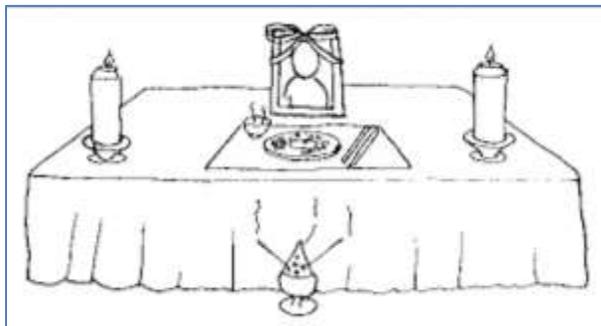


Sharing Experiences of Losing a Spouse and How to Cope in London, UK

Francoise Murphy
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Ten brothers and sisters who lost loved ones over the years met together in LG on Saturday November 25th to discuss ways to start a support network for bereaved members. The initiative came from Toyoko Davis and Francoise Murphy. After sharing about their experiences losing their beloved husbands and how they were coping, they thought that more support was needed for members in that situation. With Anne Kobayashi's and Huguette Maloney's help they decided to start a support network for bereaved members.



The initial meeting took place in LG on November 25th. Members who lost loved ones were invited to discuss how to create the network and how to put in place a system to support members who will experience bereavement in the future. Most of the meeting was spent sharing about our experiences, how we were coping with our emotional pains and the challenges we were facing with our situation and our children. There was a real need for members to speak and to be listened to by those who could understand their situation.

We spent 3 hours sharing with one another; then there was not much time left to discuss how we would organise the network. As it was getting late we decided to meet again in mid-January to consider more in detail how we would go about organizing ourselves. All the members who attended were very grateful for the opportunity to share and all are very keen to meet again and discuss things further.

'We are born in love representing God, live in love, reach the destination of love by having sons and daughters, and return to God to live with Him eternally'
Cheon Syeong Gyeong, p.403