

The Grief School

Sharon Brubaker & Erica Honore

Grief Specialists

Episode : S8E197 -

Interview Doctor Laurie Murdock



Erica ([00:03](#)):

Welcome everyone. Back to the podcast. Today we have a beautiful guest. Sharon and I have had the privilege, privilege, excuse me, of working with Dr. Lori Murdoch, and it has been such a joy. Lori came to us by way of another referral, which is also so beautiful, cuz now we're getting to get an insight into her world now that we know some of her friends <laugh>. But Lori has come to talk about initially just to share her loss. So Lori, you can share about how you, what brought you to us?

Laurie ([00:40](#)):

Yeah. So back in November 2nd, my dad passed away. And a week later, well, well, first of all, I just wanna speak to my dad's passing. I, I cried a lot and I had hope that I could grieve with my mom when my mom got better, but my mom didn't get better and she also passed away. And when, when my dad passed away, I was able to still work a little bit and I was very real and present. And when my mom passed away, something in me also passed away. Like it also. And all I knew was I couldn't do this alone. I couldn't do this alone.

Sharon ([01:30](#)):

Yeah. Thank you. Thank you for sharing that, that that is really tough. Laurie, one of the things that I loved about working with you was your faith.

Laurie ([01:41](#)):

Mm.

Sharon ([01:43](#)):

I'm, it makes me emotional just to think about it because you are a devout Catholic, a beautiful Catholic, and Eric and I were raised Catholic and you brought back so many beautiful memories for us. And typically we don't walk with faith because we don't know where the client is gonna be. And some people are struggling with their faith with God after a loss, but that wasn't the case for you. Share with us how your faith really helped you.

Laurie ([02:11](#)):

Yeah. So when my parents passed away, I'd like to say from Ren Zeer, maybe the approach to Covid. Did they really have covid? I don't know. So there's a naturally a lot of questions that went through my mind about just about this whole process. And they still swirl in my, in my head. And there's really no explanation. And the only thing that really calms me, that sustains me is God's permissive will. And God has his positive will, which are the good things in our lives, but he also permits suffering for a good that we may or may never see. But I trust that I trust God and I trust his will. And and that's what has sustained me.

Sharon ([03:03](#)):

that, that was beautiful. Go ahead.

Erica ([03:06](#)):

Oh, I was gonna say, you know, I think when had you and I worked together back when I was doing a lot of resisting of my own and not being willing to work with through my pain of Donovan and I was also very angry at God, I think it would've been such a challenge for me to listen to you and speak about your faith. <Affirmative>. But now that, you know, I'm, what, seven years later I've done all this work and I, I do, I love it too because it does bring back a lot of our childhood, a lot of the conversations we used to have with our parents and also with my mother-in-law. My mother-in-law is like, I always tell her when I need prayers, cuz I'm like, I know you've got God on speed dial, so can you please call this one in? But it's, it's a beautiful thing to see someone really stay true in their faith no matter what their loss is, and let that be their guidance through the pain. In addition to finding a, a program like Sharon and I. So I do wanna say I very much admire your faith as well.

Laurie ([04:07](#)):

Hmm. Well I have to just say that. Yeah. It's the bottom line that sustains me. And I do have a wonderful community that's held me up. I have had both of you. I've, so but bottom line, especially when the questions were all around my head, I just, okay, God, you've got this and I'm gonna trust you.

Sharon ([04:26](#)):

Yeah. Thank you. Thank you. I wanna say thank you for sharing that with us cuz it was really, really touching at times. There's something else that you did that I really loved. There were many times that we would jump on a Zoom call with you and you would say, girls, I listened to this song and I was really having a bad grief day, and I could hear my mom talking to me, or I could hear my dad, or God was sending me this message. <affirmative>, how many beautiful songs. Tell us about that connection.

Laurie ([04:57](#)):

Yeah. well, I like to listen to Caleb once in a while. And I, I really like Lauren Diggle's song Rescue. You asked me to find a song that can really touch my heart and her song rescue. You know, you are not hopeless though. You've been broken. And I hear your whisper underneath your breath. I hear your s o s and I often find that this, my grieving process has been very quiet. Like I haven't been able to cry it out. And like I said, something I felt, I felt like, especially when my mom passed away, like just, it just left me speechless. Like it left me and I, and I would whisper like, God, you hear me, God, can you see me? And so that song really touched me. And, and it goes on to say, I will send out an army to find you in the middle of the darkest night.

Laurie ([05:53](#)):

It's true. I'll rescue you. I will never stop marching to, to reach you in the middle of the hardest fight. And this has been the most traumatic experience of my life. And that song really touched me, you know, in Isaiah 46, 4, he says, I am he who will sustain you. I have made you and I will carry you, I will sustain you, and I will rescue you. And then there's, I mean, it goes on and on in Psalm 46, God is our refuge and our strength a very present help and trouble. I mean, it just goes on Psalm 91. I mean, it's all throughout scripture that God is here. He's, you know, he's our refuge. And yeah,

Erica ([06:34](#)):

I think that's, he's great. It's, it's not the norm in the beginning. I think people gen genuinely come back to their faith walk, but in the beginning I think they kind of resist and push God away because they're so hurt and so sad. But you did not even waiver, not one bit. <Affirmative>, it seemed like you leaned into

him more and were willing to embrace him looking for that, for him to sustain you and to be a rescuer of sorts. I always say with us losing the boys, it's like we were struck by lightning twice

Laurie (07:05):Mm-Hmm.

Erica (07:06):

<Affirmative>, but we at least got a reset in between. You didn't, you got struck and then you got immediately that that next strike hit hit you so fast. You probably were so disoriented. I can't even believe you were able to make heads or tails to even know, you know, how to find healing.

Laurie (07:26):

Mm-Hmm. <affirmative> mm-hmm. <Affirmative>. I, I don't even have a response to that <laugh>.

Laurie (07:33):

I just know that I ne I couldn't do it alone. I, I couldn't do it alone. And I, I have, like I said, a very amazing, I faith community at Star with Sea. And my friend recommended both of you. I remember when I signed up, you know, I was trying to, you know, contact you. I'm like, and if they never answer, well just fine. That just <laugh> you answer. And I'm like, okay, the next step, you know, do the next indicated step. My mom would today just do the next indicated step. And so you and, and my work with you, I mean, it's just been amazing. It's been

Sharon (08:11):

Thank you.

Laurie (08:13):

Yeah, I'm very grateful.

Sharon (08:14):

What do you, what, so you have worked in the grief community before. You've done some grief groups before, but what, being from your own personal experience, what surprised you about the grief, do you think?

Laurie (08:29):

Yeah. well, I appreciate the grief work that I did. I've always and I, and as I was thinking about this a little bit I witnessed other people's grief and I, so I had learned an appreciation to be an witness to an other's grief. And but, you know, doing my own work, I, you know, I just really am again, really very grateful for both of you. Just kind of walk me through what happens with our brain and how our brain protects our heart. And I didn't realize how much my brain was protecting my heart. And I would see people in tears as they would talk to me and, and, and show me and witness their grief, their grieving heart for me. And and yeah, I but my, yeah, it was hard to show that emotion or. <Affirmative> . <Affirmative> feel that emotion. It seemed really overwhelming. But I learned, I learned from both of you that when I, my mind is swirling with all those ideas of what I coulda should have said, you just gonna stop. And there's a, there's a feeling. There's a feeling there. And and so, you know, so that's one of the things that I learned about grief is just how much my brain really protects my heart and how do I feel.

Sharon ([09:58](#)):

Yeah.

Laurie ([09:58](#)):

And so you know, it, I learned what sorrow, like a deeper sense of sorrow and, you know, doesn't, it didn't read anxiety for me or depression for me, although it was similar to anxiety and depression. Like there were times I was very sad or a lot, you know, very anxious. But but it sorrow is that pain and it kind of, I don't know how to and just said, it's okay. It's okay to be in sorrow and or to wallow and I started having images of my heart. Right? I, so, because I couldn't cry, I would just lean into, okay, well what am I feeling? And I couldn't imagine my heart just swelling up with welling up with tears. And and that has really still, still works for me today when I'm having a feeling, I'm like, how? How's your heart? It's swelled up with tears. And I to connect the sadness and yeah. So just to pause and ask myself what, what am I feeling? And then rest in the care of God. Especially, I'm a, you know, I'm a thinker. I'm a doer. And so when I'm being in the pain, just knowing that I could rest in the arms of Mary or rest in arms of, of my father, you know, just our father he sustains me.

Sharon ([11:26](#)):

<Affirmative>. That's so beautiful. So, so beautiful. So I put out there that asking you whether you believe that there's layers to the grave, but you alluded to something earlier, and I wanna bring that back. So mom and dad pass, and then you have these questions about the remedies, and we know that everybody has different questions. You consider that even being like a layer of the grief, like even, I'm gonna go a little deeper and I'm gonna talk about just questioning the medical professional decisions, the things that they made decisions in, in the life and how mom and dad were treated. Do you agree that, that there are layers to a person's grief?

Laurie ([12:08](#)):

Definitely. And that the letters really helped me get to those layers. <affirmative> and yeah. My, I wrote a letter to the US government and the medical profession, and that was very freeing to really question. And my favorite line is, are you happy now? <Laugh>

Erica ([12:28](#)):

<Laugh>.

Laurie ([12:29](#)):

But anyway yeah,

Sharon ([12:34](#)):

The that also, the layers also remind me of what we say often is that we're forever changed. You know, this is. Laurie, I'm gonna sneak a question in here that wasn't in our, our pre, but I wanna ask you about this because I love your relationship with your mom. Beautiful relationship. And often we meet Grievors who, gosh, I'm so emotional. I we meet Grievors who have such great relationships with their moms. And a lot of times people in society don't understand that it's like, I have my mom, but she was like, your best friend.

Laurie ([13:09](#)):

I go to girl and she loved me and the best of me and she loved me and the absolute worst of me. And I don't know anyone else who could love me. And the absolute worst of me, I mean, a lot of people like the best of me, but they <laugh>. I don't like to show my worst of me. And I don't, I hope I don't often show it, but when I do, you know, my mom loved me through it.

Sharon ([13:31](#)):

Yeah. And you often shared that relationship between you and your mom. And it, I think that a lot of people don't understand when, when we lose a mom, but when we lose our mom and she's one of our best friends, there's another layer that people do. And you were able to share a beautiful relationship with you and mom with us. And so. Thank you. There,

Erica ([13:53](#)):

There is indeed that dynamic for mothers and daughters that, you know, you spend those like preteen through early adulthood, just, those are like the war zone years <laugh>. But when you make it out of that, there's a beautiful friendship that emerges. <Affirmative>. And, you know, your mom, you look at your mom in a different way and your mom was looking at you cuz now you're an adult and you have a career and you're outliving your life. And it's like so nice because like you said, no matter what, however you showed up, she was going to either, you know, put, make your, put a smile on your face one way or another to get you to snap out of it. And she's probably, you know, the only person that could do that. So that is a very special bond. And it's hard when that is lost.

Laurie ([14:41](#)):

Yeah. And I also, you know, and my dad, you know I have, yeah, I'm just very, I'm just very honored that I could be with both of them in their dying days. And my dad especially you know, the doctors and nurses would say he'd be sleeping and I would come in and he's like, he is not sleeping. You know, he's very much, he was very much alert with me anyway. And although he couldn't communicate, he communicated with his eyes. <Affirmative> and and all I had was this immense love for him.

Sharon ([15:17](#)):

Wow. Beautiful.

Laurie ([15:18](#)):

Yeah.

Sharon ([15:20](#)):

Who showed up for you during the grief that really surprised you? Like you weren't expecting him to be there, but they really showed up for you?

Laurie ([15:31](#)):

Well, like I, I mentioned I had an amazing community at Star Sea Catholic Church. And so Jess, it was almost as if God, okay, here is a community. Like during the pandemic I got very close to Friends Star and got to know Star community. It's like, okay, I'm gonna build your net. All right. And now I'm gonna change everything away <laugh>. And then I landed in the care and the love of my community. And so you know, you know that yeah. And they're still there for me, still.

Sharon ([16:03](#)):

It's so important, don't you think? It's so important. Lori, what is one bit of advice you would give anybody, even a friend or even a stranger that's on a, in a grieving experience right now?

Laurie ([16:17](#)):

Yeah. Well, I would say don't grieve alone.

Sharon ([16:24](#)):

Yeah.

Laurie ([16:25](#)):

Just like the bottom line. Find, find a witness, find witnesses like Erica and Sharon. Both of you were witnesses week after week and you understood grief a little bit better than most. And so I was able to really be completely open and honest with you and really share my ex my grief experience. It could be though a spiritual director, it could be a grief group, and I wouldn't rely on just one resource, you know, that I went to that Spark retreat. I went on some Catholic retreats. I went to go visit my mom's friends in North Carolina and down in LA And so just having a network of witnesses

Sharon ([17:12](#)):

And I, I actually love that you did that. I really did love that you did that because throughout this entire year you've done other grief retreats and events and you were able to pull all of that in and you shared them with us. <Affirmative>, Hey, I learned this and I learned that, and I love that, that about you. A lot of people don't do that. They just get stuck or frozen and, you know, there's a way out. I gotta find it. And you just went on that path and that was beautiful.

Laurie ([17:41](#)):

Yes. There's a, there's a Christmas song. I don't know that, that I don't, some kind of Christmas meer you just, there was a song, but it was just put one foot in front of the other and that's pretty much what you have to do. Just the next. Indicated thing, the next right thing, the next step, just do the next step. And so sometimes I would get kind of a little bit overwhelmed with the future, the next steps. You know, one of the things that was a shock was when my, both of my parents passed away, I didn't realize how much I was standing on their shoulders. Like my identity was in them, and when they passed away, I, I was left, you know with having to find that identity again.

Sharon ([18:24](#)):

Yeah. Or,

Laurie ([18:25](#)):

Or establish it or grow deeper or and it says, yeah, then the next right thing, let's do the next right thing.

Sharon ([18:34](#)):

One of the things that Eric and I often say all the time is, can you imagine if we lived in a world where we taught grief?

Laurie ([18:41](#)):

Mm-Hmm.

Sharon ([18:42](#)):

<Affirmative>, could you, in your, you're in the teaching profession. I mean, could you imagine, Laurie, if you had a class on grief with the third graders, let's say for example, because most kids, their first loss is gonna be either their dog or someone's gonna steal their bike, or they're gonna break their favorite computer, whatever it's gonna be, they're gonna experience loss. Could you imagine what a world we would live in if we taught.

Laurie ([19:08](#)):

<Affirmative>

Sharon ([19:09](#)):

Hey, those are intellectual thoughts. What's going on in your heart? Can you speak to that a little bit about what, how different it would be?

Laurie ([19:16](#)):

Mm-Hmm. <affirmative>. Well I'm not in a classroom anymore, but when I was in the classroom, I would have my little circle, my community circles, and sometimes grief came up, whether they lost a dog or they lost their baby sister. So one, one time it was really heavier, a lot heavier. And I, we had a way to process grief. And even now yeah, we, and what I would do was like, okay, everyone, let's put our hands out and let's put that person in our hand or their situation. Let's put them in our heart. And, and we would do that in front of the person. So that person had those witnesses of all of their second grade colleagues. And so I did a little bit of grief work with and teaching them, you know, and I remember one of my colleagues' mother passed away, and this is maybe 15 years ago.

Laurie ([20:09](#)):

I mean, I, I, and wasn't at all thinking of my own parents, right. But her mother passed away and I just had an appreciation. I've always had appreciation for people who've lost somebody. I don't know where that came from. Maybe when my grandmother died, maybe a roommate's family mother died. And may, I don't know where the appreciation came, but I've always had this very special place in my heart for people who are grieving. And so my colleague's mother passed away and I had her come into my classroom and I had the second graders each say something to her out of their hearts. And you know, it, she said it was very impactful, very beautiful for her. Yeah. And so what if we did this every day in CLA school where we had this place where you can grieve whatever it is, you know?

Laurie ([20:55](#)):

Yeah. And I think adults need this too. This ongoing learning. I I, even now, I'll, I'll say something like, my, my parents just passed away. I'm coming up into a year and I just get sometimes like a blank stare. I don't know if they know what to say or I'm, I don't even know sometimes what to say when someone brings up their loved one who's who's passed away. Although I've learned what has touched my heart. And just recently I saw someone who lost her husband and many years. And and I just, I walked past her and then I, I stopped and I turned back and I went to go and I just said, I just wanna, I just wanna acknowledge that your, your husband just passed away. And, and her tears came into her eyes and I, I said, I just want you to know my heart grieved for you. And and it was just a beautiful moment where

and tears came into my eyes too. Just that moment. And yesterday I was in another, I was in a professional meeting and someone was experiencing a, a situation that was difficult and I said, my heart grieved for you that you experienced that. And and they responded with a thank you. And I just, all I have to do is just get in touch with my heart.

Laurie ([22:13](#)):

<Affirmative> and share that and. Yeah.

Erica ([22:17](#)):

I wanna jump on that too, just since we're in the school setting. What would you suggest for administrations to make the changes when they know an employee's had a grieving event? Cuz I know you had some struggles, you know, when you had to go back to to work and you're trying to figure it out and it's, I don't really feel, and it's not just in an education setting, I feel like it's across the board and all careers, they don't really support the gr griever when they're returning back to work. So what would you make suggestions in that area?

Laurie ([22:50](#)):

So first, yeah, first let me speak to it. I got, I got an enormous amount of love from individual colleagues and I was given flowers and cards and I did respond to them with a thank you. I shared with them a, a little fun story of my parents. You know, my mom and dad had their signature dance where she even like throw the lasso. My mom would pretend like she was caught and danced, you know, up to my dad. And, you know, my dad died first, so he threw down the lasso and

Erica ([23:19](#)):

<Laugh> so cute.

Laurie ([23:21](#)):

And smugly went up and met her beloved up in heaven, you know, although that's not, you know, theologically sound, but but that's a nice image. Anyway. so that I was able to, to talk about that, especially when I first went back, you know, there's a lot of love and support and grace and, but I mean, maybe three or four months into it, maybe it was like February, March I remember there was a lot of, I mean, that time of the year in a school setting is there, there's testing, there's a budget, there's a lot, lot of tension. Anyway. And I remember speaking to to my colleagues, like, Hey, I just wanna remind you that I know there's a lot of tension right now and I wanna remind you right now, for me, my parents passed away not even six months ago.

Laurie ([24:07](#)):

And and it was interesting. Another, a very young educator, not even 30 seconds, oh, I have a question about such and such <laugh>, I have a quick question about such. And it was something completely not related to what I just said. And, you know, I could hold space and grace for that, you know, and that's something that I'm working on. How do I hold space and grace and love for people who don't know how to respond necessarily. <Affirmative>. But yeah, like, so what, what can we do? And I, I think, you know holding space when Yeah. For that person in the way that that feels comfortable for the person. You don't wanna have a circle with your colleagues. If a person doesn't want all the intention on you, that

would be very uncomfortable. But, you know, finding a way to maybe even say, how's your grieving going?

Laurie ([24:56](#)):

Or. <Affirmative> go writing, I know it's been four months, like a little card. I just wanna acknowledge that it doesn't go away. Your, your grief doesn't go away. Someone came up to me and said, oh, I don't wanna, I don't wanna, you know, make you feel sad if I ask you about your parents. And I looked at her, I'm like, there's not a moment I don't think about my parents. So, you know, but when you say, Hey, how are you doing? Or, I'm just thinking about you and I'm thinking about your parents, it's always touching to me that people. Mention them. It, it doesn't bring me to a sense of sadness cuz I'm already there, you know? So, so I don't know. I think when it come, I think it is really good to be able to find a way of educating each other.

Laurie ([25:38](#)):

I remember writing a note to one of my principals back at like 15, 20 years ago, and her father had passed away the year before and I just wrote a little note at the anniversary and she was so touched and I was really surprised how touched she was and Jess, you know, making that effort to say, I remember, you know, I'm here for you. Or I just remember like, I know, you know, for, for other people the grief Yeah. They do move on from the initial hearing of someone else's passing. Right. But my grief stays with me. It'll stay for the rest of my life.

Sharon ([26:14](#)):

And it is really nice when people do recognize it and they just say, Hey, I'm thinking about. <Affirmative> with your friend. I think it was so

Laurie ([26:23](#)):

Beautiful. My community constantly, I have good friends in my community and she's like, oh no, Laurie, I just still can't get over your parents. And it just like, makes me heart, my heart. Like, just fill up with warmth and gratitude for this friend. You know another friend at at, at my church just came up to me and she goes, I'm not done wallowing. And I'm like, you don't need to be done wallowing. I don't know if we'll ever be finished wallowing. Like my, my heart is like ally wallowing and it's tears, you know, I don't always show it. And that's what I meant by that quiet grief, you know, like that whisper like, God, do you, can you, can you see me? You, do you see how hard this is? Or do you see my sorrow? You know. But yeah,

Sharon ([27:10](#)):

I I think this is one of the best shows I've ever done. I just <laugh>

Laurie ([27:15](#)):

You probably say that to everyone and that's okay.

Laurie ([27:18](#)):

That's a good thing to say.

Sharon ([27:22](#)):

It is truly one of the best shows I've ever done. But I wanna end with this. I quite often say this, but I wanna say it. Hear everyone, hear it out loud. You know, you are the hero. You came here to two perfect, nutty strangers,

Laurie ([27:37](#)):

<Laugh>

Sharon ([27:38](#)):

For us. And you came and you literally laid your grief before us and said, here, here's my heart.

Laurie ([27:45](#)):

Mm-Hmm. <affirmative>,

Sharon ([27:46](#)):

That's well enough. Please help me. <Affirmative> and up and that means so much. And I just wanna say thank you. Thank you Laurie. Even though some weeks we were ding it out,

Erica ([27:58](#)):

<Laugh>,

Laurie ([28:00](#)):

I was authentic <laugh>, you know, this is what I mean by the witnessing. I mean

Laurie ([28:08](#)):

The witness that you gave me, I don't know. That's, I just wanna tell everyone who's grieving, find that witness. Cuz you can't grieve alone. It just, and I, I was thinking about this podcast earlier this morning, and there's a song that came to mind. It's Natalie Merchant's song you know, love. And I think it's oh, I don't know, the kind love and kindness. I don't know. It's the, it's the thank you song. And if I could find it real quick, I could even <laugh> play it as in I was gonna get ready for it. But let me, I, I wanna see if I can find on my phone while

Erica ([28:45](#)):

You're looking. I'm, I'm gonna just share about our time together. I have never seen someone so much in their head. As a Lori, when she would show up, there would be some days, Lori, you were talking so fast. I would be struggling to keep up with what you were saying. I'm like, I ca she's talking so fast. And then as the days and the weeks and months of us being together, I saw a shift.

Erica ([29:13](#)):

And you, there was a more of a calmness and a peace and like the beautiful woman who shut up today was very calm and peaceful. And it's like, you just have made that shift where, you know, we'll never know the answers to the things that swirl around in our heads about our situations, we, you know, and that we would, it would be helpful to have them. But just now getting to a place I think of you, of accepting, you're not gonna get those answers right now, but you still have to go live and honor your parents in the best way possible. And this trip coming up to the holy land that I'm so excited about that you're gonna take, like, I, it's like I feel like Sharon somewhere, little proud parents too.

Laurie ([30:00](#)):

She's, oh, you guys have been great on like all the little ways I've, you know, honored my parents this whole last, you know, my time with you. Like my dad's birthday's on 7-Eleven, so I had everyone go get their free Slurpee and I was at St Minded Benedictine Abby for my mom's birthday and that's, she was an olet and I didn't know what to do for their anniversary. So I came up with that.

Erica ([30:24](#)):

And I loved it,

Laurie ([30:26](#)):

This or that. And I loved that. I loved that that exercise for me. Like my mom would've said this and my dad would've said that and maybe my brothers and sisters would've disagreed with me, but that's okay. Cuz we all like experienced our parents differently. I, I think. And so yeah, so thank you, thank you for reminding me to honor them. And, and I still like, I still haven't like, talked with them and then I listen to what they might, what they might say. Like, I'll just kind of just say this real quick story. I think I was my pastor was calling me out cuz I'm late for mass or I'm talking yet during mass and I was very like, very indignant when he was calling me out on this and I was driving home and I'm like, mom, I'm dad. Did you hear what he said? And my mom was like you know, like the truth, the truth. I, how did she say it? You know the truth never lies or something like that.

Sharon ([31:19](#)):

<Laugh>,

Laurie ([31:20](#)):

You know some, some kind of saying or and my dad was like, yep, that, you know, that's exactly right Laurie. You know, cause cuz I was always late when I would go to mass with him and I was always, and always like shushing me and yeah. The truth, I think what, what is it that the saying that she used to say something like oh, I can't remember it. So it's, but you know, Kate we're pretty much like agreeing with him, you know, so I told him that and he, he laughed and he's like yeah, he appreciated it too. One

Sharon ([31:50](#)):

Other thing is that when we were talking about all the little honoring that you did throughout the year, Eric and I always say it's called grieving and living, right? We're grieving, but we have to keep living. Like you were expected to show up for work every day and do your things, but you honored them in your grief. You, the 7-Eleven thing was just so cool. And their anniversary and that wedding photo that you posted, it is honoring it. I'm, it is grieving and living. We still have to live our lives even though our art are absolutely broken.

Laurie ([32:25](#)):

Mm-Hmm. <Affirmative>. Yeah.

Sharon ([32:28](#)):

And you were a great testament to that.

Laurie ([32:30](#)):

Yeah. Thank you. I found the song. You wanna hear it?

Erica ([32:33](#)):

Sure.

Laurie ([32:35](#)):

It's kind of generous. So here it goes. Sorry. Don't forget about spelling and grammar. There's always that little highlighted areas commercial. Okay, here we go. I'm gonna pa I'm gonna, yeah.

Laurie ([32:57](#)):

You know this song on

Laurie ([33:04](#)):

You wanna dance, but

Laurie ([33:05](#)):

This is to you, to you, to you. Sharon, wanna thank you. Thank you.

Laurie ([33:18](#)):

I love

Laurie ([33:19](#)):

His first part. Other words.

Erica ([34:15](#)):

Thank you for that. Love it.

Laurie ([34:17](#)):

Yeah. I'm gonna have to listen to the whole song, but yeah. Brought so much tears to my eyes. I'm really am grateful. Thank you. I don't, I don't cry often. So yeah. Thank you for everything just been so kind and generous and the highs and the lows and, and the difficulties and just really holding that space for me. Thank you.

Erica ([34:43](#)):

You're welcome. It was our pleasure. Thank you for trusting us.

Laurie ([34:47](#)):

Yeah, thank you.