

I Am My Beloveds From Grief To Grace

[#grief to grace](#) [#healing journey](#) [#beloveds connection](#) [#overcoming loss](#) [#spiritual transformation](#)

Embark on an intimate journey exploring the profound transition from the depths of grief to the serenity of grace, celebrating the enduring bond with one's beloved. This narrative delves into the transformative process of healing, finding solace, and embracing spiritual renewal, ultimately discovering peace and renewed purpose after significant loss.

These articles serve as a quick reference for both beginners and advanced learners.

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I Am My Beloved's

Years of sexual molestation, added to the aftermath of abortion, added to three failed marriages, left Paulette overwhelmed with failure and overcome with grief. She became an expert at masquerading the internal torment eating away her desire to live. She wore her smiley face well, resulting in disbelief when family and friends learned she was hospitalized for severe depression punctuated with a death wish. Festering wounds, unseen by the people who thought they knew her well, were not hidden from her Heavenly Father, whom she was begging to bring her death wish. Damaged self-esteem and self-loathing magnified her need for a true love. Her masquerade crashed as her heart broke, a necessity leading to the road of grace. The only way to explain it, Paulette says, is I have fallen in love with God. She adds, I am my Beloved's and my Beloved is mine (Song of Solomon 6: 3).

Refined by Fire

"Where is the handbook for widows?" Mary Kenyon lamented as she planned a funeral for the beloved husband whose triumph over cancer she chronicled in *Chemo-Therapist: How Cancer Cured a Marriage*. During the ensuing weeks, as she attempted to make sense of his untimely death, she filled two journals, blogged, and read the inspirational writings of others who had gone down the road of grief before her—authors like C.S. Lewis and Madeleine L'Engle. She eventually found herself studying grief and bereavement in her quest to unearth answers to alleviating the pain associated with profound loss. In the process, she discovered a strength and emotional reserve she didn't know she had, along with an evolving faith that helped her face the impending loss of an eight-year-old grandson. "In the midst of the darkness of loss, I found light. Admittedly, in those first weeks, it might have been but a single small spark I sensed deep inside of me, but that spark guided me in the twisted, dark journey of grief. As I stumbled over the roots of hopelessness and despair, that light grew to illuminate my path, a path I sometimes felt very alone on. At some point in the journey I'd turned around, and there was God. That is grace." In beautiful prose, touching metaphors and stories, and actual journal entries, Mary Potter Kenyon provides a balm for the grieving soul.

A Widow's Prayer

Life crises threaten our spiritual stability. Losing a loved one—whether or not you expect their death—is always traumatic. The trauma of adjusting to the new identity of widow while facing a multitude of questions and urgent decisions can be overwhelming. In this book of 60 meditations, Nell Noonan candidly shares her experiences in the 26 months after the death of her husband. She describes her journey in grief as packed with blessings and brokenness. Despite the low points, she managed to find God in the midst of bereavement. Noonan acknowledges that each person's grief journey is unique. "My writing is not meant to tell anyone what or how or when to do anything," Noonan says. "The devotions are only meant to be messages that I want to hold your hand, feel our pain, and hopefully we will be able to inch slowly, step-by-step into being more whole, less broken—into new, peace-filled life." This book will help widows, whether they choose to read it alone or with a group. A good resource for grief support groups, and an appropriate gift to show your concern for any woman grieving the loss of her husband.

Within the Madness That Is Grief

This book is about the grief of a sudden young death and the madness that I was hurled into as a result. On March 12th 2004 I found my beloved brother dead at his flat and I was overcome with the grief that followed. I am a Registered General Nurse and have dealt with death and suffering within my profession for over 20 years. However, the impact of my grief after finding Kevin dead led to a nervous breakdown, the loss of my beloved job and the sense of myself as a person. I have had to write this book not only for me but also for the countless people out there who as I type are getting a phone call, a knock on the door, the news that a young person has died suddenly. The impact of this type of grief is within the pages of my book and I hope that my words and emotions experienced will support you within the madness that is created. But mainly it is for Kevin because I could not let his death mean nothing because he meant everything to me and his family. In memory of Kevin this book has been written but it is mainly intended for those that are left behind to live within the madness that their loss has created.

Grief Light

Grief Light is for anyone who is grieving. From her personal perspective on the light side of grief, the author illuminates many of the universal truths of grief through practical, spiritual illustrations and examples from ordinary life. Written in an informal, approachable style, each brief meditation offers grief insight through the rich imagery of stories and scenes from everyday experience, supported by Scripture and a prayer idea. Through these positive, uplifting reflections on life and love and death, you will discern how your faith can grow as a gift of grief through the steadfast love and faithfulness of God. When you read these almost devotionals, you may think, Oh yes, that happened to me or Now I understand more about what it is I'm feeling or I thought I was the only one who'd ever experienced that or There's really some plain talk here about human nature. Grief Light also addresses some of the more contemporary, yet seldom fully acknowledged issues that surround grief, including collective/communal grief, incomplete grief, compound grief, and complicated grief. The hope is that the heart and spiritual truths of Grief Light will guide you toward a better understanding of your grief and direct you away from the darkness, toward the light of new life.

The Grace to Grieve

Reproduction of the original.

The Book of the Lover and the Beloved

Dear Father, As the anniversary of our wedding draws near, I pray again that You hold my husband in Your gentle embrace. Share with him the endless joy of knowing You. Shower him with Your love and grace. Remind him, if it be Your will, of my undying love for him. These days are sometimes hard for me, as memories of our sweet vows wring my heart and tears flow silently. As I walk this earth alone, I ask You, please, for grace. Give me courage, Lord, for in my weakness You are strong. I have placed my faith in You. O Lord, I pray that on the day my journey ends, and I come home to You, that my beloved be there waiting, too. Reunite us for all eternity in Your everlasting love. Until then, I wait in hopeful faith and pray to You. Amen. This is a prayer book like no other, written by a widow for widows. The prayers center on the emotions and situations a widow faces. It is a powerful resource for grief ministers, family members, and friends.

Prayer Book for Widows

A trusted grief expert shares advice on how to navigate the loss of a loved one in this incisive and compassionate guide: "calm, lucid prose... humanizing exploration of coping with the life-changing tides of loss" (Kirkus Reviews). In *Grief is Love*, author Marisa Renee Lee reveals that healing does not mean moving on after losing a loved one—healing means learning to acknowledge and create space for your grief. It is about learning to love the one you lost with the same depth, passion, joy, and commitment you did when they were alive, perhaps even more. She guides you through the pain of grief—whether you've lost the person recently or long ago—and shows you what it looks like to honor your loss on your unique terms, and debunks the idea of a grief stages or timelines. *Grief is Love* is about making space for the transformation that a significant loss requires. In beautiful, compassionate prose, Lee elegantly offers wisdom about what it means to authentically and defiantly claim space for grief's complicated feelings and emotions. And Lee is no stranger to grief herself, she shares her journey after losing her mother, a pregnancy, and, most recently, a cousin to the COVID-19 pandemic. These losses transformed her life and led her to question what grief really is and what healing actually looks like. In this book, she also explores the unique impact of grief on Black people and reveals the key factors that proper healing requires: permission, care, feeling, grace and more. The transformation we each undergo after loss is the indelible imprint of the people we love on our lives, which is the true definition of legacy. At its core, *Grief is Love* explores what comes after death, and shows us that if we are able to own and honor what we've lost, we can experience a beautiful and joyful life in the midst of grief.

Grief Is Love

Surviving Surviving Your Spouse is a true story. A story of life, and of love, of bereavement, and of the depth of grief it can bring to any one of us who truly loves their mate. It is the story of a personal journey into the devastation of grief which occurs when we're suddenly thrust from a loving married life into losing a beloved spouse. One with whom we shared everything both large and small, someone with whom we had become one, and without whom we feel as if we are no longer a complete person. Devastation is a graphically descriptive word for the grief which floods our minds, and numbs our souls at the moment we have no choice but to acknowledge the person we love is irrevocably, and forever gone, and can never return. Written from the man's perspective, "Surviving" is the story of one man's loss of his dearly beloved wife, plunging him into the devastation of bereavement, and the dark night of the soul, mind, and even body its grief can bring. But it is also a story of hope, about reconciling to your grief rather than allowing it to destroy you, and of the strength which love can give to us who must continue on alone. And yes, alone is another explicit word for those in grief. Quoting Mr. Grace, "...it is not as painful as the grief of loss, but it gnaws at you like the surf wears rocks into sand." He also stated, "If anyone should take issue with the depths to which I have opened myself, I shall not be embarrassed. I have lived my life, warts and all. I am comfortable with who I am, and what I have achieved in my life. Why should I be embarrassed to tell the world how much I loved her and the grief-pain losing her caused me? Surviving surviving your Spouse is a tragedy which almost half those currently married will experience in their lifetime. If this book helps even a few of them to heal, the effort to write it will have been well worthwhile.

Surviving Surviving Your Spouse

Speaking In Tears is the journey of a heartbroken mother to find the poetry in grief and the beauty in sorrow as she mourns the death of her young daughter. Our tears speak for themselves and in a language we can all decipher--joy, sorrow, anger, love, and grief--no interpretation is needed for their presence and the many stories they tell us. *Speaking In Tears* is a collection of poetry about grief and hope; pain and sorrow; and loss in its many varied forms. "Grief is by far the most profound display of love." -Grace Andren

The Congregational Hymn Book

"As I sat in prayer, through tears and anguish and bitterness of soul, He was with me. He too will be with You if You acknowledge Jesus as Your Savior. This story is God's story. He is the author of my life and though I would like to choose to write things differently, I trust Him." Christian, My Son takes you through the journey of one woman's immense grieving over the loss of her only son, Christian, and everything that God spoke to her during that time. From the day of her son's tragic passing to over a year after his death, she chronicles how God spoke to her each step of the way in her grieving. Taken

through moments of hope and encouragement, to times of defeat and exhaustion, she shares how God was there through it all and taught her many great truths. There were questions. There were answers. There were many occasions of despair but also numerous incidents of being challenged to live out the faith she believed in. The author shares candidly about the thoughts and feelings she experienced after the loss of her beloved son and includes real journal entries in hopes that other hurting hearts will know they are not alone in what they may be feeling. Based on the truths of God found in the Bible, this true story offers comfort to readers, that there is a hope and a future for those who choose to seek after Jesus. *Christian, My Son* is an emotional read, but one full of truth and hope.

Speaking in Tears

This powerful book has touched countless lives-reminding readers of the Lord's invitation to "come away" and experience His all-sufficient care and provision. A book "forged in the crucible of life," *Come Away My Beloved* shares the ministering spirit of the heavenly Father to those in need of encouragement, hope, comfort, and conviction. Equally helpful to new Christians or longtime believers seeking spiritual renewal, *Come Away My Beloved* offers instruction for successful Christian living and inspiration for deeper devotion to God. This classic book has been updated for ease of reading and incorporates Scripture from the New King James Version.

Christian, My Son

A personal and powerful essay on loss from Chimamanda Ngozi Adichie, the bestselling author of *Americanah* and *Half of a Yellow Sun*.

The threefold mystery: hints on the Song of songs, viewed as a prophecy of the double united Church of Jew and Gentile, by the author of 'The gathered lily'.

Lynda Bellingham died in her husband Michael's arms on 19th October 2014. Lynda touched many lives in her memoir, *There's Something I've Been Dying to Tell You*, and in *My Lynda*, Michael tells his side of the story. He talks movingly about their ten years together and describes how, in the past year, he has struggled to cope. He shares candidly his experience of grief, offering hope and support to others who have lost partners and loved ones. His is a book to comfort those who loved Lynda, to tell the missing pieces of their life together, to write about how they both confronted the news of her illness, and how he managed to continue since that moment of hearing that she had a terminal illness.

Come Away My Beloved Updated

This little book of poems reveals how the author has dealt with the grief that accompanied the death of his wife of fifty-nine years. The poems are a conversation on the journey through the grieving process, which perhaps has no end. Yes, they are permeated with a deep faith that there is more to life than merely living and dying. At the same time, they are honest responses to how painful it is to lose your life partner. Many of the poems are autobiographical: about first encounter, marriage, life and love together, and death. The actual physical occurrence of death can be readily described by physicians, but its emotional and life effect is much more illusory. Without question, these poems are simply one person's response to death and grief. They provide no decisive answers on how to respond to either, but if one's open and honest response can help others address such challenges, so be it. The goal of the author is not to provide steps for the grieving, rather through poetry to share the thoughts of the heart and mind as they grapple with death and grief. He avers that through the very difficult process of grieving, which may never completely end, love alone is the key to healing and renewal. ""In these piercingly honest poems occasioned by the death of his beloved wife, Sarah, S T Kimbrough, Jr., gives unguarded voice to his grief. This is not easy reading because these poems force us to face not only the death of those we love but our deaths. These are searing poems, but in a strange way they are beautiful."" --Stanley Hauerwas, Professor of Theology and Ethics, Divinity School, Durham, North Carolina ""In these 33 poems by S T Kimbrough, Jr., I found a depth of love, grief, passion, and power that poetry alone can convey. My heart was melted and my resolve to live fully and die well was strengthened. The journey of life and death--grief and loss--is artfully presented. This little volume will bless and benefit many."" --Thomas R. Albin, Director of Spiritual Formation and Congregational Life, The Upper Room Ministries, Nashville, Tennessee ""Kimbrough writes of the reality of the death of his wife in poems that express grief with emotion, tears, and faith. His acknowledgement of the enduring love of God and of his own love for his wife is based on the grace given by God in times of hurt, grief and loss. His poems also tell of the fact that even within 'grief there is hope, ' comfort and assurance of God's

presence." --Joyce D. Sohl, Laywomen-in-Residence, Scarritt Bennett Center, Nashville, Tennessee
"I am moved by Kimbrough's ability to translate the many feelings that go with death and loss into words that he is now sharing with others. I am sure these poems will be a comfort to those who read them. They also model for others the power of writing to access inner strength and wisdom during a time of grieving." --Peggy J. Kinney, Hospice Bereavement Counselor, Duke Hospice Bereavement Services, Duke Home Care and Hospice S T Kimbrough, Jr., holds a PhD from Princeton Theological Seminary and is currently a research fellow of the Center for Studies in the Wesleyan Tradition at Duke Divinity School, Durham, North Carolina. He is author of the following books by Wipf and Stock: *The Lyrical Theology of Charles Wesley*, *Radical Grace: Justice for the Poor and Marginalized*, *Partakers of the Life Divine: Participation in the Divine Nature in the Writings of Charles Wesley*, and has published poetry in the journal *Theology Today*.

The Passion and the Death of Jesus Christ

Hope, Courage and Strength We often see these three words associated with the journey of someone who survives cancer. But where do we find strength when we have never felt so weak? Where do we find courage to face a challenge of this magnitude? Where does hope spring from, and how do we possess it? Turning to the God she loves, Sandra found these answers in Him. This story recounts the cries of a desperate daughter seeking to find comfort, healing, and truth from her heavenly Father. Follow her journey as she learns to trust and lean on God as she walks the road to victory. There is no voice so compelling as the voice of experience *In the Arms of My Beloved* is a book I highly recommend, not only for the cancer patient herself, but also for all those who love her. Stacey Campbell, *Revival Now! Ministries* Sandra's inspiring story offers hope and practical wisdom to those who are walking through difficult times, especially when faced with serious or life-threatening illnesses. Dr. Ruth Demian, MD

Notes on Grief

Have you lost somebody close to you? This book can help you to deal with loss, grief and bereavement. "It's important to remember that everyone's journey of grief is personal and individual. However, there are similarities for everyone in the process of grief. My aim is to help everyone to understand that there really is some light at the end of the tunnel, and to help them on their journey towards it." *The Grief Garden Path* is easy to read, with plenty of practical advice, which you can dip into whenever you have time. Chapters include information about the 'grief path', and outlining the types of grief you might experience. You'll find simple exercises you can follow to help you going forward, with tips to help you feel better, even on your worst days. And you'll be able to share personal stories from people who have experienced the loss of people very close to them, including their own tips on how to cope with grief. At a time when you might not feel able to join a group in order to share your own feelings, we are sure that you will find it inspirational to hear about how others have coped with the pain of losing a loved one. Julie New is always happy to hear from anyone who is struggling to overcome personal setbacks. You'll find her contact details on her website: www.julienew.co.uk Linda Magistris, the founder of the Good Grief Trust (www.thegoodgrieftrust.org) has included a foreword.

My Lynda

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Of Death and Grief

The evolution of an AI engineer into a Jesuit, a Christian priest, and later an Aghori Sadhu, a naked Hindu monk, is the story. On holiday in Goa, Grace, a local girl, invited Abe to stay with her on condition he wouldn't touch her. He became madly in love with Grace but evolved into a celibate. At the Kamakhya temple, Emma, from Amsterdam, a researcher of Aghori Sadhus, prompted him about the joys of sex that challenged Abe's manhood. Her greenish eyes mesmerised him, and the lure tore him apart. A reverberating saga of sparkling aspirations and fleeting visions of Abe, Grace and Emma, enthralled in the zest of living and entrenched in captivating catastrophe sans exit, elevates the reader into a delightful psychic amorphous experience. This explosive existential surrealistic fiction exposes the absurdity and futility of celibacy, asceticism, and renunciation. Grace and Emma are two facets of womanhood, and Abe is the quintessential artist who tries to circumvent his anguish through painting their portraits. The Aghori Sadhu symbolises the meaninglessness of life. His nudity is civilisation's *primaeval* status, the freedom to be naked

The Voice of truth; or, Strict baptists' magazine

"Kathari's astonishing communication with her deceased daughter is a bold and raw story, and it will open your eyes to existence beyond the physical plane. Compassionately written, readers will connect with the pain of losing a loved one, but quickly progress into healing as they embark on a fascinating journey to deeper truths about the mysteries of life and the infinite beyond." –Jean Slatter, author of *Hiring the Heavens* "This beautiful story of a mother's journey through the grief of losing her daughter is filled with wisdom from this world and the other and is relevant to all. It is a treasure to be read and reread." –Candance Kingley, psychotherapist "Kathari's and Kori's conversations and understanding of the spiritual veil gave me hope and the promise that I too will be able to connect with my beloved daughter. As I came close to the end of their conversations, I realized that I will miss them both. This book has been, and will continue to be, a true gift to me." –Mary Kay Wetzel, a mother familiar with Grief "Meeting Kori through Kathari's pen has allowed my being to expand. Give yourself a spiritual gift and allow Kori's communication to move you into a higher/greater understanding." –Dolores Ramsbottom, www.synchronizemyoursoul.com

In the Arms of My Beloved

Linda Hale Bucklin made a pact with her husband, Bill, to communicate after death. Here she shares her personal experience and other stories of love and faith in the afterlife. We all deal with grief in different ways. Bill, my beloved husband of forty years, died unexpectedly after a short illness. As shocked and devastated as I was, I came to accept that his not lingering was his final earthly gift to me. Moreover, he honored our agreement, coming to me in dreams and through music, showing me that death may end a life, but a relationship with one we love endures. Bill's guiding spirit shows me I am stronger than I think. As he encourages me to appreciate the beauty and wholeness of this life, I find unexpected riches in my family, friends, and nature. I am comforted, knowing Bill and I will be together again one day. I hope this book will bring solace, peace, and hope to others. "If you have ever wondered if there is an afterlife, *The Distant Shore* will give you faith. This book will profoundly touch your heart, fill you with hope and joy, and encourage you to be more mindful in your daily life." ~SUSAN SMITH JONES, PHD "As Linda Bucklin's friend and co-author of *Come Rain or Come Shine: Friendships about Women*, I've been one of her life witnesses for 25 years. *The Distant Shore* carries us into her lifelong quest for a deeper understanding and experience of love. We celebrate Linda's successes, weep with compassion over her losses, and see our own lives differently as a result. Most of all, this book inspires us to reflect on our own connection to that distant shore." ~MARY KEIL, AUTHOR About Linda Hale Bucklin A fourth-generation San Franciscan, Linda Bucklin has worked in public relations and as a freelance writer. Her articles have appeared in *House & Garden*, *Journal of Commerce*, and *Nob Hill Gazette*. She now lives in Mill Valley and feels blessed to be surrounded by her three sons, two daughters-in-law, and four grandchildren. With Mary Keil, she wrote *Come Rain or Come Shine* (Adams Press, 1999), a book about women's friendships. More recently, she received accolades for *Beyond His Control* (ePublishing Works, 2008), her memoir about growing up in a privileged family that was shattered with the suicide of her beloved mother. The book went on to become a New York Times Bestseller in paperback and ebook editions. *The Love of Angels* (ePublishing Works, 2016), her third book, a collection of stories, including the author's own, chronicles encounters with angels, spiritual beings, and living people who show up to remind us of love's power. In *The Distant Shore*, her fourth book, a combination of her thoughts and memories together with others' stories, written after her husband died in 2016, she explores the possibility of life after death. Linda served for many years as a trustee of Grace Cathedral. A nationally ranked tennis player, in 2006 she became #1 in the U.S. in 60's mixed doubles with her long-time partner Charlie Hoeveler. Linda now holds six national titles. In addition to her family and friends, her other passions include duplicate bridge (she recently became a Life Master), fly-fishing, and camping under the star-studded Montana sky.

Devout Instructions on the Epistles and Gospels for the Sundays and Holydays

In my first book, I dealt with overcoming stressors that engulfed my daughter from the age of five through twenty-seven. Her behaviors were so extreme at times that they surpassed what I expected in the mental health arena. I turned to God for answers as things escalated out of control. To my great relief and surprise, I heard His replies. He was in the midst of every difficult day, every challenging moment. He taught my family many things. The most important was that He was with us in the fight. At the end of that book, Kelsi seemed to have a future. She had obtained a job and held it for a time. This book covers the last two years of her life here on earth. Things began to unravel. Mental illness

arose with a vengeance I had never seen and took her down. She lost her job. She began to repeatedly hit herself in the head. We prayed. We saw psychiatrists, spiritual counselors, and autism specialists. Things looked hopeless, but I expected God to heal her in this realm, not the next. The day she “went ahead of us” to heaven was the worst day of our lives. Recovery from our loss seemed impossible. Parents that have lost children would fully understand. This is a story of miraculous rebound as we listened to the voice of God. He brought us through the horror of devastating loss. The principles in His Word were the pathway to choosing life again. No matter what catastrophe you have experienced, it is possible to make a comeback. You are still here because God has a purpose for you on the earth. As you read my story, I pray this: May you find hope in relationship with Jesus Christ. May the Waymaker define your open road. May you never falter in pursuing your destiny. No matter what.

The Christian's Fire-Side Library

The Grief Garden Path