

# THE WESTMINSTER LOG



## everything [in] between

Meeting God in the midst of extremes



As we continue through the season of Lent, we draw closer to Jerusalem with Jesus and his disciples. The Gospel of Luke has guided us along the way and will continue to tell us the story and events of Holy Week.

We continue to navigate the polarizations in our lives with more faith, intention, and openness to be transformed. Each weekly sub-theme explores two supposed binaries—"faith & works" or "rest & growth," or "grief & hope"—things we often consider to be opposing. However, as we explore these concepts within the scriptures, we find nuance and complexity. We find

### Holy Week at Westminster



**Palm / Passion Sunday**

April 13, 10:30 a.m.

**Maunder Thursday**

April 17, 7:00 p.m.

**Good Friday**

April 18, 7 p.m.

**Easter Vigil and Egg Hunt**

April 19, 4 p.m.

**Easter Sunday**

Worship services at 8:30 and 10:30 a.m.

Easter breakfast at 9:15 a.m.



that these dichotomies are false. We might begin to see a full spectrum instead of black and white. We might find that God is present in between.

And so, this season, we'll look beyond black and white binaries and easy answers. While we notice the dichotomies that

define our lives, we also seek to imagine where God might be meeting us beyond the categories we create.

As we move through Lent, we're trusting that God will continue to show up in shades of gray, rainbow hues, and everywhere in between.

WWW.WPCBC.ORG

APRIL 2025 ISSUE 197

The Westminster Log is published monthly by Westminster Presbyterian Church, 103 East Midland Street, Bay City, Michigan, 48706. Articles must be submitted by the fifteenth day of each month before publication unless otherwise noted. We reserve the right to edit submissions for content and space. The Westminster Log is formatted to be printed in color.

Visit us on Facebook:  
Westminster Presbyterian  
Church - Bay City



Phone: 989-686-1360  
E-mail: office@wpcbc.org  
Office Hours:  
Monday through Thursday  
8:00 a.m. - 4:00 p.m.

Pastor  
Rev. Jamie Milton (ext. 204)  
Parish Associate  
Rev. Linda Williams (ext. 203)  
Secretary  
Bill Petzold (ext. 201)  
Facilities Manager  
Harold Miller (ext. 205)  
Financial Administrator  
Pat Foster (ext. 206)

# April

## Sundays

**8:45 a.m. Bell Choir Rehearsal**  
for our Adults; the Bells play during Worship once a month

**9:00 a.m. Sunday School**  
Sunday school for PreK-4th grade

**9:00 a.m. Adult Bible Study**  
We'll wrap up the everything [in] between series and return to Feasting on the Word on the 27th.

**9:30 a.m. Fellowship**  
Join us in the Fellowship Hall for Coffee and Donuts and Conversation

**10:00 a.m. Chime Choir**  
For K-4th grade

**10:30 a.m. Worship**  
We continue the "everything [in] between" series until Easter Sunday.

**11:30 a.m. Fellowship**  
Join us in the Chapel for Coffee and Cookies and Conversation

**5:00 p.m. Jr. Bells**  
For Youth 5th-12th grades

**5:30 p.m. Youth Group Dinner**

**6:00 p.m. Youth Group**  
For Youth 5th-12th grades

### Office Hours

Monday – Thursday: 8:00 a.m. – 4:00 p.m.

website: [wpcbc.org](http://wpcbc.org)

Join us on Facebook

Westminster Presbyterian Church - Bay City

Sunday	Monday
<b>6</b> <i>Fifth Sunday in Lent</i>  11:45 a.m. Fellowship and Outreach Mtg.	<b>7</b>  5:30 p.m. Mission meeting 7 p.m. Deacon meeting
<b>13</b> <i>Palm Sunday</i>	<b>14</b>  5 p.m. Property meeting 6 p.m. Finance meeting 7 p.m. Stewardship meeting
<b>20</b> <i>Easter Sunday</i>  8:30 a.m. Worship 9:15 a.m. Easter breakfast 10:30 a.m. Worship	<b>21</b>  Office Closed
<b>27</b> <i>2nd Sunday of Easter</i>	<b>28</b>

Tuesday	Wednesday	Thursday	Fri/Sat
<b>1</b>  10 a.m. Hearts & Hands Knitting 1:30 p.m. Book Group 6 p.m. Boy Scouts 6 p.m. Personnel meeting	<b>2</b>  10:00 a.m. Wandering Wednesday (until 2 p.m.) 5:30 p.m. Contemporary Choir 6:30 p.m. Chancel Choir Rehearsal  PANTRY OPEN 4 TO 6 P.M.	<b>3</b>  8:30 a.m. TOPS 5 p.m. Food of Faith at Messiah Lutheran 7 p.m. Lenten Devotional Series via Zoom  PANTRY OPEN 10 A.M. TO 1 P.M.	<b>4</b>  <b>5</b>
<b>8</b>  9 a.m. Matthew 25 Cafe 10 a.m. Staff Meeting 10 a.m. Hearts & Hands Knitting 1 p.m. Lions Club 1:30 p.m. Book Group 6 p.m. Boy Scouts 6:30 p.m. Spiritual Growth meeting	<b>9</b>  10:00 a.m. Wandering Wednesday (until 2 p.m.) 5:30 Worship Meeting 6:30 p.m. Chancel Choir Rehearsal 6:30 p.m. Confirmation  PANTRY OPEN 4 TO 6 P.M.	<b>10</b>  8:30 a.m. TOPS 5 p.m. Food of Faith at Messiah Lutheran 7 p.m. Lenten Devotional Series via Zoom  PANTRY OPEN 10 A.M. TO 1 P.M.	<b>11</b>  <b>12</b> 8 a.m. Sleep in Heavenly Peace Bed Build at Delta College
<b>15</b>  10 a.m. Hearts & Hands Knitting No Book Group today 6:00 p.m. Boy Scouts	<b>16</b>  10:00 a.m. Wandering Wednesday (until 2 p.m.) 5:30 Contemporary Choir 6:30 p.m. Chancel Choir Rehearsal  PANTRY OPEN 4 TO 6 P.M.	<b>17</b> <i>Maundy Thursday</i>  8:30 a.m. TOPS 1:00 p.m. Lydia Circle 5:00 p.m. Food of Faith at Messiah Lutheran 7 p.m. Maundy Thursday communion service  PANTRY OPEN 10 A.M. TO 1 P.M.	<b>18</b> <i>Good Friday</i>  7 p.m. Worship service  <i>Great Vigil of Easter</i> <b>19</b> 4 p.m. Easter vigil
<b>22</b>  10 a.m. Hearts & Hands Knitting 10 a.m. Staff Meeting 12:00 p.m. Lunch & Learn 1:30 p.m. Book Group 6 p.m. Boy Scouts 6:30 p.m. Session meeting	<b>23</b>  5:30 Contemporary Choir 6:30 p.m. Chancel Choir Rehearsal  PANTRY OPEN 4 TO 6 P.M.	<b>24</b>  8:30 a.m. TOPS 1:30 p.m. Coffee and Conversation 5:00 p.m. Food of Faith at Messiah Lutheran 7:00 p.m. Adult Bible Study via Zoom 7:00 p.m. Deborah Circle  PANTRY OPEN 10 A.M. TO 1 P.M.	<b>25</b>  <b>26</b>
<b>29</b>  10:00 a.m. Hearts & Hands Knitting 10:00 a.m. Log Folding 1:30 p.m. Book Group 6:00 p.m. Boy Scouts	<b>30</b>  5:30 Contemporary Choir Rehearsal 6:30 p.m. Chancel Choir Rehearsal 6:30 p.m. Confirmation  PANTRY OPEN 4 TO 6 P.M.	<b>Happy Birthday</b> Joyce Whitney Richard Frontjes Marilyn Lapham Walter Whitney Carol Campbell Marilyn Bechtel Jill Jean	

In February, the **Operating Fund** had income of \$18,904.02 and expenses of \$33,118.88.

The **Building Improvement Fund** received \$206 in contributions and had no expenses. As of the end of February, the Fund has a balance of \$14,614.43. The **Major Repairs Fund** received \$75 in contributions and incurred no expenses. Its Fund balance was \$39,961.69 as of February 28. Your contributions to these Funds help us keep our church in tip-top shape.

The **Capital Campaign Fund** received \$3,405 in contributions in February. The loan balance is down to \$31,876.78 as of February 28, inching closer each month to being paid off!

Even if you give online or are planning to give the same amount as in prior years, please turn in your Estimate of Giving card, or just email me with your pledge amount.

This helps us to have a complete picture of what our finances will look like throughout the year.

If you have any questions about these figures or anything else finance-related, please contact me via email or by leaving a voicemail message.

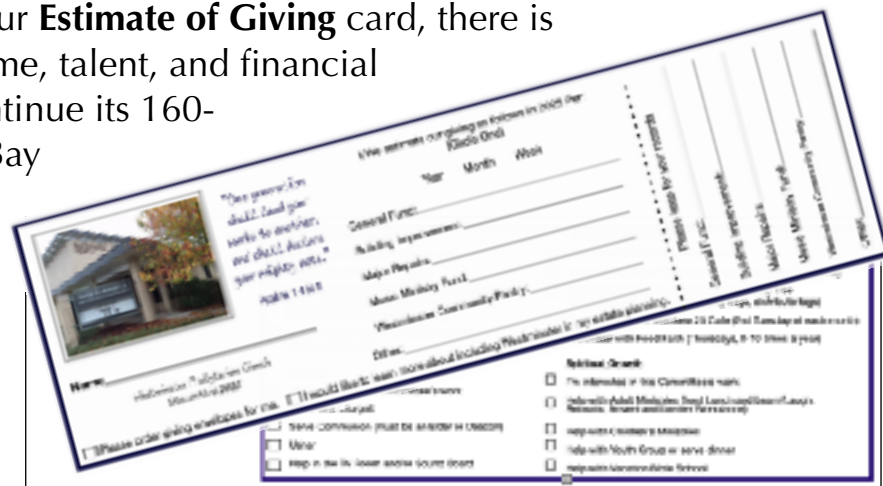
*Pat Foster*

Financial Administrator  
[treasurer@wpcbc.org](mailto:treasurer@wpcbc.org)  
616-485-8272 (cell phone)

Per capita for 2025 is \$30.69. This is per active, confirmed member.

## Stewardship Update

If you have not yet turned in your **Estimate of Giving** card, there is still time! Each and every gift — time, talent, and financial resources — help Westminster continue its 160-year legacy of faithful ministry in Bay City and beyond. Estimate of Giving cards are available through the church office or at the back of the sanctuary. You can place your completed card in the offering plate, drop it in the office, or mail it in. Be sure to fill out the reverse side of the card as well, indicating places you'd like to serve in 2025. Thank you for your generosity and commitment to sharing God's abundant blessings with our community!



### THE FIFTH SUNDAY IN LENT (April 6) righteous & mercy (Luke 19:1-10) Zacchaeus greets Jesus

The crowds grumble at Jesus' self-invitation to stay with Zacchaeus, and their righteous indignation isn't without cause. As a tax collector, Zacchaeus has extorted money and acted in collusion with the empire, using his position to oppress his own people. It is important to call out oppression, and yet, Jesus offers mercy. That mercy then begets more mercy as Zacchaeus, unprompted, offers to return what he took, and then some.

### Holy Week at Westminster PALM / PASSION SUNDAY (April 13) shouting & silence (Luke 19:29-40)

**"He Came on a Donkey"** Through story and song, we'll hear the perspectives of a disciple, a Pharisee, and a member of the crowd, all of whom witnessed Jesus' entry into Jerusalem. When the religious leaders try to silence the crowd, Jesus tells them that the noise level isn't the point—even the stones would cry out if they were silent. It takes wisdom to know when our voice is needed and when it's just noise.

### MAUNDY THURSDAY (April 17, 7:00 PM) power & humility (Luke 22:1-27) Foot Washing and the Last Supper

In his final hours, Jesus redefines power through acts of humility, as he washes the disciples' feet, and shares a final meal with his closest friends and those who will soon betray him. After breaking bread, the disciples argue about who is the greatest, but Jesus tells them that the greatest must be the least and the leader must be the servant, turning their hierarchy on its head. According to Jesus, humility is powerful, and real power is shown through humility.

### GOOD FRIDAY (April 18, 7:00 PM) acceptance & resistance (Luke 22 and 23)

We'll listen once again to the somber stories that

lead up to the final moments of Jesus' life. As Jesus dies on the cross, one thief resists him and the other accepts him as Messiah. Jesus resists the empire but accepts his fate. We also are called to resist systems of power and oppression, and yet we ultimately have to accept that Jesus dies—and one day we will too. We have to

discern what to accept as given and what to resist, what is "God's will" and what is the result of our own unquestioned systems.

### EASTER VIGIL and EGG HUNT, (April 19, 4:00 PM) letting go & holding on (Luke 23:56b) "They rested on the Sabbath, in keeping with the commandment."

In the quiet of Holy Saturday, we join to prepare our hearts, and our sanctuary, for the joy of Easter morning! This family friendly service is full of congregational participation as we rehearse the stories of our faith

and decorate the sanctuary for our Easter celebration. Following the service, we'll have an Easter egg hunt for our children 5th grade and younger.

If you'd like to donate candy, to help us fill the eggs, please drop it off at one of the church entrances by Palm Sunday. You can also drop off pre-filled eggs!

### EASTER SUNDAY (April 20) grief & hope (Luke 24:1-12)

**The women grieve and Peter runs to the tomb** Grief is a healthy response to Jesus' death and a valid way to enter worship on Easter morning. And yet, the women at the empty tomb are given hope amidst their mourning. The other disciples don't believe the women's message, but Peter, living in the in-between of grief and hope, runs to the tomb to see for himself. Grieving doesn't have to make us hopeless. Hope can compel us to take action when we are deep in grief.

Theme and Series Resources prepared by © A Sanctified Art | [sanctifiedart.org](http://sanctifiedart.org) and used with permission.

**Lenten Bible Study**  
Sunday mornings  
9 a.m. in the Conference Room  
Thursday evenings  
7 p.m. via Zoom  
Devotional booklets with weekly readings are available in the church narthex or the church office. Also, this year we will again have the "card rings" available with daily inspirational thoughts and prayers.



### Congratulations Church Officers!



Congratulations to the church officers who were ordained and installed on Sunday, February 23, 2025. Sharon Costello was ordained as a Deacon, while Patti Wesenick, Jerry Bruce, Irene Eskilson and Len Petroff were installed as Deacons. Jack Smylie and Ann West were ordained as Elders, while Karen Brown-Fackler and Diego Calvo were installed as Elders.

#### LYDIA CIRCLE

Lydia Circle continues to meet on the third Thursday of the month at 1:00 p.m. Their next meeting is April 17th. Lydia Circle is using the 2023 PW Bible Study, Let Justice Roll Down. Please call Barb Tolles with any questions.



#### DEBORAH CIRCLE

Deborah Circle will meet on the last Thursday of the month, April 24th at 4 p.m. at the home of Sherry Holley. We will be watching an episode of The Chosen together. Contact Karen Schoepach if you are interested in becoming a part of the Deborah Circle.



## Pantry's April Item of the Month is cookies

Thank you for the many cans of Chunky soup donated to the Pantry during January and February. The Pantry guests enjoy receiving it and appreciate the donation. Chunky soup is an item we cannot get from the Food Bank.

The ITEM if the Month for March was cereal and thank you for that contribution which offered Pantry guests a nice variety when making their choice.

**April's Item of the Month is cookies.** This will be a treat for Pantry guests. These cookies also will help us fill 20 Easter baskets for families in need



who live in Bangor township.

If you are thinking about planting your garden in a few weeks, please consider planting an extra plant or row of vegetables for the Pantry guests who

love getting fresh fruits and veggies.

**A big thank you to Pam Johnston** who often delivers fresh fruits and vegetables from Hidden Harvest on the days that the Pantry is open!

### FEBRUARY FOOD PANTRY STATISTICS STATISTICS

145 Households that utilized the Pantry in February.

447 Individuals helped

46 New Households Of the 145 households, 32% utilized the pantry for the first time

5,025 Pounds of food distributed

## Stewardship Celebration



After being postponed a week by poor weather, members of Westminster Presbyterian gathered for the Stewardship Celebration on Sunday, February 23rd to celebrate all we can accomplish together.

## Scout Sunday



On March 9, members and leaders of Boy Scout Troop 150 and Cub Scout Troop 3150 and their families took part in worship for Scout Sunday, serving as liturgists during the service.

### March Session Meeting Highlights

- Motion was approved to form an "Outreach & Hospitality" committee, whose primary duties would include publicizing/promoting Westminster in the community, outreach events, and welcoming and following up with visitors.
- We are working on a promotional video to share on the website and social media. The goal is to introduce who we are as a church and provide a glimpse at what we do together that people don't always see before they walk through our doors.
- Motion was approved to receive our yearly interest from the Bay Area Community Foundation into the General Fund to help cover ministry expenses.

## Let there be lights!

If you haven't driven down Wenona or Midland Street after dark over the last month or so, you may not have seen the lighting update that Harold and the Property Committee have made to our bell tower. We've installed color changing LED spotlights, which freshen up our look and allow us to change the color with the colors of the liturgical church calendar.

We've also installed a new row of lights in the sanctuary to add much needed light to the chancel area for our bell choir performances, children and youth performances, and the many other worship activities that take place at the front of the sanctuary.



A God Sighting is a moment when you notice something that reminds you of God's character. These moments can come in various forms, such as something amazing in nature, God's incredible provision, a miracle, or the love of a stranger. It is a way to recognize God's presence in our lives and evidence that God is doing something in our world.

One of the evidences that God is doing something in the world and here at Westminster is through the beautiful life and character of Bonnie Marsh.

Bonnie is passionate about living her faith in the church and in the community. In years past she was the Executive Director of the Bay Area Community Foundation and later retired from Heartland Hospice as their Community Liaison.



Since becoming a member of Westminster on January 22, 2017, she is now serving her second term as an Elder. She also has chaired the Nominating Committee. Her passion in following God's call to live out her faith in the community is also evident in her work on the Mission Partnership Committee, serving as Chair.

One fun fact about Bonnie – ask her about fly fishing in the Au Sable River near their cabin up north.



**WANDERING WEDNESDAYS**  
 Every Wednesday during Lent, the Sanctuary will be open from 10 a.m. to 2 p.m. for prayer and reflection. Printed materials will be available to help guide you, if you wish.

# Hungry for fellowship? Join the Out-to-Lunch Bunch

As promised another opportunity for fellowship kicked off in March. On Wednesday, March 26<sup>th</sup>, we gathered at H2O's restaurant in Bay City, lunching, laughing, and

## Out-to-Lunch Bunch



supporting the Westminster Community Pantry. At the time of this publication, the date for our April gathering has not yet been chosen, but stay tuned for both time and place. We will go to a local eatery so it should be close by for most. Come join in as we continue to make friends at Westminster. Any questions, please call the church office or Rev. Linda.

## TRUTH from page 8

There is a wonderful quote by Mark Twain: "A lie can travel halfway around the world while the truth is putting on its shoes."

While many people have different impressions of what Truth is, I believe Truth is absolute, like

the North Star. It is what we set our compass by. Truth is a part of God. As humans we can never fully comprehend Truth but we can always strive to gain a better understanding. How do we do this?

We can listen to that small voice, that "piece of Truth in each of our hearts." But we have to be careful that we listen to Truth and not simply a voice we want to hear.

Many people read and depend on the Bible. But here again we have to use caution. The Bible has many interpretations. In the past, and perhaps the present, Jewish rabbi have spent much

time arguing and debating as to the meaning of various Bible Verses.

For the Hebrew people, community was of the utmost importance. I wish today that we believed and acted on the importance of community, that we appreciated just how dependent we are on community- not just locally and

nationally, but also globally. I wish we would listen and learn from our fellow human beings, learn from history, learn with an open mind from as many sources as possible always checking as to their reliability, that we could remain humble knowing we never have the entire answer or know the entire truth.

Mitch Albom shows the importance of Truth by making Truth the narrator in "The Little Liar." May we all continue to doubt and question as we strive for a better understanding of Truth. It's of the utmost importance that we do.

*Article written by Anne Remington*

## *Some thoughts on the importance of Truth*

*“Truth is the most valuable thing we have.”*

— **Mark Twain**

I have a tendency to be late, so I generally set my clocks about five minutes ahead of time. When the time changes, I start in the kitchen, set one clock ahead about five minutes, then use that clock to set another ahead about five minutes, and so forth and so on. If I’m not careful, I lose track of the actual time. Thank goodness for cell phones!

I believe the Truth is much the same way. It’s easy to stretch the truth a little this way, a little that way. In doing so it doesn’t take long to lose sight of what the Truth actually is.

In our book group at the church we have been discussing “The Little Liar,” a fictional story written by Mitch Albom in 2023. A very good book about the Holocaust. Unfortunately, a good portion of the story is true. It begins in Solanika. Before the Holocaust, Solanika was a beautiful city in northern Greece where more than half the residents were Jewish.

In the story, Nico, a beautiful, sweet-looking eleven-year-old blond boy, has never told a lie. The Germans use him. A mid-level German commander, Udo, lies to Nico, telling him that if his neighbors, friends, and family board the trains, they will go to a place where there is work and their families can stay together. Nico agrees to stand at the train station to

convince people that it is safe to board the trains. Little does he know that they will all be going to Auschwitz-Birkenau of other death camps.

Truth plays an important part in the telling of this story. Truth is the narrator. The study guide we are using says these two things:

1. “Truth tells readers about their origins on Earth, claiming that when God contemplated creating man, Truth advised him, not to because humans would ‘be false and tell lies.’ God casts Truth out of heaven. Truth claims that while people debate the reasons for God’s decision to expel them from heaven, they believe they were ‘hurled to earth to smash into billions of pieces, each of which finds its way into a human heart, to allow them to thrive or perish.”
2. “Truth states that humans treat the concept of truth the same way they treat food, by picking and choosing what is palatable to them rather than accepting what they know is healthy. Truth then explains how this concept is related to the rise of Hitler. Truth explains that Hitler ‘climbed to power on the back of lies’ by creating a false truth blaming the Jewish people as the cause of all German woes.”

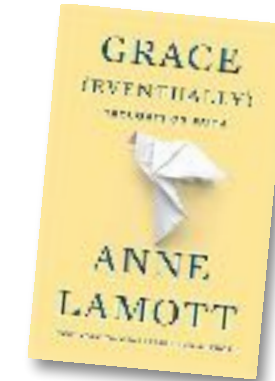
See **TRUTH**, page 9

## Book Study Group to begin new book April 8

In *Grace (Eventually): Thoughts on Faith*, Anne Lamott, author of the bestsellers *Traveling Mercies* and *Plan B* delivers a poignant, funny, and bittersweet primer of faith, as we come to discover what it means to be fully alive.

In *Grace (Eventually): Thoughts on Faith*, Lamott examines the ways we're caught in life's most daunting predicaments: love, mothering, work, politics, and maybe toughest of all, evolving from who we are to who we were meant to be. This is a complicated process for most of us, and Lamott turns her wit and honesty inward to describe her own intimate, bumpy, and unconventional road to grace and faith.

"I wish grace and healing were more abracadabra kinds of things," she writes in one of her essays, "that delicate silver bells would ring to announce grace's arrival. But no, it's clog and slog and scotch, on the



floor, in silence, in the dark.”

Whether she's writing about her unsuccessful efforts to get her money back from an obstinate carpet salesman, grappling with the tectonic shifts in her relationship with her son as

he matures, trying to maintain her faith and humor during politically challenging times, or helping a close friend die with dignity, Lamott seeks out both the divinity and the humanity in herself and everything around her. Throughout these essays, she writes of her struggle to find the essence of her faith, which she uncovers in the unlikeliest places.

Come join us in **April, beginning Tuesday, April 8th at 1:30 p.m.** as we set out on a journey with our next book. Copies are available in the church office.

### Lunch and Learn

**Tuesday, April 22nd at Noon**

Kristen Freeman from Bay County Library was going to be our speaker in February but had to cancel. Thankfully she is available in April to be our speaker and share information about the many resources we have available through the county library system. Of course you are welcome to bring your own bag lunch from home.

Come join us on Tuesday, April 22<sup>nd</sup> at noon in Fellowship Hall – an opportunity to gather with friends and learn a little bit more about our community. Any questions, please call the church office or Rev. Linda.

### Coffee and Conversation

**Thursday, April 24<sup>th</sup> at 1:30 p.m.**

Our bereavement support group continues to meet monthly in the Lounge here at Westminster. We seek to provide a safe and collaborative space to process our grief journeys – no matter what the loss, be it spouse, parent, sibling, dear friend. For more information, call Rev. Linda or the church office.



## Comfort for the Grieving Heart

*The reality is that you will grieve forever. You will not “get over” the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same. Nor would you want to!*

— Elisabeth Kubler Ross & David Kessler

The death of a family member or friend is among the top five most stressful events we go through in this life. As we grieve we are going through a process that impacts every facet of our being, whether we are taking the time to realize it or not.

It is important to recognize that we were grieving before the loss ever happened. As our loved ones age, we grieve. With each health issue that presents, we grieve. When we notice that loss of balance or seemingly forgotten treasured family memory, we grieve. Overall, as circumstances in our lives and people change, we grieve. In its polarities, sometimes grief may look like tears and other times it may look like reminiscing. This is true whether we



are grieving their change or grieving their loss.

It is in their death that we are faced with learning how to live without them. Grief is something we will never “get over” because relationships, whether they looked like we wanted them to or not, are the building blocks of our existence. Our relationships shape who we are, who we become, who we do not want to become, and how we grieve.

Grief is not passive. It takes time, work, a desire to heal, and an active effort to rebuild ourselves in the face of suffering. We get to choose how our loved one’s memory and legacy lives on in their death. It’s important to remember, that at the same time, we are also choosing how we are going to live our life in their absence.

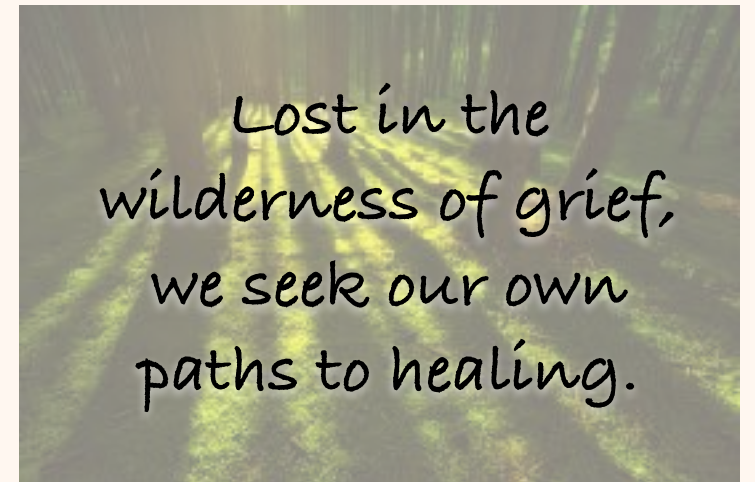
Provided by St. Luke’s Hospice Bereavement Program, Bethlehem, PA

## Choices

Psychologist William Worden stated that when faced with a loss, you are forced to make a choice between two alternatives:

- ✦ Wallow in despair over what you have lost, wishing what has changed had never changed.
- ✦ Engage with grief, which allows you to adapt and keep moving forward.

Engaging with grief is active. It provides the opportunity for storytelling, learning, finding support for yourself, being a support to others, growth, and healing.



### The Four Tasks of Mourning - William Worden

#### Accept the Reality of the Loss

- While denial is a method of coping meant to allow you to slowly absorb the weight of the loss, it is not a place you can stay. Coming to terms with the reality of your loss is the first step in moving forward and healing.

#### Experience the Pain of Grief

- As a culture, we try so hard not to feel. However, avoidance compounds our grief. You have to give yourself the time and space to feel the way you feel. “You have to feel it to heal it.”

#### Adjust to a World without Them

- You may feel like adjusting to life without them is in some way a betrayal. This reasoning can keep you “stuck” in your grief. You have to adjust and adapt to your new normal which involves reorienting and restructure what you do without your loved one being physically present.

#### Find a way to Remember and Stay Connected to Them while Moving Forward

- Moving forward does not mean forgetting. It means finding a place for them, while leaving room for others. It is about cherishing their memory and sharing their legacy, while moving forward with your own life.