

# Dear Padre,

**Several months ago my son died in a tragic car accident. Life, work, family, and even religion seem so meaningless now. How can I find my way back?**

You have suffered a great loss. When you are able, you can choose to live in a way that will respect both your son's memory and your own ongoing life. Here are a few gentle steps that might help.

- Expect to feel numb at first. This is nature's way of helping you deal with your loss. Keep following the normal patterns of your life and, eventually, meaning will return.
- Allow your friends to help. "Sorrows shared are sorrows lessened."
- If you are sad, let the tears come! Even Jesus cried at the death of his friend Lazarus (John 11:32-35).
- If you are angry, look for a healthy release. Focus the energy of your anger into productive work, even if it's just doing dishes or yard work.
- Use your experience to help others. While helping others, the Lord often reveals to us the meaning of our own losses.
- Don't be afraid to seek professional help. A therapist has the expertise to help you talk about your loss and cope with your grief.
- Pray for yourself, for your son, for all whose lives he touched, for all those who are grieving.
- After you have done everything you can, leave your loss in God's hands. The Lord will do for you what you cannot do for yourself. ●



**The Redemptorists / DearPadre.org**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
April 29 <i>St. Catherine of Siena, Virgin and Doctor of the Church</i> Acts 14:5-18 Jn 14:21-26	April 30 <i>Easter Weekday</i> Acts 14:19-28 Jn 14:27-31a	May 1 <i>Easter Weekday</i> Acts 15:1-6 Jn 15:1-8	May 2 <i>St. Athanasius, Bishop and Doctor of the Church</i> Acts 15:7-21 Jn 15:9-11	May 3 <i>Sts. Philip and James, Apostles</i> 1 Cor 15:1-8 Jn 14:6-14	May 4 <i>Easter Weekday</i> Acts 16:1-10 Jn 15:18-21	May 5 <i>Sixth Sunday of Easter</i> Acts 10:25-26, 34-35, 44-48 1 Jn 4:7-10 Jn 15:9-17



## A WORD FROM POPE FRANCIS

**Jesus needs us, like the vine with the branches. Perhaps to say this may seem bold to us, and so let us ask ourselves: in what sense does Jesus need us? He needs our witness. The fruit that as branches we must bear, is the witness of our lives as Christians.**

REGINA CAELI, ROME, MAY 2, 2021