

TRAGIC DEATHS

By Book Committee

The death of a human being, no matter the circumstances, can lead to a range of human emotions so profound that no other life event is likely to evoke such intensity of feeling.

Whether death be sudden without warning or predictable such as in cases of life-threatening health conditions or old age, death brings emotional pain, enormous sense of loss and sometimes grieving of such magnitude as may overwhelm relatives for lengthy periods of time or change lives fundamentally forever.

Tragic death, mostly sudden and unannounced, often accidental, may be the most difficult for relatives 'to come to terms with', having to cope and deal with shock, disbelief and sometimes outrage or anger. Whole communities can at times share these emotions.

Most people are likely to agree that the sudden or tragic death of a child or young person is the most horrendous 'life-blow' that can befall a family. It seems so unnatural and unfair for a child or young person to be snatched from life and family, in what may be a momentary life-taking event. The permanency of the sudden loss can be unfathomable and unbearable.

Loss of a loved one through suicide must be one of the most devastating blows of all for a family, friends and community. Suicide by young persons has a place of its own when it comes to the worries associated with rearing families in the modern world. When such death does arise, relatives and friends are invariably confronted with disbelief and utter confusion while endeavouring to seek explanations and answers that may never reveal themselves. We can be sure that those who found no alternative to suicide suffered tremendous personal torment that overwhelmed them through feelings of hopelessness.

Thankfully, in the Ireland of today, there is no longer a stigma associated with suicide. There is a growing understanding of the causes, these being many and varied. Suicide is not confined to gender, age or position in society though it is likely to be more prevalent among young people, particularly young males. The pressures of modern day life are a contributory cause of the increasing incidence of self-harm.

Grange Parish Book Committee formed the view that the publication of this book presented a unique opportunity to remember deceased parishioners, including those with parish connections, who died in tragic circumstances over the years. Those people had their lives cut short: perhaps denied the opportunity to live a full childhood; or to grow into adulthood, live their dreams, fulfil their ambitions and contribute to society; or perhaps some were denied the chance to experience their children growing up, becoming educated and going on to rear their families and denied the enjoyment of loving grandparenthood. Perhaps, others who had reached or were approaching retirement were denied time to enjoy the fruits of their labours into old age. We Remember.

*“In the blink of an eye
Everything can change
So forgive often and love
With all your heart
You may never know when
You may not
Have the chance again.”*



The websites of some organisations who provide counselling include the following:

- (1) <http://hospicefoundation.ie/bereavement/coping-with-bereavement>
- (2) http://www.citizensinformation.ie/en/death/bereavement_counselling_and_support/bereavement_counselling_andsupport_services.html
- (3) <http://www.barnardos.ie/what-we-do/our-services/specialist-services/bereavement-counselling.html>
- (4) <http://www.mentalhealthireland.ie/information/finding-support.html>
- (5) <http://suicideprevention.ie/>
- (6) <http://www.samaritans.org/how-we-can-help-you/contact-us>
- (7) <http://www.pieta.ie/>
- (8) <http://www.aware.ie/help/information/information-on-depression>
- (9) <http://www.suicideaware.ie/mental-health-helplines/>