



## Chapter 1

### *Living with Grief* *Where does grief start?*

None of us practice grief, preparing to get ready for the day our loved one passes on. We belong to an organization that none of us want to belong to.

It doesn't matter if our loved one dies quickly when we have no indication there is something wrong, or if they linger for a period of time. If they linger, there is a period of time when we know they are suffering and we must let them go. Yet, when that day comes, the tension and sorrow we felt for so long now turns into an empty and loss world.

If suddenly our loved one is there sharing moments of love and happiness and the next moment they are gone, there is tremendous shock, disbelief, days of wandering through a fog that we feel we will never come out of. (Some of you will in time, however, some of you will not.) It is up to you.

The preparation for the funeral, cremation, Celebration of Life keeps us going. Then the day comes when it is all over and we are faced with our unknown future alone.

Remember, we will all face that day differently.

*Warmest Regards,*  
*Linda McDonald*

## *Inspiration Quote*

**Tears are prayers  
from the heart  
when we  
cannot speak**

## *Sharing Our Stories*

My son was a very happy boy, enjoyed sports, music and loved running. One day while he was playing football he was tackled and it resulted in a compound fracture. Since he was in the hospital for several days they kept him on Oxycodone.

When he went home they gave him the same prescription to take home with him. After a couple of weeks we noticed his pill bottle was empty before they were due to be refilled.

When the doctor refused to refill his prescription he started to sneak out of the house to get Oxycodone on the street and later the streets became his home.

Then the day came when we were told he died of an overdose.

We live with such sadness, guilt, questioning "was it our fault", what could we have done differently, but there are no answers, just emptiness.

Please pray for us and all who have shared a similar story.

**Please feel free to contact me  
at any time if you would like to share  
your story with me. Send email to  
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