

# GRIEF

Mr Deehan's Assembly

Spring Term 2025

“—

*And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure, whether the storm is really over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in.*

—”

Haruki Murakami

This quote, by the Japanese author Haruki Murakami, isn't really about storms is it? Its about the "storms" we face in life and as a school community we are currently facing.

We have had many real storms over the past year as I have experienced now that I live "on the tops" in Yorkshire and not the London suburbs.

Storms turn our world upside down. Things move around and are not where we left them. We are buffeted and disorientated, confused and often frightened. We can be angry with the storm and the destruction it causes.

And so, it is with life's storms. For a time, we are disorientated, confused, angry and fearful. But the storm passes, the skies clear and we emerge, changed possibly but safe again.

“ —  
|

*Grief is really just love. It's all the love you want to give but cannot. All that unspent love gathers in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go.*

— ”

**Jamie Anderson**

As we experience this loss and grieve remember that grief is an expression of our love.

While it is painful it comes from a place of love and we should accept it, not try to push it away.

We honour those we have lost by grieving.



“  
| *No one ever told me that grief felt so* |  
*like fear.* |  
——”

C. S. Lewis

Why does grief make us afraid?

It reminds us that things aren't permanent. They change and so will we. It is not something to fear but it does bring pain if we believe things will stay the same or we will not lose those close to us.



You may have noticed that I am carrying a glass of water. I have been holding this since the assembly started and to be honest my hand is getting tired. If I held it all day its quite possible I would drop it.

The glass would smash and the liquid would spill everywhere. Now imagine that glass is me or you and the liquid is all the emotions we feel, all the problems we are facing. It can fill up to the brim pretty quickly and begin to spill over. We can hold it for a while but eventually we will drop it and it will smash.

Alternatively, we can pour some into someone else's glass. But we don't know how full their glass is already or how much it can contain. Then theirs breaks or spills over.

We need to empty the glass gradually and somewhere that can contain it. Someone like a counsellor or a trusted adult. We pour out the anger, pain grief, fear and guilt, bit by bit until our glass is empty again. It will fill again over time but we can manage that.

As you deal with all the emotions you now feel be careful of sharing with friends. Their glass might already be full. Share with those who have the capacity to take it from you. Talk to any of numerous trusted adults available to you.

Remember your glass will empty and the storm will pass and you may well be stronger afterwards.

D. Deehan