

## *Dear Friends,*

Our grief journeys are just as unique as the loss that we have endured. However, something that God has revealed to me while on my grief journey is that we do not have to look very far to be reminded of our loved one. It could be a special place, scent, song, food or drink, article of clothing, and so much more that brings back sweet memories of your loved one.

That is exactly what inspired my book "You'll Find Me At The Ocean: A Journey of Grief Through the Eyes of a Child." Beth's Mama will soon be leaving this earthly life due to devastating effects of cancer. Mama assures Beth that once she has passed away, that she can still be found in the many things at the ocean - from the morning chirps of the birds to the moon rising at night.

After Mama's no longer here, Beth often goes to find her Mama in all of those things at the ocean.

This book, along with this journaling activity, have been inspired by the loss of my own mother in 2015. Although it changed my world forever, I still find her in the things of every day life. This brings me such peace. I pray that finding your loved one in the things of your daily life will do the same for you.

- *Martha Black,*  
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