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Geese and Grieving Lessons we can learn by Jan TCF Cinn. Ohio, USA



I recently observed a formation of geese flying overhead, and, as I watched them fly in their formation, I came to realise that they have lessons to teach us about grief.

The first lesson is in relation to the V formation in which geese fly. By flying in a V formation, an updraft is created for the bird immediately following, and thus enables the whole flock to have at least 71% greater flying range than if each bird flew alone.

When we are grieving, we don't have to handle our grief alone.

By allowing others to help us, we can handle our grief experience a little easier, knowing that others understand the pain of our loss. It helps normalise the experience.

The second lesson geese teach us about grief, is that when a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone and quickly gets back into formation. Knowing that we are not the only ones dealing with grief can help us find a sense of understanding and support. The burden of trying to go it alone can be overwhelming. In addition to allowing family and friends to help us, there are support groups that can help us find strength for the journey of grief.

The third lesson the geese teach us relates to sharing responsibilities. When the head goose gets tired, it rotates back in the wing and another goose flies as the point. Geese honk from behind to encourage those up front to keep up their speed. Sometimes, we need to step back and allow others to help us with our responsibilities. Grief work is hard work, and sometimes we have to let go of things in order to deal with our grief. Sometimes we may feel like we are alone in our grief, but when we listen closely, we may be able to hear the support of others who want to help, if we allow them.

The last lesson we can learn is that, when a goose gets sick or is wounded and falls out of formation, two other geese will fall out with that goose and follow it down to lend help and protection. We need to offer that type of support to those who are grieving with the death of a loved one. Be concrete with offers of help rather than, 'Call if you need anything.' Offer assistance with yard work, banking, cleaning, meals, etc. Don't be afraid to be with those who are grieving; they need our support. It is during this time that we need to stand by each other.

Bring My Child Back To Me

Whisper, whisper, wind in the woods,
bring back my child, here, where he stood.

Let him laugh, let him shout, let him giggle with glee.
Wind in the woods, bring my child back to me.

Silence of morning, dew on the grass,
give me peace in my soul, let this time pass.

Let my child sit beside me,
let the two of us be.

Silence of the morning, bring my child back to me.

Middle of the night, so dark and so still,
let me relax and remember at will.

Let my child in my thoughts drift forever to see.
Middle of the night, bring my child back to me.

Sunrise and sunset, beginning and end,
give me a day with my child, my friend.
We'll run on the beach, we'll play in the sea.
Sunrise, sunset, bring my child back to me.

Memories, memories here in my head,
don't ever leave me, even though my child's dead.
Keep him alive, keep him strong, keep him free.
Memories of mine, bring my child back to me.

Barbara Patterson

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