

She is author of ten books, including From One Widow to Another: Conversations on the New You, Women and Their Emotions, and a DVD series, One Widow to Another: The Connection That Counts. She is a former high school counselor and teacher and currently teaches a Bible study for widows, Miriam's late husband, Bob, was the former vice president.

Widows and widowers, I discovered, do heal differently - and now a report backs this up. According to Independent Age, which surveyed more than 2, bereaved people aged over 65 from the UK, women are more likely to open up about their loss - but they also suffer greater feelings of loneliness. The report found that feelings of loneliness lasted, on average, for eight months but that a fifth of those bereaved still felt lonely after three years. Added to which, those widows who prioritised family over career can struggle with the financial implications and responsibilities left for them to sort out. Their status as a widow can sap their confidence and many never have another romantic relationship. It is absolutely essential to do one of the following two things if you know your partner is very ill. Set up a joint account and make sure that all Direct Debit payments for your family and household go through this and not through a sole account in their name. Set aside a sum that you know will be sufficient to carry you through the worse-case probate scenario. Only if it is what you both wish, get married or become civil partners. Do so at once or at least make the appropriate pension nomination if that is what you both want. Encourage each other to talk about these matters well before either person has become too ill. In the very early days, the telephone will ring constantly. The emotional strain of answering every call will often be too great. It is a good idea to switch on your answerphone whenever you feel like it, or alternatively, to get a friend or adult child to answer on your behalf. Do involve your children in all the arrangements and decisions with regard to the funeral arrangements for their father; also, take your time, if you follow a religion that allows that. Do encourage grandchildren to go to the funeral or cremation. In the case of very young children, it is for the parents to decide whether they should attend. Allow yourself to BE and not DO all the time. You will inevitably do some foolish things. Smile - it will make yourself look and feel better. Be a really good friend. If you are still angry see your doctor. Listening to your anger is not much fun for your family or your friends. You are alive and your departed husband would wish you to embrace your remaining years. Both widows and widowers are more vulnerable. If as a widow, you do meet a lovely man, remember you can have intimacy with no sex [and sex with no intimacy!]

Chapter 2 : From One Widow to Another: Conversations on the New You - Miriam Neff - Google Books

Her one minute feature, New Beginnings, is heard on over outlets. She is author of ten books, including From One Widow to Another: Conversations on the New You, Women and Their Emotions, and a DVD series, One Widow to Another: The Connection That Counts.

We have no scar to show for happiness. They may need it more than you! When you accept a blessing from someone, you are giving a blessing in return. It helps them in their own grief. Stoicism will not help but there are many persons who will if you give them an idea of your needs and desires. We all need help at times so let people do things for you during this time. There are many persons who will help if you give them an idea of your needs and desires. Even if you hate to be a burden. Funeral and burial arrangements, thank you notes, the will, insurance, name changes on bank accounts and credit cards, on house and car titles, cleaning out his closet require attention and energy they might not have right now. And be sure to show your gratitude. Nobody likes to think their hard work is unappreciated. You can always do something, even if it is just writing a thank you note. Look for the highest good in every situation; without always trying to make people happy. People want to help by telling you what to do but you might tell them you need to grieve in your own way and on your own timetable. Tell them you just want them to be with you. This could cause someone to become isolated. Many people are afraid to reach out, to touch, to visit, to make the first move, for fear of not knowing what to say or saying the wrong thing—mentioning his name and for that reason alone, might avoid you. Try not to take it personal yet, a word of encouragement can make the difference between giving up or going on. Bill Salwaechter Without the physical relationship you and your husband share, you might realize that touch is more important than you would have expected. A massage therapist or getting ones hair done each week helps some. Here is why—Touch may be the first sense we develop in utero, and it remains important throughout our lives. Studies show that prolonged deprivation in infants for example, babies in understaffed orphanages or preemies in incubator isolation can result in stunted growth and poor immune systems right away, plus significantly higher rates of heart disease, obesity and type 2 diabetes in adulthood. Linden The simple act of hugging improves health by raising the hemoglobin level in the blood stream. It removes barriers between people; tearing down walls that cause alienation and loneliness, which can cause people to give up. Loneliness is the pain of being alone and the word solitude is the glory of being alone. When a husband dies, church members attend services and console with casseroles, visits, cards, and promises of prayers. At first widows assume, those who come to them immediately both family and friends will always be there. After a few months church members, and even some family members, move on with their own lives and drift off. It is hard to realize but it does happen. Ultimately you are not alone. Let the Lord be your foundation and your grounding. Take care of the necessary and give yourself a pass on the small stuff. All those things you should be doing will still be there tomorrow if you spend today doing something you enjoy, or even throwing a pity party, if you need to. You may feel overwhelmed as you try to adjust to the day-to-day changes the loss of a loved one can bring. For awhile almost nothing may seem to matter. You have to find for yourself that place where no one else can go to with you, where you sort through the sorrow and pain and find some peace and comfort for yourself. No one can give you this. It is different for everyone. The fact is, death is inevitable for each and everyone of us. Consider that your loved one is happy—free of pain and hassles—and that you will be together again. Trust that loved ones who have died are forever with God and that God is forever with us, too. You loved him enough to release him. You may often feel like you lost him yesterday. You miss him no less and love him no less. Grieving is a demanding and profound process and it requires times of quiet and aloneness. We hear voices in solitude we never hear in the hurry and turmoil of life; we receive counsels and comforts we get under no other condition. Let your self receive the blessings of solitude. Be gentle with yourself. Your loved one would not judge you harshly. If you were the one who died, would you want your loved ones to deeply mourn the rest of their lives. Or would you want them to enjoy life as much a possible. This is what they want for you now. In the blink of an eye, everything can change. So make the most with those who mean the most. Laugh uncontrollably and never regret anything that makes you smile. You may

never know when you may not have that chance again to resolve certain issues or to say goodbye. We are to grow and never stop growingâ€¦ You have new experiences ahead of you, new worlds to explore, new feelings to feel, new relationships to grow, and in the process, a new you can result. Problems invariably gets worse for us when issues from past experiences surface at the time of loss that may leave us with a pathological depressed state of mind, unable to rise out of the ashes. So you cry in your car, you cry in the shower, you cry yourself to bed at night. Unspoken, intense feelings can have an unhealthy effect over time, so you need a good listener someone you trust. Grief is a very private emotion that can be all consuming, if not shared. The many stages of grief shock, numbness, denial. Like anger the ability to forgive arises out of your heart, not our head. And forgiving is the path to peaceâ€”not for the person you are angry with, but for you. Anger is a normal part of grief. The anger arises out of your heart, not our head. Depression can become a major factor. Just getting out of bed can be exhausting. Stanford neurobiologist Robert Sapolsky tells us the lashing out in anger over a small irritation results from what happens to us in the moments, hours weeks, months and even years beforehand. You will probably be shocked that venomous words that you would normally never say that will come out of your mouth. We look for someone to blame: When it happens recognize that it is a human urge to lash out that is causing it. And if it happens to you by someone who has lost someone, be understanding. The amygdala-the center part of your brain plays a central role in aggression. Your hormone levels in the days before influence how sensitive you are to sensory stimuli. Everything about the brain changes. Judgment, impulse control and emotional regulation go out the window. We often become more afraid. When we are stressed we become less empathic, less compassionate, less capable of listening to someone else with a better perspective. Stress can cause hypertension and diabetes. We tend to feel more stress if we feel that we have no control over what is going on, how bad it is going to be or how long it is going to last. It is worse when we lack outlets for the frustration caused by the stressor and lack social support. Each day she asked God to send her a wonderful man, even writing down the qualities of her ideal man: Tracing Holmes through relatives, he called her unlisted number. She agreed to meet him. He was a striking six-footer who turned out to be devout, healthy, successful, intelligent, sexy, ardent, nimble in the art of conversation and an apprentice Astaire on the dance floorâ€¦. During a quiet dinner he sang to her, and pulled out a collection of family pictures, explaining that he had been a faithful husband for 44 years. They married nineteen weeks later Epilogue: In March Guideposts published that story. Haile of Fern Park, FL. Almost within days she had a delightful evening with someone from her church congregation and before the week was out they were discussing marriage.

Chapter 3 : Miriam Neff (Author of From One Widow to Another)

From One Widow to Another offers practical advice for those facing the loss of a spouse. Drawing from her own loss, Neff walks with the reader As Miriam Neff struggled to understand and accept her new role after her husband's death, she recognized the need for women to hear from other women about their experiences and what helped them.

Chapter 4 : Widow Connection - Home

From One Widow to Another offers practical advice for those facing the loss of a spouse. Drawing from her own loss, Neff walks with the reader through practical issues to a sense of encouragement. Drawing from her own loss, Neff walks with the reader through practical issues to a sense of encouragement.

Chapter 5 : From One Widow to Another | calendrierdelascience.com

Book: From One Widow To Another "Every pastor needs to read this book, and every church needs copies of this book available. Written by a widow, written for widows, this book reads like the experience of sitting at a coffee table watching one widow minister to another widow.

Chapter 6 : From One Widow To Another Widow | The Sisterhood of Widows

"Widow" is one title women do not want. But according to the Surgeon General's office, , people become widows or widowers yearly in the United States alone. And when this happens, every aspect of life changes like it or not, ready or not.

Chapter 7 : From One Widow To Another Disc 1 Sample on Vimeo

The danger in books and articles about balance is that they can make you feel bad about yourself. You pick up yet another self-help article and you think, "If she can do, why can't I?".

Chapter 8 : What got me through the grief: The best advice from one widow to another

The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable). Packaging should be the same as what is found in a retail store, unless the item is handmade or was packaged by the manufacturer in non-retail packaging, such as an unprinted box or plastic bag.

Chapter 9 : Widow Connection - Book: From One Widow To Another

A widow may be what we are, but it is not who we are.. FACT: There are more than , widowed people in Oklahoma; , people become widowed each year in the U.S.