

# The loss of Her Late Majesty Queen Elizabeth



In the normal course of events, it is only after a funeral has taken place that the real process of coming to terms with loss begins to unfold. Anyone who has lost someone close to them knows that what follows on from the initial funeral ritual of publicly grieving and celebrating a life that was loved is long days of feeling empty and disoriented. A normal span of grieving and readjusting to life that is now unquestionably different takes many months, not weeks or days, to work its way through the human heart and psyche. Our common human experience is that it takes time and space for us to come to terms with such change. Grieving the loss of someone you have loved deeply triggers for many people an emotional trauma, a strong feeling of being left, and even abandoned, alongside profound thinking about the meaning of life itself. Where to now? How will I manage in the future? Do I want to?

The loss of Her late Majesty Queen Elizabeth II will continue to cause a period of solemn reflection for a great many people for months to come. For some who struggle with depression and low mood at the best of times, the negative impact on general mental well-being would not be surprising. An official national period of mourning behind us means that we must now do our best to muddle through

the changes on our own. For some it will be important to continue to verbalise what this loss means, finding words with which to articulate a new sense of direction and purpose will not necessarily come easily. The need for gentle patience and quiet understanding from others will be important as together we look to the future.

At some point on the horizon there will be a coronation. Seventy years is a very long time between coronations and is not something many of us have witnessed before. Those who are able to look back on fond memories of 1953 will be able to both reassure and excite those of us for whom this is going to be entirely new. The Coronation of King Charles III will symbolise a new chapter in the history of our country. Traditionally we measure time in accordance with the reign of our monarchs. Our Elizabethan Chapter is now closed, and we must look to a new beginning.

The prospect of a coronation brings with it an opportunity for local authorities, parochial church councils and others to celebrate by instituting projects by which the whole community benefits. Now is the time to begin to formulate plans and think creatively about how we mark this important occasion. Even in straightened times, it is sometimes right to 'make a splash'. Now is the time to contemplate funding and fundraising in order to ensure that this next coronation will be one we will remember and will in turn become a reference point for our children's children.

God Bless You and God Save The King.

*Revd Mark Bailey*