from feeling alone, isolated, "cut off from others". This sense of "disconnection" can be experienced at any time when you don't have friends or loved ones nearby, or even if you do [The writer, June Hunt].



Another writer says that, loneliness is a sort of empty feeling, like you don't know who you can turn to and you feel disconnected from others. It's a really personal feeling; you may have lots of people around you, yet you can still feel lonely.

What does loneliness feel like?

"It feels like a dark cloud. You don't want anyone to see you and so you get lonelier; it's a vicious circle."

"Like being surrounded by a dark void that you have no way of crossing."

"Like a bereavement - like an enormous loss of something. And it also feels suffocating - tight and strangling and suffocating, even though it's an absence."

How loneliness can make you feel

distress
anxiety
helplessness and emptiness

abandoned
not being understood by others
fear and sadness
lost



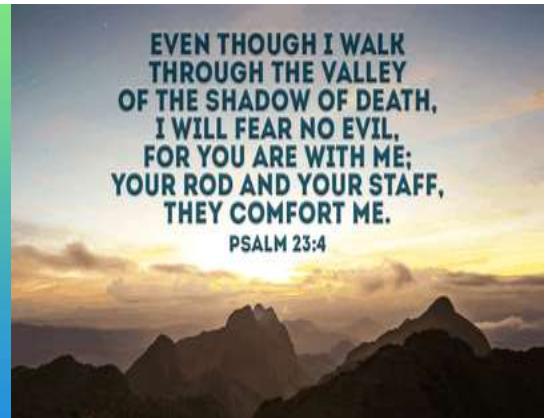
God knows exactly how you feel, and he has felt the pain of loneliness too. Nowhere is that exemplified more than when Jesus hung on the cross



Your loneliness and emptiness are often present, even in the midst of family and friends. When others try to help by saying, "I know just how you feel", they usually do not. They cannot. They are not walking this walk for you. Your pain, your questions, your doubts, your fears are unique. No one can know exactly how this feels for you.



I look around and no one is concerned for me
I have no place to run and no one cares for my life
Lord
I cry out to you for help
YOU ARE MY REFUGE AND ALL I NEED IN LIFE
Psalm 142:4-5



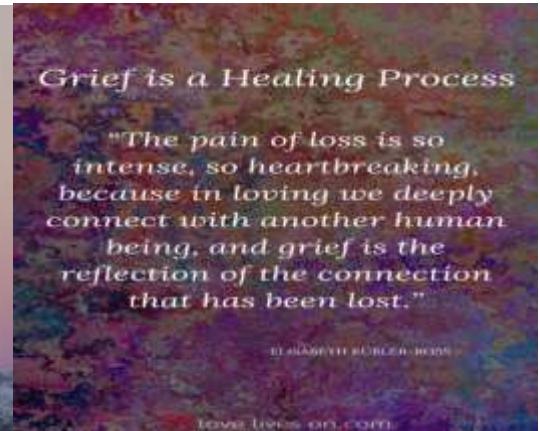
How to manage loneliness of grief

The Grieving Process

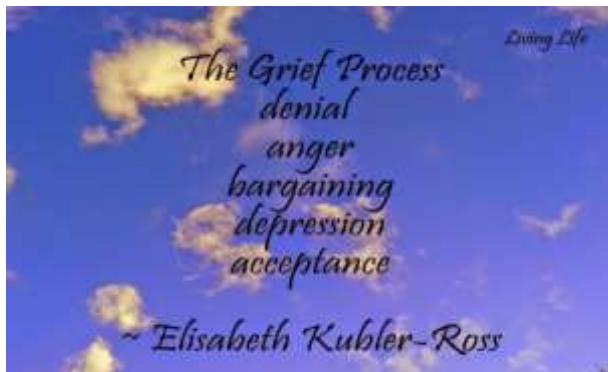
"Grief is a process, it is not an event. It takes time to heal; however, time alone does not heal all wounds. We need to give ourselves the opportunity to do the grief work necessary in order for the process of healing to begin".



HE HEALS THE
brokenhearted
AND BANDAGES
THEIR WOUNDS.
psalm 147:3



Stages of grief

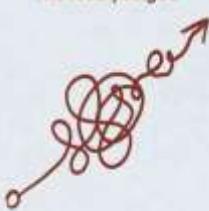


Stages of Grief

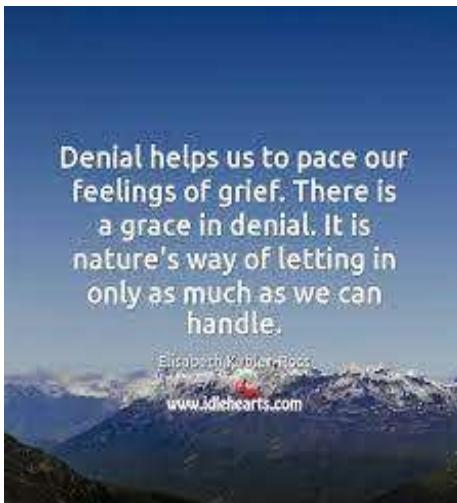
The roadmap you expected:



The road you got:



Denial



Anger



Acceptance



Do the five stages of grief happen in order?

The Psychologist, Elizabeth Kübler-Ross, in her writing, makes it clear that the stages are non-linear - people can experience these aspects of grief at different times and they do not happen in one particular order. You might not experience all of the stages, and you might find feelings are quite different with different bereavements [Cruse Bereavement Support].

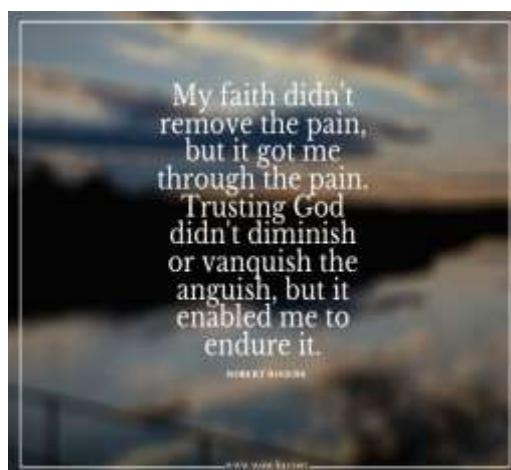
Worden's Four Tasks of Mourning



SELF-CARE TODAY	
I feel...	I need to...
Overwhelm	Take a step back
Stressed	Focus on relaxing
Anxious	Practice a coping skill
Sad	Be loving to myself
Angry	Find a positive outlet
Drained	Rest and recharge
Broken	Practice self-compassion
Upset	Take time for myself
Alone	Reach out for support

Understanding Grief & the Six Needs of Mourning

1. Acknowledge the reality of the death
2. Move toward the pain of the loss
3. Remember the person who has died
4. Develop a new self-identity
5. Search for meaning
6. Receive ongoing support from others



"The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you'll learn to live with it."

—Elisabeth Kubler-Ross



Ways to cope with the loneliness of grief

According to one writer, you should identify and confess your grief. We need to acknowledge and admit that our grief is real. We need to stop being afraid of it.

There is no shame in grief. Yet, sometimes we shrink back from naming and facing it. But grief is a normal part of the human experience.

Grief is a sign that our losses and pain matter because we matter. When we love someone and lose them, it's sad. There is a painful void left behind. When we lose the dream of a typical family, it hurts.

- Talk about your feelings of the loneliness of grief.
- Don't assume that others will help. Even normally compassionate people sometimes find it hard to be present to others grief.

Healthy ways to express emotions



- Talk to others to help understand feelings.
- Take advantage of alone time to think about your emotions.
- Create or do something to help you express feelings.
- Exercise.... Eat smart....hydrate...

STAY CONNECTED
to Combat Loneliness and Social Isolation



Feeling lonely and being isolated are bad for your health.

God is with you every step of the way in life no matter how dark, how lonely, and how painful those steps may be. You will never walk alone.

GOD
IS THE BEST LISTENER
YOU DON'T NEED TO SHOUT,
NOR CRY OUT LOUD,
BECAUSE HE HEARS EVEN
THE VERY SILENT PRAYER OF A
SINCERE HEART.
purehappylife.com

- Make new connections

THINGS TO DO IF YOU'RE FEELING LONELY

Don't rush it



Talk online/on the phone



Be around people



Focus on things you enjoy



Organise social meet-ups



Consider peer support



Meet new people online



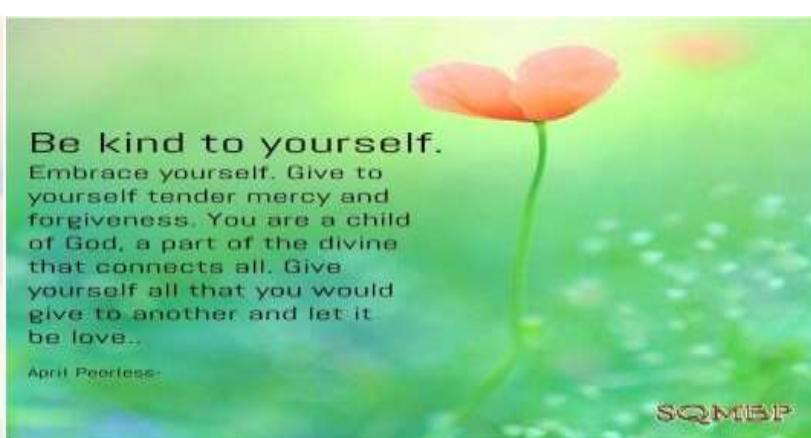
Think about therapy



- God may not restore our circumstances, but He restores our heart and redeems our hurts.
- In the process of facing our pain, God will meet us in it. We can feel His kindness, mercy, and grace in our suffering. God transforms what we bring to Him. He can make beauty from ashes. He truly is Emmanuel - God with us, no matter what we are facing.

Practice Self-Compassion

Self-compassion is giving yourself the kindness and care you would give to another.



The Bereavement Café Support Group

► The Bereavement Café would like to welcome you to our Bereavement Support Group via Zoom on the last Saturday of each month between 11am-12:30pm.

Why not join us and meet/share with others who are going through their journey of grief?



Our support group is informal and offers:

- A safe space to talk, listen, being listened to, and be supported in your grief.
- We provide a confidential and non-judgemental environment for those who are going through the grieving process.
- An opportunity to reflect and explore thoughts and feelings.
- Confront fears and think about next step.

Please Note:

- Remember to bear in mind that lockdown has eased but COVID is still out there! If at all possible, wear your masks especially in crowded places and maintain social distancing [as appropriate].



In need of bereavement support

- We recognise that "enduring the pain of a loved one is one of the most difficult challenges we can face in life. At its core, loss creates a void, a hole in your life that must be faced". If you feel at any time that you are not coping with bereavement,

Visit our webpage: wntcg.org/bereavement

having suicidal thoughts or any other negative emotions, please do not sit in silence.
Help is available!

If you are not able to talk about your feelings with a family member or friend, you can contact:

- + Your Pastor or a member of the pastoral team
- + Your GP
- + www.wntcg.org/bereavement
- + www.wntcg.org/care

OR

Free, local support for you Bereavement HELPLINE

By calling our Bereavement Support Helpline, you can:

- 💡 Benefit from a listening ear and emotional support
- 💡 Find information & guidance on what to do after someone has died
- 💡 Discover free, local support in your community, tailored to you
- 📞 Call our Helpline now on **01279 967670**



Other Bereavement Organisations

- + **Stillbirth and Neonatal Death Charity (SANDS)** - provides information and support for anybody affected by the death of a baby.
- + **Sudden** - helps people who have experienced a sudden bereavement to access specialist information and advice (**Sudden Bereavement Help 0800 2600 400**).
- + **Samaritans Helpline: 08457 909090**, 24 hours a day
- + **Cruse Bereavement Care: 0808 808 1677**

Grief Encounter: Provides support to children and families who have been bereaved via phone, online chat and email.

- + You can also take part in group activities with likeminded families at their Sundays, Grief Groups and Remembrance Days.

Phone open Monday-Friday 9am-9pm:
0808 802 0111

Online chat - Email: grieftalk@griefencounter.org.uk

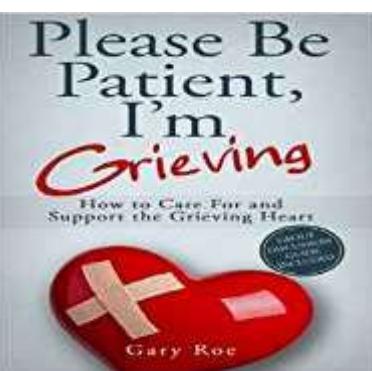
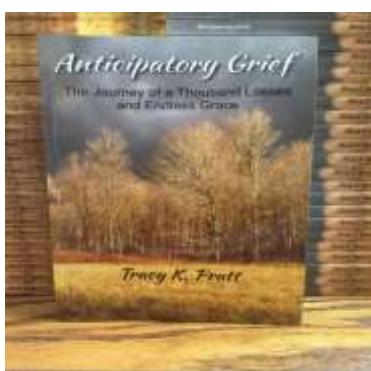
► Association of Christian Counsellors (ACC) - Telephone 024 7644 9694

Additional information

Basic Needs of grief



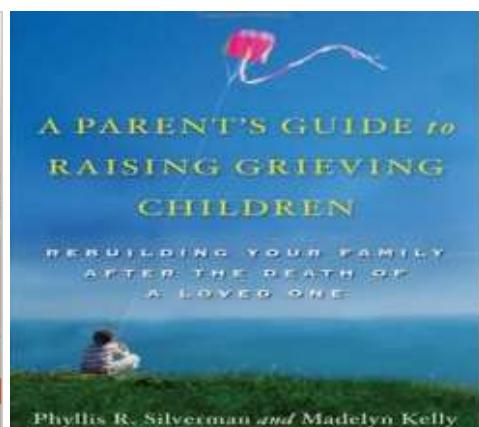
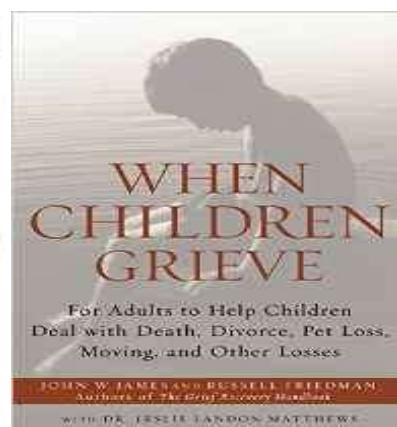
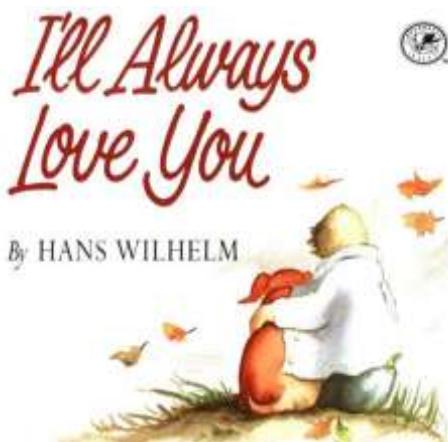
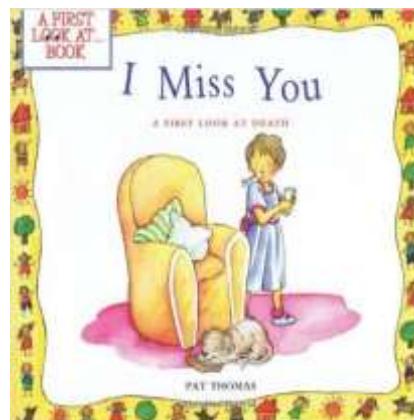
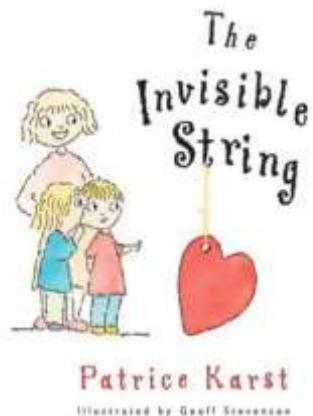
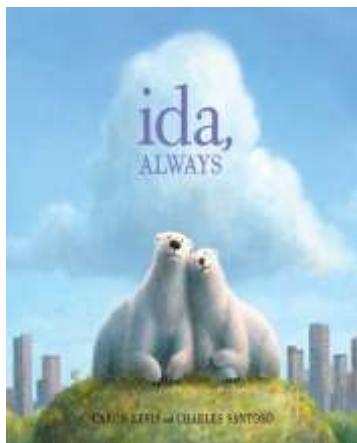
Reading Resources on Grief:



Visit our webpage: wntcg.org/bereavement

The Bereavement Café ministry is part of The Willesden New Testament Church of God

Resources for children and young people



Other Resources on Grief:

- [Donna R. Williams & JoAnn Sturzl- Grief Ministry](#)
- [Norman Wright - Experiencing Grief](#)
- [Marty Tousley- Finding Your Way Through Grief: A Guide for the First Year](#)
- [William Worden - Grief Counselling and Grief Therapy](#)
- [Tom Zuba - Permission of Grieve : A New Way To Do Grief](#)
- [Malcolm Duncan: Good Grief -Living with Sorrow and Loss.](#)

Bereavement How other people can help



Do remember that appearances can be deceptive

I may look as if I'm coping okay, but inside I may be falling apart.



Do invite me out to coffee or lunch

Just to change the scene for a while.



Do be ready to listen

To all the jumble of emotions I may be feeling without being judgemental.



Do encourage me

To be kind to myself and not to push myself to meet other people's expectations of how I should be.



Do be aware that there will be times when I don't feel able to talk

But this doesn't mean I won't want to talk at another time.



Don't be unprepared for the truth

Don't ask me how I am if you only want to hear "I'm okay thank you."



Don't tell me that you've been too busy to phone or get in touch

Better to say "I didn't know what to say."



Don't try and give me answers

It is unlikely that you will have any that will satisfy me – just allow me to express all my fears, questions and doubts.



Don't measure the way I react

Or the emotions I express by your own expectations or experience. My grief is unique to me.



Don't feel you have to do something

Just be there.



For more information on bereavement support please visit:
www.careforthefamily.org.uk/family-life/bereavement-support