

April 2020

## Restoration

Kay Bevington

Some people enjoy restoring old cars, homes, furniture and possessions. It is a labor of love and is often a hobby that gives them pleasure. It takes patience, time, care, and knowledge to be able to bring these former pieces back to life. These homes and possessions often sat alone, forgotten and kicked about. Put away in dark places and ignored. But fortunately, someone came along who cared enough to restore them and make them usable again. This required much reading, studying, sharing with others, trial and error, frustration, fatigue and time for restoration to occur.

Alive Alone parents find that our lives also need restoration after the deaths of all our children. We feel lost, alone, angry, confused and abandoned emotionally, physically, relationally, psychologically and spiritually. Some ask, "Where is God in the midst of my suffering?" "Can my life ever be put together again into a puzzle that is different - yet not scattered about in pieces?" "Will I ever find my way out of these dark places?" "Will I ever find a 'connection' to my child again?" "How long is this restoration process going to take?"

Restoration is a long, tedious, difficult process just as it is to restore homes and material possessions. It takes time, patience and education to learn how to navigate this journey. But thankfully, we can "restore" ourselves in a number of ways. By reading all the grief literature that we can obtain and absorb. By journaling our thoughts and feelings, and sharing how we feel with others who understand. It can also help to cry, wail, and complain to those who will listen.

We also need the support of other **Alive Alone** parents who truly know what it means to have no surviving children. Otherwise we stay in those dark, abandoned places and find it almost impossible to find our way out. You have not been abandoned. Other **Alive Alone** parents are available to help with your restoration. Others have helped us and now we are ready to lend you a helping hand.

**Alive Alone** is where hope is found, and relationships are created and nourished. Where deep, meaningful, emotional connections are made. Where dreams, worries and fears are shared. **Alive Alone** is a safe community where you are not judged or put in storage like an antique. Yes, waiting is a struggle. We spend lots of time searching for meaning, purpose and hope. Grief creates anxiety, but restoration and peace are coming.

It takes a lot of patience, time and grief work to be restored. Bereaved parents often do not recognize their own restoration progress, but others see it long before they even have an inkling that it is occurring in their lives. All wounds will not be healed on this earth, but eventually everything will be healed when we are able to be with our children once again.

Just like old homes, cars and possessions are never the same, remember that we too will not remain the same. Though we can be beautiful and useful to others once again, just like those antiques that have been restored by loving hands.