

Picking Up The Pieces

A letter to those who are in pain and grieving the loss
of a loved one.

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What is it like to love a dying person? Imagine trying to make each day special, unique, memorable; each day you love more and more and yet each day slips through your fingers and cannot be retrieved. As your love for that special person continues to grow, the days available to you shrink, until you have no more days left. In the end, all you have left is empty hands.

No one that is left behind escapes from being torn apart by the memories and knowing that the person you loved is truly gone. Your heart reaches a crescendo of devotion and love, and each day you try to hold onto the days that once were G-d ordained. Yet in the end, He permitted them to slip through your fingers, never to return, never to be relived. All that is left are the painful, bittersweet memories, yet they are memories that you would never want to forget.

Now you are left behind to face the turmoil of being caught in the cyclone of past and present, not even sure if you want a future. Yet the sun continues to come up every day and set every night. Even if it is subconsciously, a decision needs to be reached that will finally answer the question: "how will you live?"

To move forward is to begin a self assessment. Do you have anything left to give; do you have the faculties and courage to strike out on your own; or do you think will you ever want to trust or even want to try love again? The answer to these questions only brings us to the underlying root question, which is whether you will choose to live out the balance of your life in the past or will you chose to go forward into the future?

Will you continue to live DWELLING on the things that once were or are you willing to be brave enough to trust the King of the Universe, to step forward into a second life? That second life will begin only when you surrender to the sovereignty of G-d that first life and re-embrace something that you lost: Hope. Hope that you will one day stop hurting and maybe love again, and hope that you may one day be loved again in return.

If you choose to dwell in memories alone, to live in yesterday, then you shall surely begin to fade away. If you choose to go forward and take those blessed memories with you, then you will be able to embrace a second life.

Yes, there is a second life. When we came to faith, we spoke of being born again. How is this any different than when we left our old life behind and started a new journey with the one true G-d? This, too, became our chance at embracing a second life by being born again.

The person who chooses to go forward into a second life carries with them those sweet but painful memories. You must choose that the memories you have should no longer be embittered by grief. A person who chooses a second life carries within them a revelation,

an appreciation of love, and the knowledge of what love costs. The price of this revelation is very high...yet what is the alternative?

With second life, the definition of what it means to love is no longer a foolish game which young people play. It can no longer be acts of selfishness that you lavish upon your self. Love becomes the desire to elevate someone so they are higher than yourself, to be called a friend before you are called a lover, it is to serve and not expect to be served.

Blessed is the person who does not shrink back from love or from fear of investing their life again, even with the knowledge that the lessons and pain of the first life could be repeated again. The RISK of embracing a second life, as long as it is with G-d's help and His strength, will be minimal, and will make living again worthwhile. Yes, you have permission to live again.