



Sharing Our Stories

Nathan

This sucks. It's been 18 days since Nate left us. It is so hard to exist right now, but I have to. I really want to exist, everything just feels so empty. Nate had just turned 21 three days before his passing.

My understanding of life and death has altered so much over the years. I believe Nathan's energy is a part of everything now. It was before, but now it is free. It is in whispers of the wind, the water rolling upon the shore and in the beams of sunlight that flutter through the forest. I read that there will come a day where he is not the first thing I think about every single morning. Maybe, I won't burst out crying 10 times a day. I am not sure if I am excited about that or not. For now, I get to feel that pain so deep. I feel like my heart is going to stop or my chest is going to cave in.

Today I get to look out onto the bluest water I have ever seen. The water is churning peacefully off the back of this giant ship I'm on. Before Nathan passed, I decided to buy a cruise for Anna and me, I would have never guessed it would be so incredibly therapeutic.

Now, as I sit on the back of this massive ship, I had the thought that I needed to leave this spot. The specific thought was that I need to quit looking behind me because I'm not going that way. Behind me are so many amazingly beautiful things that were good for a time, but not meant to be forever. I have to try to always remember them. I just cannot be ruled or controlled by the emotions that the memories create. I guess it's time to move to the front of the ship, so I can see where I am going, and think about that for a while.

I miss you Nathan and you will always be with me.

Dad

Grief Support



Linda McDonald, GC-C, CIC-CSp

Inspirational Quotes

No matter what the difficulties, the trials, the disappointments, those who have risen above never lost hope. Hope gives us the promise of something good, despite the odds, something we can attain. Hope sets the mind in a positive vein, gives us something to look forward to and patience to wait. Hope is a heart warming blend of desire, expectation, patience, and joy. It is an emotional medicine indispensable to the soul.

Martin Buxbaum

Contact me if you would like to
share your story with me.

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