**Wednesday, November 11, 2020 *Chayyai Sarah***



Sarah’s lifetime

The span of Sarah’s life

Sarah died

And Abraham proceeded to mourn

to bewail

Then Abraham rose and spoke

Then Abraham bowed low

\*

I give you the field

I give you the cave

In the presence

Go and bury your dead.

Thus the field

\*

Some words in the vocabulary of grief may include:

Abandoned Ache Adrift Aimless Anxiety Astonish Battered Bereave Broken Churning Crash Cruel Crying Death Denial Desolate Dimensionless Dirge Disaster Discordant Elegy Emptiness Endless Endure Eulogy Fear Fractious Grief Griefless Griefstricken Griefstruck Grotesque Hanging Heart Heartache Heartbreak Howl Inarticulate Isolate Jumpy Keening Knell Lamentation Lost Missing Moan Morose Mourn Oscillation Panic Remember Requiem Restless Sobbing Sorrow Strength Swept Tears Terror Timeless Torture Wail Waves Weakness Weep Wordless Wrench Wring Yearn Dorothy P. Holinger, *The Anatomy of Grief*