

LIFE GOES ON

When asked, "What is the most important thing you have learned about life?" Frost replied, "Life goes on." As bereaved parents it is sometimes hard to believe this simple truth:

- When your child dies and life feels like you have been punched with a metal press, life goes on.
- When you cannot get up in the morning because of exhaustion life goes on.
- When you are not sure what day it is, life goes on. When you cry in the cereal aisle life goes on.
- When friends hide from you, life goes on.
- When your partner does not understand you, life goes on.
- When the boss tells you to pull it together, life goes on.
- When you do not recognize yourself, life goes on.
- BUT, when you get up, get dressed and go to work, life goes on.
- When you realize that love never dies, life goes on.
- When you can laugh even a little, life goes on.
- When hope returns, life goes on.
- When new friends offer a hand, life goes on.
- When a small hand fits into yours, life goes on.
- When people say your child's name, life goes on.
- Our children wait for us to realize life goes on. It was meant to go on. It has to go on and so do we.

Keith Swett, National Board Member
Bereaved Parents of the USA
Seymore, WI

"You can't avoid life, special anniversaries or the holidays, but creating a plan for them is something you can do to get you through. Not having a plan is like going on a road trip without a map or GPS."
Chris Harder