

"It occurs to me that grief is neither a gift nor a curse although it may, at times, seem like both. Perhaps instead, it is a dividend of our investment in, or commitment to, an individual or group. Without investment, there is no loss. Without loss, there is no grief. We earn our grief with our investment in others. It is therefore a precious dividend not to be avoided or shunned but embraced."

Brian W. Flynn, Ed. D.

Chief of the Emergency Services
and Disaster Relief Branch of the
Federal Center for Mental Health Services,
reflecting on his experiences
after the bombing in Oklahoma City.