

Phoenix Rising

This grief newsletter is sent to members and friends of Paradise Valley United Methodist Church following the loss of a loved one. PVUMC pastors are available to you if you need one-on-one support. Contact the church office for more information at 602-840-8360. If you wish to be removed from the mailing list, contact the church office or e-mail ddoran@pvumc.org.

Debbie Doran, Editor

Grief One Day at a Time

May 6

“I can’t go on. I’ll go on.” – Sammuel Becket

Some days we feel we can’t possibly go on. Living in grief is just too hard. We are mired in pain and despair. Yet somehow, we go on. The earth keeps spinning. We make it through the day, and the night. And the sun rises again. We have survived. Some days that is enough.

Yet even in our darkest days of just surviving, we may see glimmers of hope. We may feel tugs of connection with others. We may even experience faint twinges of joy. It is for these glimmers, tugs, and twinges that we will go on.

And if we actively mourn, we can trust there will be more and more such moments in our future, until slowly they make up the bulk of our days and our grief becomes the thing that glimmers, tugs and twinges in the background.

When I feel that I can’t go on, I will express my grief and actively notice glimmers of hope, tugs of connection, and twinges of joy.¹



Three Things

Every night before I go to sleep, I say out loud three things that I am grateful for – all the significant, insignificant, extraordinary, ordinary stuff of my life. It is small practice and humble, and yet, I find I sleep better holding what lightens and softens my life ever so briefly at the end of the day.²

Through It All

Through it all, Through it all,
I've learned to trust in Jesus, I've learned to trust in God;
Through it all, through it all, I've learned to depend upon God's word.³

A Calf's Cry

In their hearts humans plan their course, but the Lord establishes their steps.

Proverbs 16:9 (NIV)

It was mid-morning and I was sitting on our porch, looking out at the pasture. As the sun rose higher and higher, the herd of cattle that had grazed overnight in the open grassland moved to the cool shade offered by a grove of large oak and pecan trees.

I noticed a small, solitary calf haltingly approach the cows now resting in the grove. It surveyed the herd and let out a mournful wail, as if saying, "Mother, I am lost and alone. I need your help." It took two plaintive calls, but the calf's mother recognized its cries and responded with her own. I imagined she was saying, "Here I am, child." The calf heard its mother's call, and they were soon reunited.

That scene reminded me that when we feel lost or need help, we can always seek God for assurance and direction. Life can be confusing, and it can be difficult to know the next step to take or how to solve a problem. Like the small calf, we need to call out to our loving Provider and seek guidance. We must admit our need and ask for direction. And when we do so, we can be assured that God, our comforter, hears us and will provide guidance.

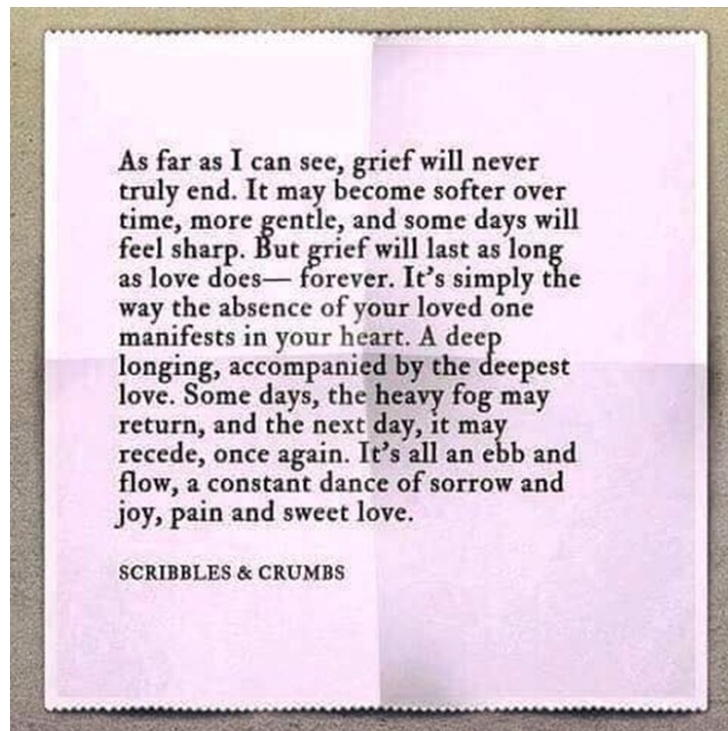
Let Us Pray

God of clarity, when we are lost, lead us to call out for your direction, and give us patience as we await your response. Amen.⁴

Always Enough

CONTENTMENT ISN'T ABOUT having everything you want but about finding peace where you are. A heart at rest in God's goodness becomes a testimony of His faithfulness. When you shift your focus from what's missing to what He has already provided, you'll see His hand in ways you hadn't noticed before. True joy isn't found in having more but in trusting that His provision is always enough.

Gracious God, thank You for the blessings You've given me.
Teach me to fly in joy in every moment You provide.⁵



Footnote:

1. GRIEF ONE DAY AT A TIME 365; Alan D. Wolfelt, PhD; meditations to help you heal after loss; Page 166
2. Carrie Newcomer
3. Andrae Crouch, 1971 United Methodist Hymnal, page 507
4. The Upper Room Devotional; John Alter (Florida); March 12, 2026
5. Guideposts; "60 Days of Prayer; October 25, 2025