

Love Heals Across All Distance

My brother-in-law just passed away, and my sister, his wife of almost 60 years, is grieving. As a student of Religious Science, I understand that death is just a transition into another realm. But sis and her family have different beliefs. How do I comfort them in this challenging time? They are several time zones away, so phone calls are challenging. I want to text them, but I am not sure what to say.

Dear Supportive Sis,

Love is a universal language. It works its healing magic through and beyond perceived barriers of distance and differences. Expressing your beliefs about death, even if motivated by a desire to comfort, may not be called for at this time. Include your sister and her family in your prayer treatments, knowing comfort and support for them. Also pray that love guides your words and actions in beneficial ways.

Grief is a strangely unique journey for each of us. Emotions and needs change by the moment, and it can be difficult to answer the commonly heard question, "Is there anything I can do for you?" Often a simple expression of empathy and offer of support — with no strings attached — is enough.

When I lost my husband to cancer, I was grateful for meals, flowers, cards and companionship. Some family and friends were silent or disappeared altogether, perhaps out of discomfort or not knowing what to say. I felt that loss as well. The greatest help came from those I trusted to meet me where I was. They happened to be my sisters. If I needed an ear, to be left alone or a distraction from the intense emotions of loss, they were there.

Call your sister and tell her you love her. Hearing your voice, even on a voicemail, will help more than a text. Acknowledge her loss and confirm you're available to listen any time. Let her know you're praying for her, and if she is open, offer to speak or write a prayer for her. Trust your sisterly love will direct your communications, whatever form they take, and this way the power of love, through you, will help heal her hurting heart. ❀



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