

**From:** [friendsofnikki@comcast.net](mailto:friendsofnikki@comcast.net)

**Sent:** Tuesday, August 3, 2010 8:54:03 PM

**Subject:** Let Us Not Forget.....

Hi Everyone,

I recently attended a wake service for a dear friend. The Deacon who spoke brought up an interesting point that I would like to share with family and friends. His suggestion was " If you're thinking about S\_\_\_\_\_, call her and let her know". He stressed the importance of maintaining contact after all the services, etc., are over and people go back to their lives. Those grieving a loved one (human or pet) never go back to life as they knew it. This friend was having some tough days, yet despite this Deacon's plea, the calls stopped coming. Any of us who have lost someone dear to us, know this feeling. I am blessed with a very large number of caring friends and family, yet I, too, have been feeling this. It seems that Jim and I are the only 2 people mentioning the name "Doogie" for quite some time now. I am in the 13th week since Doogie died and I think about him every single day. I am moving through my grief as well as can be expected, but after having a really sad day last week, and talking with this friend about her loneliness, I got to thinking quite a bit about this topic. This e-mail is not a request for phone calls or e-mails of support, it is more the point of getting this dilemma out there to people. We are human, as a society we don't like to talk about sad things for too long. In fact, sometimes others actually decide that it has been way too long for someone to be grieving and we decide there must be something wrong with them. "Don't mention it or he/she will just get upset and may start crying". Grief is a lifelife process, and yes, the pain eases with time and support. Bringing up a deceased loved one and talking about times remembered, special personality traits, etc, especially when anniversaries and holidays come up, can actually be very comforting to someone in grief. I, too, with all my years of studying grief and loss, have fallen prey to "forgetting" to ask "How are you?" "I've been thinking about so-and-so lately, remember when this or that happened?".

Friends and family, this is just a reminder to make an effort not to forget. It can make a huge difference in someone's life and grief process. You may care deeply, and think about them often, but it does little good if you don't express it. If this helps just one other person, I will be happy and I will thank Doogie for this awareness.

Blessings to all,  
Donna