

## “My Old Friend Grief”

**G**rief has taught me a few things about loving that I would not have learned on my own. He has taught me that if I try to deny the reality of a major loss in my life, I end up having to deny life altogether. He has taught me that although pain of loss is great, I must confront it and experience it fully or risk emotional paralysis.

Old Grief has taught me that I can survive even great loss, and although my world is different, it is still my world and I must live in it. He has taught me that when I let go I can flourish again in season and bring forth the good fruit that comes, not in spite of my loss, but because of it.

My old friend Grief has taught me that the loss of a loved one does not mean the loss of love. Love is stronger than separation and longer than the permanence of death. My old friend Grief may leave me for a while, but he will be back again to remind me to confront my new reality and to gain through loss and pain.

Adolfo Quezada

