

# 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](mailto:ddoran@pvumc.org).

Debbie Doran, Editor

## Perfect Peace

“The love of God has been poured out in our hearts by the Holy Spirit who was given to us.”

Romans 5:5, NKJV

Years ago when I traveled to Europe to preach, I liked to travel by sea, to enjoy the five days of relative quiet on the ship.

On one of my voyages Captain Anderson of the United States took me down to see the ship's gyroscope. He said, “When the sea is rough, the gyroscope helps to keep the ship on an even keel. Though the waves may reach tremendous proportions, the gyroscope helps to stabilize the vessel and maintain a high degree of equilibrium.”

As I listened, I thought how like the gyroscope is to the Holy Spirit in our hearts. Let the storms of life break over our heads. Let the enemy, Satan, come in like a flood. Let the waves of sorrow, suffering, temptation, and testing be unleashed upon us. Our souls will be kept on an even keel and in perfect peace when the Holy Spirit dwells in our hearts. He comforts us with God's abiding presence and assures us that God's promises are true.

## Hope for Today

The person who doubts is tossed about by every storm that comes (James 1:6). The person of faith, come what may, simply carries on. The Holy Spirit makes all the difference in how we handle life's trials.<sup>1</sup>



## We Remember Them

At the rising of the sun and  
at its going down,  
We remember them.

At the blowing of the wind and  
in the chill of winter,  
We remember them.

At the opening of buds and in  
the rebirth of spring,  
We remember them.

At the rustling of leaves and in  
the beauty of autumn,  
We remember them.

In the beginning of the year  
and when it ends,  
We remember them.

So long as we live, they too shall live  
for they are now a part of us as  
We remember them.<sup>2</sup>

## The New Year

At this transition from the old year to the new, we think about those we love who have died. A year they will not enjoy. A year they will not be here for us. A year – at once so swift and so excruciatingly slow. But in this new year, we will remember them, and we will love them. And those are the two most powerful forces in the universe.

This year, I will remember, and I will love.<sup>3</sup>

## Grief

I had my own notion of grief.

I thought it was the sad time, that followed the death of someone you love. And you had to push through it to get to the other side.

But I'm learning, there is no other side... There is no pushing through, but rather, there is –

Absorption.

Adjustment.

Acceptance.

And grief is not something you complete, but rather, you endure. Grief is not a task to finish, and move on, but an element of yourself –

An alteration of your being.

A new way of seeing.

A new dimension of self.<sup>4</sup>

## Hanging Onto Love

People rush to get rid of grief because they see it as hanging on to loss. But grief is really hanging onto love—which is why you always feel it.<sup>5</sup>



Grief is a nasty game of feeling  
the weakest you have ever felt  
and morphing it into the  
strongest person you will  
have to become.

Windgate Lane

Footnote:

1. Billy Graham
2. Sylvan Kamens and Rabbi Jack Riemer
3. Alan D Wolfelt, PH.D.; *GRIEF ONE DAY at a TIME*, page 9
4. Gwen Flowers
5. Kalei Rahe