

Preface



Their eyebrows usually go up as their eyes get wide and they say something like, “Oh.” That’s what happens when I tell someone that I have been widowed twice. All of a sudden, whatever their impression of me was before, it is different now. Some have said, “You are so young,” or “That must have been terrible.” I immediately reassure them with, “It’s okay and I’ve come through it.” Coming through grief with its pain and confusion isn’t easy but it can be done.

This book is for the widow who wants to know how to go on now that her life has changed. God walked me through my pain and I want to tell others how and why I did not get “stuck” in widowhood.

In preparation for the book, I interviewed widows to understand how others have handled their grief. Each widow has given permission to use her story. I changed the name of each one, and of her husband, to protect their identities.

As I interviewed them, they graciously thought back to the difficult days after their husbands died. Tears often came as each one relived the most difficult time in her life. To each woman who allowed me to write her story, I say “Thank you.” Each widow felt the pain again so that you, the reader, might understand that you are not alone. Someone has walked the path before you and others will come behind. By walking this well-worn path with a sister, you too can walk through the grief into the rest of your life.

Marcy Kelly
January 1, 2008