



Testimonials from Seabeck 2012

The thoughts run through my mind, wondering why I was there. I have had enough sadness over the last 13 months since we lost Byron and I wondered if this was going to be another three days of it. I could have turned around then, and headed back home. In reflection of the weekend, a retreat, that I was not sure that I wanted to be at, I was so glad I came to. I left feeling stronger, understanding more and bonded with several people that are going through the same thing. The closing ceremony, in the memorial garden, was difficult - saying my goodbyes to my new found friends who, 36 hours ago were strangers. I would recommend the TCF Seabeck retreat. [Roy](#)

Today, we go to work, take care of the house and yard, cook dinner, pay bills, run errands - all the normal things of life. We often seem to be on "auto". The people we interact with everyday and even some of our friends and family don't see that we are still broken inside. Our life has a big void, and words of comfort like "he'll always be in your heart", just don't make up for that. The weekend at Seabeck, I didn't have to hide my grief or pretend that I'm ok. Everyone there was grieving at one stage or another. I cried, talked, rested, and listened. I could do these things with the support from others who could relate. It takes so much energy to get through our new "normal" life; Seabeck was a respite from that. We met people with different stories, some people have lost more than one child. We also met someone who had lost a son about the same age, around the same time, under similar circumstances as we did. [Linda](#)