Vigil Follow-Up: Resources for Healing

The community vigil planning committee (Kali Smith, Katy Jordan, Leigh Flannery, Sara Ontiveros, and I) would like to thank everyone who was able to join our community vigil and discussion on Monday evening. It was incredibly moving to see all of us holding candles, hear the words from our children, and listen to the very heartfelt stories of hardship and strength from so many members of our community, including even our youngest students. It was powerful -- even while being on zoom.

Below you will see some additional resources as well as the beautiful readings that Leigh Flannery shared.

**Tools** (to help folks work through grief for themselves, their children, and others in their lives):

- [https://modernloss.com/](https://modernloss.com/)

- [https://www.griefhealingdiscussiongroups.com](https://www.griefhealingdiscussiongroups.com) offers online discussion forums for different types of loss

- How to Heal During a Season of Grief:

**Resources** for helping children process grief:

- [https://good-grief.org/resources/](https://good-grief.org/resources/)

  (Many read-aloud versions are available on YouTube)

- [https://www.littleparachutes.com](https://www.littleparachutes.com)
  “A Parachute Book is a picture book that helps young children cope with their emotions and deal positively with new experiences, situations and issues. Parachute Books deliver comfort, reassurance and acknowledgement to children at times when they need it the most, all wrapped up in the gentle familiarity of a story.”

- Outside, Inside by LeUyen Pham - a story about essential workers
  [https://www.youtube.com/watch?v=aYGJ9rqzBY0](https://www.youtube.com/watch?v=aYGJ9rqzBY0)

**Poetry:**

_When All That's Left Is Love_ by Rabbi Allen S. Maller

When I die  
If you need to weep  
Cry for someone  
Walking the street beside you.  
You can love me most by letting  
Hands touch hands, and  
Souls touch souls.  
You can love me most by  
Sharing your Simchas (goodness) and  
Multiplying your Mitzvot (acts of kindness).  
You can love me most by  
Letting me live in your eyes  
And not on your mind.  
And when you say  
Kaddish for me  
Remember what our Torah teaches,  
Love doesn’t die  
People do.
So when all that’s left of me is love
Give me away.

**When Will I Be Myself Again by Rabbi Lewis John Eron**

“When will I be myself again?”
Some Tuesday, perhaps, In the late afternoon,
Sitting quietly with a cup of tea,
And a cookie;
Or Wednesday, same time or later,
You will stir from a nap and see her;
You will pick up the phone to call her;
You will hear her voice – unexpected advice –
And maybe argue.
And you will not be frightened,
And you will not be sad,
And you will not be alone,
Not alone at all,
And your tears will warm you.
But not today,
And not tomorrow,
And not tomorrow’s tomorrow,
But some day,
Some Tuesday, late in the afternoon,
Sitting quietly with a cup of tea,
And a cookie;
And you will be yourself again.

- Poems from the pandemic- shared by a CMS Parent: *Together in a Sudden Strangeness: America’s Poets Respond to the Pandemic* - edited by Alice Quinn

Thank you again for your time and participation,

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