



WIDOWHOOD WORKSHOP ... IT'S ABOUT LIFE, LOVE, & LOSS

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What's a *Widowhood Workshop* about? Who should attend? Both good questions worth addressing, especially, since it seems to be a novel event, an explanation is warranted.

WW is about life, love, and loss. Life is a beautiful thing. Blessings in abundance! However, life isn't always what we thought it was going to be. There are times, frankly, life bites (hard!). One of the ways it bites is when we lose *what* or *who* we love: House, Job, Reputation, Marriage, Health, Reputation, Friends, Family, et al. Our experience after loss of something or someone we love is grief. It is the journey we live with all sorts of challenges.

Losing a spouse is a unique loss. You go from being half of a whole to, well, that's one of the problems. Who are you now? It creates an identity crisis, a family crisis, a social crisis, sometimes a financial crisis.

Because we live and choose to love, we are going to experience loss. Studying about widowhood can actually help us with many other kinds of losses. It can help us become more understanding, more compassionate. It can help us become a better, more effective servant of others.

Who should attend? People who are living. People who love anything or anybody. The reason: *Because we are going to suffer loss.*

