Grief

Out of the depths have I cried to thee, O Lord,

and thou hast heard my voice.

Let thine ears be attentive to the voice of my supplications.

If thou, Lord, shouldest mark iniquities, O Lord, who shall stand?

*(Psalm 130: 1-3)*

If we can be aware that anger is a common response to grief, and that we may not be angry about exactly what we think we're angry about, we may be able to express our feelings in ways that do not tear at our relationships and have us gouging at others. *(Elizabeth Harper Neeld, in Seven Choices: Finding Daylight After Loss that Shatters Your World)*

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It is foolish to tear one's hair in grief, as though sorrow would be made less by baldness. *(Cicero)*

There is no grief which time does not lessen and soften. *(Cicero, Roman scholar)*

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The only cure for grief is action. *(George Henry Lewes)*

Grief is the agony of an instant; the indulgence of grief the blunder of a life. *(Benjamin Disraeli)*

Excess of grief for the dead is madness; for it is an injury to the living, and the dead know it not. *(Xenophon)*

Only when grief finds its work done can God dispense us from it. *(Henri Amiel, journal, 1882)*

**Great joys, like griefs, are silent. (Shackerley Marmion)**

**Great grief is a divine and terrible radiance which transfigures the wretched. (Victor Hugo, in Les Miserables, 1862)**

There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than 10,000 tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love. *(Washington Irving)*

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**While grief is fresh, every attempt to divert only irritates. You must wait till it be digested, and then amusement will dissipate the remains of it. (Samuel Johnson)**

**Grief is a species of idleness. (Samuel Johnson, letter to Mrs. Thrale, March 17, 1773)**

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**There is no grief like the grief that does not speak. (Henry Wadsworth Longfellow)**

**Love remembered and consecrated by grief belongs, more clearly than the happy intercourse of friends, to the eternal world; it has proved itself stronger than death. (W. R. Inge, in Personal Religion and the Life of Devotion)**

**Grief is itself a medicine. *(William Cowper)***

**Both the ancestry and posterity of Grief go further than the ancestry and posterity of Joy. (Herman Melville, in Moby Dick, 1851)**

**Grief is more evil than all the spirits, and is most terrible to the servants of God, and corrupts man beyond all the spirits and wears out the Holy Spirit. (Shepherd of Hermas, c. 148)**

**Grief can change your outlook. You don't ever forget the shock, the sadness, and the pain. But I do not believe that grief changes who you are. Grief, if you let it, will reveal who you are. It can reveal depths that you did not know you had. The startling weight of grief can burst any bubble of complacency in how you live your life, and help you to live up to the values you espouse. (Prince William, Duke of Cambridge)**

**Grief changes shape, but it never ends. (Keanu Reeves)**

**The human heart dares not stay away too long from that which hurt it most. There is a return journey to anguish that few of us are released from making. (Lillian Smith, American writer-social critic)**

**Grief and death were born of sin, and devour sin. (St. John Chrysostom, in Homilies, c. 388)**

**Every one can master a grief but he that has it. (William Shakespeare)**

**Those griefs smart most which are seen to be of our own choice. (Sophocles, in Oedipus the King)**

**Spade's quiet grief: David Spade knows what it's like to lose people, said Dave Itzkoff in The New York Times. The comedian is still grieving the recent deaths of his sister-in-law, the fashion designer Kate Spade, and fellow comedian Steven Brody, who often served as his opening act. Both of them died by suicide within the past 14 months. "I feel like Katy wouldn't have done it, five minutes later," Spade says. "But these things happen and there's no going back." He is all too familiar with suicide. When he was 15, his stepfather took his own life. He also lost friends in high school and college. "People just started going right and left, and I would sit and stare at a wall," says Spade, now 55. "I just said, 'OK, I guess I'll cross my fingers that it doesn't happen to everyone.'" In 1997, his Saturday Night Live co-star and frequent film partner Chris Farley died of an overdose. Online trolls still use the tragedy to taunt Spade, with comments such as "I wish you died instead of Chris Farley." The first few times he heard this, he admits, "it was rough. But now it's the standard burn." His private pain over the people he's lost stands in sharp contrast to his cynical, above-it-all onstage persona, which serves as an escape. "You just have to learn to shut off the tear valve. It's just too brutal." (The Week magazine, August 9, 2019)**

In the beginning you weep. The starting point for many things is grief, at the place where endings seem so absolute. One would think it would be otherwise, but the pain of closing is antecedent to every new opening in our lives. *(Belden C. Lane, in The Solace of Fierce Landscapes)*

**Grief can take care of itself, but to get full value of a joy you must have somebody to divide it with. (Mark Twain)**

John DeFrain, a social researcher at the University of Nebraska, has studied about 500 families who have experienced unexpected death. “At first,” he says, “they are so stunned they don’t even know what they need to do, let alone tell others how to help.” This is why people who are grief-stricken seldom respond to the well-meaning offer, “If there is anything I can do, let me know.” (Barbara Russell Chesser, in Reader’s Digest)

There's a Hebrew proverb about "wearing out" grief -- if you bottle it up, you'll never soften it. So, when meeting a friend for the first time after there has been a death close to him, offer condolences. Keep it brief and simple; then ask a question that will allow him to keep his composure. It can be related to the death, but not to his feeling of loss. Ask if most of the family were able to attend the funeral, or if he plans to go away for a while. If you are alone and the death was recent, the person may want to talk of nothing else, may need to talk of nothing else. "Give sorrow words," said Shakespeare. "The grief that does not speak whispers the o'er-fraught heart and bids it break. (Barbara Walters, in How to Talk With Practically Anybody About Practically Anything)

Why people burst into tears: A good cry won’t actually make you feel better. That’s the surprising conclusion of a new study that proves “crying is not nearly as beneficial as people think it is,” University of South Florida researcher Jonathan Rottenberg tells MSNBC.com. Rottenberg and his colleagues asked about 100 Dutch women to record in a daily mood journal any crying episodes and how they felt afterwards. The 1,004 outbursts of tears the women experienced -- usually due to conflict, grief, or empathy for someone else’s suffering – failed to improve the moods of 61 percent of the women, and made 9 percent feel even worse. Just 30 percent said they felt better afterward. More vigorous bawling, with “screaming and body movements,” seemed to produce the most relief. Researchers theorize that the biological purpose of crying isn’t to release sorrow, but to elicit “social support” from other people. It’s the sympathy, not the release of tears, that can make people feel better. (*The Week magazine, August 19-26, 2011)*

The highest tribute to the dead is not grief but gratitude. (Thornton Wilder)

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