



Coping with the Current Health Crisis and Your Own Personal Grief

in the midst of this global pandemic, we are reflecting in real-time on how systems undergo large-scale transformation—how government, businesses, schools, cities, and communities adapt and make fundamental changes to existing ways of working.

Prior to the first spread of the current health crisis, we had been reflecting on how difficult it is to change a system: systems prefer the status quo and often require a crisis to transform. We are certainly watching this play out today.

Every evening we are confronted with the statistics as horrifying as those from WWI, the Battle of Stalingrad, or Vietnam. So many people are dying. And as shocking as those statistics are, we must face the fact that many of us are among the most endangered age, over 60. And we must realize that perhaps some of our closest friends and relatives might get the contagion.

The hardest part of death is not the dying but the living. Those who have loved the deceased are encouraged, no expected, to somehow pull themselves together and get on with their lives. The merry-go-round that we call our daily life might slow its speed or revolutions for a moment or two but then moves on even faster without the anchor of the loved one.

An American poet, adored in her time but now forgotten, wrote these immortal words



To One In Sorrow

*Let me come in where you are weeping, friend,
And let me take your hand.*

*I, who have known a sorrow such as yours,
can understand.*

*Let me come in -- I would be very still beside
you in your grief;*

*I would not bid you cease your weeping, friend,
Tears bring relief.*

*Let me come in -- and hold your hand,
For I have known a sorrow such as yours,
And understand.*

- Grace Noll Crowell

more than 75 years ago.

Grief is a natural response to loss. It's the emotional suffering you feel when someone you love is taken away. The more significant the loss, the more intense your grief will be. Inevitably, the grieving process takes time. Healing happens gradually; it can't be forced or hurried—and there is no "normal" timetable for grieving.

But your family, your friends, your clergy, can all help you ease your sadness and help you come to terms with your loss, find new meaning, and move on with your life. Your Memorial Ceremony Director is part and parcel of your closest advisors when death is at hand. Our staff at TR Brownjohn Memorial Home is trained to help lessen the pain of loss.

We at TR Brownjohn Memorial Home have jointly decades of experience in helping our clients cope and overcome their loss. We are fully aware of all the new rules and regulations enacted to minimize the spread of the current health crisis.

If your family is stricken at this time, it is more important than ever that you obtain accurate and up to date advice. As I, Thomas Brownjohn, the principal says, It's time we had a talk. When you call, you will always talk to me, Tom, personally. We are at: 02 4782 2613 or in The Memorial Home, 73A Lurline Road, Katoomba. Offices are also in Springwood and Lithgow.