

Spotlight

"We create a safe space for grieving widows and widowers to move forward through means of connection and support by normalizing grief."

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UPCOMING EVENTS



Available As Is: A Mid-Life Widow's Search for Love
October 9 8:00-9:00p (ET)

Debbie Weiss joins us to discuss her journey of widowhood. A native of the California Bay Area, she turned to writing after George, her husband and partner of more than three decades, died of cancer in April 2013. and she found herself alone for the first time in her life at age 50. Weiss's essays have been published in The New York Times' "Modern Love" column, HuffPost, and Woman's Day, among other publications. Her first book Available As Is: A Mid-Life Widow's Search for Love, was released in September 2022.

RSVP HERE TODAY!



Karen, also known as Karly, resides in New York. She is a mother of 9 children and grandmother to 2. Karly became widowed from her husband Ron unexpectedly in February 2020. Aside from everything she needs to maintain, she continues to be the glue that holds her family together.

After becoming widowed, she began her venture seeking virtual support groups due to the pandemic. Karly joined Widows in Motion virtual platform while still in it's infancy stages and plays a vital roles in the connection and support that happens within the group. She is someone who lends a listening ear and has a unique way of making people laugh. Karly always try to remind us of something we are thankful for, alongside widowhood. If you are a member of our virtual platform, Karly hosts bi monthly "Thankful Thursday" virtual video calls which we encourage you to join. She has been a blessing to our virtual community.



The Widows in Motion team interviewed Karly on her experience and how Widows in Motion helped her move forward. Heres what she shared:

How did getting into these groups change how things were moving for you?

They made me become more motivated to do things. During Covid I didn't want to do anything. I was hanging I was just hanging out at home. I was talking to people I was like I have to live my life.

What would you say to someone who isnt sure about joining the Widows in Motion platform?

I would say join. I know a lot of people that join for the first time they come on they feel awkward. The reason might be because we all know each other, were like family. We know more about each other then our families probably do. But we are also very welcoming. Come try it out if you want. If your nervous, keep your camera off, you don't have to talk, just listen. Come back a second and third time to get to know everyone. We know so many things that your not prepared to be a widow. You don't know about social security, you don't know what to tell children, not sure what to do with ashes.

What would your life be like without this group?

Its hard to say I think it would have taken me longer to come out of my shell would have been more depressed. Its hard ot say if I didnt have the group. I just know beng apart of the group made me feel really good and I think it made me heal faster. I'm still helaing but it made me more thankful.

Tell us something positive that's happened since becoming widowed.

I have a boyfriend now. It was awkward at first because I have pictures of Ron. I didn't know how he would react to that. But he doesn't have a problem with it. He doesn't have a problem if I mention Ron. He told me I never met him but from everything I hear and the way your kids act I can tell he was a great guy.

Share a fun fact about you:

A fun fact about me is I can twirl a broom stick.

RAW: Real Authentic Widows Podcast



The Widows in Motion team is excited to announce as of July 2022 they have developed a podcast that will be posted weekly. The team will share their experiences, provide grief support, ways someone non widowed can support a widow or widower in their life, invite guest speakers, and other great topics! The podcast is available via the organizations website and on 9 other platforms. Subscribe or follow the podcast now! Rate the channel, provide feedback, and share with others.

If you believe in our mission please consider making a one time or monthly donation today!

