

# *Finding My Way*

The newness of the pain fills my today and tomorrows,  
The loss of a child must be the most painful of sorrows.

I struggle to find the strength to face another day,  
I look at pictures, remember his face, fall on my knees and pray.

I hear the same question over and over in my mind, “why”?  
I hide my face in my pillow, think of my son, heartbreaking as I cry.

I search for answers from books as well as from God Above,  
I try to reach out to friends for comfort and for love.

My arms once held this wonderful little boy,  
Oh, what I wouldn't give for just a few more seconds of joy.

How could I know that he would leave before me,  
This just isn't the way Life is supposed to be.

I will keep working through this new experience of Grief,  
He will always be my sunshine, his life was too brief.

I don't know how long this journey can last,  
I try to look to the future, but long to stay in my past.

As time goes on, I pray the pain will become familiar to me,  
Until I can join my beautiful son, Eric, for all Eternity.

—Nancy A. Doherty  
Anne Arundel County Chapter BP/USA  
In loving memory of her son, Eric Paul Haynal  
March 7, 1969 – September 13, 2005