

"Gradually, I learned one more thing, quite simple and obvious to many but hidden from me at first: that grief is not something to overcome or escape but to live with. It is always there, as perceptible as a person who will not go away in spite of hints and plain speaking, but one can make room for it, recognize it as a companion instead of an intruder, be aware of it but not possessed by it; one can continue one's work, one's occupation, even one's joys in its presence. Somehow we must learn not only to meet sorrow with courage, which is comparatively easy, but with a serenity, which is more difficult, being not a single act but a way of living."

*Elizabeth Gray Vining*

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