



A Better Story

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Sally Hallada

The holiday season can be painful for those who have lost loved ones. We have so many memories and stories connected to their time with us that the enthusiasm required for the holidays can be hard to achieve.

When we lose a loved one, much of our grief can be wrapped up in the details of how they passed and the loss of our future with them. We worry that we could have done something to keep them with us. Maybe going to the hospital sooner, going against a doctor's advice, or saying a magical sentence could have changed the outcome at least for a while. When we tell the story of their passing to others, we weave in our pain over how it could have been different. We tend to forget that although we really had no control over the event of their death, we do have control of our story.

As time passes, with open hearts, we receive answers to some of our questions, and we can let go of the power we thought we had over our loved one's life. A better story emerges and while grief never goes away, as it is eternally tied to the love we feel, we can begin to let go of the pain. The birth of Jesus is that reminder that God is here to help us through the dark times and transfer the pain of grief into love - A Better Story for the Holiday Season.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." – Philippians 4:6-7