

Letters to the editor
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Pittsburgh Post-Gazette

The grief over a loved one's death must not be felt alone

I am writing to commend the Post-Gazette on two articles that appeared two weekends ago: ["The Invisible Man,"](#) a July 18 First Person essay by architect Arthur Lubetz; and Mark Roth's July 19 profile of Jai Pausch, ["Learning to Live After the 'Last Lecture'."](#) Both had similar messages: Grief needs to be talked about openly.

Arthur Lubetz wrote about the awkward way that people treated him after the death of his partner 13 years ago, and more recently as his wife succumbed to brain cancer. He and Jai Pausch, the widow of Randy Pausch, have experienced significant losses and know firsthand the need for support. The Good Grief Center for Bereavement Support is a great resource for this community and we also feel a responsibility to encourage dialogue about the often ignored subject of grief. Each and every one of us has been, or will be, affected by grief, most likely several times in our lives. Why is it so many turn the other way or cross the street, as Mr. Lubetz so vividly reported?

If we can talk openly about the pain and heartache that accompanies grief in a natural and helpful way, more people will feel supported than abandoned. Jai Pausch said it has been her family, friends and church community who have helped her. Let's be the friends who are there for not just the first few days but the weeks and months after someone dies. Pittsburghers -- don't cross the street or turn the other way, let's face the reality of grief head-on as a community.

These are timely articles as GGC is planning a conference in October titled "Let's Talk about Grief." Jeff Zaslow, who co-authored "The Last Lecture" with Randy Pausch, will be the keynote speaker. The conference will be held at the Churchill Valley Country Club on Oct. 21. For more information on the conference and grief support available, please visit our Web site (goodgriefcenter.com) or call 412-224-4700.

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