

Chapter 02

When Others Still Need You

People often talk about the moment you lose someone you love as if time stops. And in many ways, it does. The world keeps moving around you, but inside, everything feels frozen.

When Anthony died, there was a part of me that wanted to stop too. I wanted permission to just fall apart and not have to be anything for anyone. I wanted to disappear into my grief and not answer questions, not make decisions, not pretend that I was okay.

But life does not stop because your heart has been shattered.

I was still a mother.

Even though Anthony was gone, my other children were still here. They were grown, but they still needed their mom. They needed my love, my voice, my presence, and sometimes even my strength when I felt like I had none left to give.

That was one of the hardest parts of grief — realizing that while I was mourning one child, I still had to keep showing up for the others.

There were days when I smiled because they needed to see their mom smile. There were days when I answered the phone and said, “I’m okay,” even when those words felt impossible to say. There were days when I was pouring from an empty cup, trying to be present for the people I loved while quietly carrying a pain no one could see.

A mother’s heart does not divide when she loses a child. It stretches. It hurts in one place while still trying to love in another.

I learned that strength does not always look like being fearless. Sometimes strength looks like getting out of bed when you don’t want to. Sometimes it looks like making dinner, answering a message, hugging your children, and choosing to keep going one more day.

I didn’t keep going because I was no longer hurting.

I kept going because love was still asking something of me.

Anthony’s life mattered. His love mattered. And the love I still had for my children mattered too.

Grief taught me that you can carry a broken heart and still carry love. You can miss the person who is gone while embracing the people who are still here.

And somehow, through God’s grace, you learn to take the next step.

[<<< PREVIOUS](#) --- [NEXT >>>](#)