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THE OTHER SIDE OF GRIEF

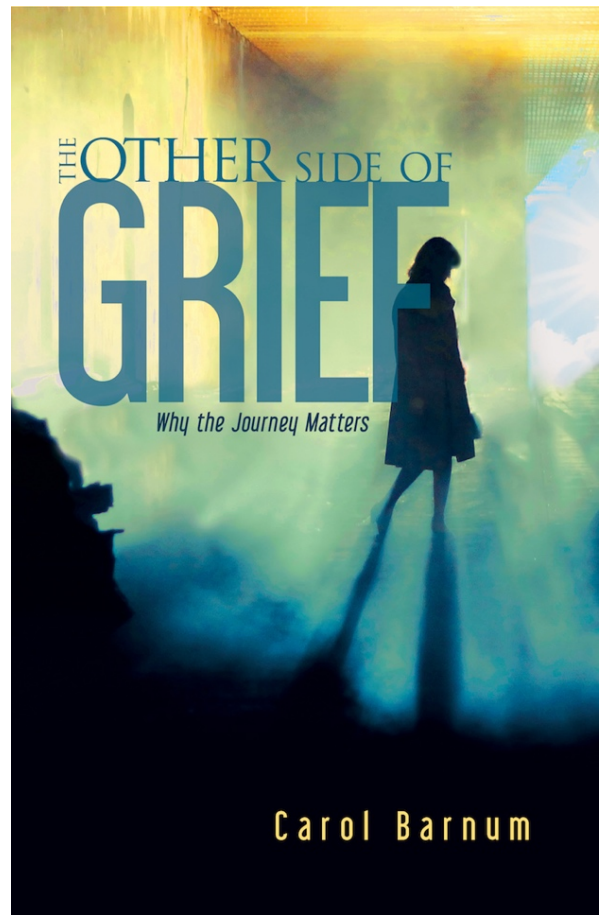
WHY THE JOURNEY MATTERS

CAROL BARNUM

The other side of grief holds a new life, a life rebuilt with God's help—it is different, but blessed.

On July 24, 2014, Carol Barnum left her husband's hospital room to get clothes for him to wear home. While she was gathering his things, the doctor called to say Dave had taken a turn for the worse, but he was "out of the woods." Back at the hospital, while she waited to see her husband again, the unthinkable happened. Despite the doctors' efforts, Carol's husband of almost 29 years went home to the Lord.

Carol's deep and reflective insights into her own grief journey can help others understand and accept their own grief process or that of those dear to them. It helps to know that someone else has had sleepless nights, become frozen over something as simple as choosing socks, or cried when she saw a photograph of her loved one. It is comforting and encouraging to realize that these experiences are a normal part of the journey to *the other side of grief*.



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Deep River
B O O K S



About the Author

Carol Barnum

Carol Barnum was born and raised in a Chicago suburb during a time when kids could play outside all day without fearing for their safety. She attended Northern Illinois University in corn country, where she received bachelor's degrees in elementary and special education, learned about God, and met her future husband. She went on to earn her master's degree in education from Concordia University Wisconsin.

Carol married Dave in 1985, and together, they raised two daughters, teaching them about football, the Packers, and the importance of being their own person. Throughout her years of teaching young children with special needs, Carol discovered that kids often know the most important things in life—like when someone needs a hug. Her experiences have helped her learn that sometimes the most important thing to do is not to talk, but to listen with your heart.

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What Others are Saying About **The Other Side of Grief**

Very honestly and well written! Through *The Other Side of Grief*, grievors will see what worked well for the author in the midst of her unexpected and deep grief, a “plan” that can give them hope. This is Carol Barnum’s real story, written at a very personal level that many other grievors will easily relate to. I see this as an encouragement book that can help others know they are grieving “normally” and direct them to rely on God.

— **Linda Siegmann, GriefShare Leader**

The Other Side of Grief will draw you into a story of love and loss, faith, and grief. Carol Barnum shares the walk no one wants to take but everyone should prepare for: the sudden loss of one’s best friend. For her, it was her husband Dave. People would ask her, “Do you need anything?” Her reply, silent or verbal, was “Of course I do, but for the life of me, I don’t know what it is.” Carol’s story shows how loss can tear a person’s life into pieces, and how God can bring it back together again. Thank you, Carol, for being so transparent with us and helping so many walk this path!

— **David H. Hatch, Senior Pastor, Our Saviour Lutheran Church, Green Bay, WI**

Grief is something that sooner or later will enter your life. This book will help you on that difficult journey with insight, inspiration, honesty, and faith in God expressed by Carol Barnum. She asked God who would ever want to read what she has written. God’s answer to Carol was that he would give her the words to write, and when someone reads these words, they will hear what they need to hear. A must read for everyone!

— **Karen Bain, Administrator, Cardinal Ridge Residential Care, Green Bay, WI**

Carol Barnum pairs her honest, heart-wrenching chronicle of grief with her abiding faith, which assures her of God’s love, ever-present help, and eternal hope. She also offers readers practical advice about how to comfort and assist those in deep sorrow.

— **Julie Kloster, Author of *Leaping the Wall: Practical Ways to Empower Faith in Difficult Times***

The Other Side of Grief describes what life is like through the eyes of a woman whose husband has died unexpectedly and gives helpful insight into the journey no spouse wants to be on. Even while the grief journey unraveled her inner being and everything she knew, Carol

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Barnum's faith in God and the Bible stayed strong. Through all her emotional and physical pain, her trust in God's plan for her life remained constant.

A phrase that stuck with me is, "Different is okay." Even though her husband isn't here and things have changed, Carol accepts that her current life is good; it's okay that it's different. She also describes ways friends can help those who are grieving when they don't know what to say to them. Overall, this book shows how trusting in God can help anyone go through anything.

— **Renee Natzke, Book Reviewer**

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Suggested Interview Questions

For Carol Barnum author of

The Other Side of Grief

Why the Journey Matters

Q: Why do you think your husband died?

A: I believe that God had a very special reason for calling my husband to Heaven. Since the moment that I walked into my husband's hospital room, I knew his death was God's will. I knew that God had a plan. I don't know what it is yet, and I don't know if I ever will, but I know that it will be something perfect. Something better than I could have ever imagined.

Q: Why does this book exist?

A: In October 2014 I asked God to use me to show people that grief lasts much longer than anyone expected. In February 2015 God told me to write a book. So this book exists because God wants it to exist. It is part of His plan.

Q: What are you most thankful for in all this?

I am most thankful that in everything that has happened, God has never left my side. Sometimes I moved away, but I always knew where God was. Even when I felt like no one understood how much I missed my husband and how difficult this journey has been, I knew that God knew, and He was next to me with every step I took.

Q: What has been the most helpful thing that anyone has done for you since your husband died?

A: During this journey there have been people that waited for me when I struggled to find the words to speak, sometimes with tears running down my cheeks. There have been people that listened to me—even when I didn't make sense and I repeated the same thing over and over. And there have been people that told me that they were praying for me. This was especially comforting, because I knew that

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if they were telling me this—whether it was one month or one year after my husband died—then they really meant it.

Q: What has it been like to write a book?

A: When God told me to write a book, I didn't really think about the details of how it would happen. I just wrote. There have been times that I have been surprised and overwhelmed by what it takes to publish a book. But it has been worth it.

Q: What would you say to someone who has had a loved one die?

A: There are no words to say to someone that has had a loved one die. Because when that happens, the pain runs so deep. Unfortunately, I have had that experience more than once, and to those people that I was close to, I was able to give them a hug and tell them that God has a great plan. It didn't take away the hurt—there are not any words that can do that—but I was able to show that I cared.

Q: What has been the most difficult thing that you have experienced after the death of your husband?

A: Since the death of my husband, the most difficult thing for me has been the unexpected. Whether it was hearing about the death of someone, seeing a photograph, or hearing a song, if I wasn't expecting it at the moment, it caused an enormous amount of anxiety. I call it being ambushed. If someone had been able to warn me and tell me that when I walk into the doctor's office (or wherever) I will hear a certain song, then I could prepare myself. But it has always been the unexpected that has been hard.

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