



# Sisters in Mourning

Daughters Reflecting on Care, Loss, and Meaning

edited by

*Su Yon Pak & Mychal B. Springer*

foreword by *Mary Gordon*

Caring for their mothers at the end of their lives and grieving for them after their deaths brought them together. Seven women from diverse racial, cultural, and religious traditions with differing sexual orientations and life experiences became seven “sisters in mourning,” meeting to share their grief and to remember together—not only their mothers but themselves as daughters. This book is a rich compilation of narratives that emerged through vulnerable conversations—a spiritual, emotional, and existential exploration of the complexities of caring and grieving. As their grief transformed over time, and their friendship deepened, our understanding of who their mothers were and the nuances of their relationships with them continued to evolve. *Sisters in Mourning* invites readers to a journey of healing and insight.

“In one of the most poignant and incisive human weaves available to any of us, *Sisters in Mourning* leads us toward each other and a larger sinewy entirety. Overlapping stories of seven diverse women as they viscerally lay out the life and death of their mothers become a web of much greater longing and resolve. The intricacies of these daughters facing fierce, gentle, fearful, powerful, hilarious, evacuated, cruel, and kind mothers is alive on every page. If you want a compact, juicy, demanding, and gracious chance to meet life and death head on, don’t miss this book. It carries us to a deeper and broader place to breathe deeply and take stock. The wide-ranging, yet intensely open-hearted, authors make this about much more than who they and their mothers are.”

—HAL TAUSSIG, poet, theologian, and editor of *A New New Testament*

“The language of grief knows no boundaries. This book is a lesson on what can unite and strengthen us as human beings.”

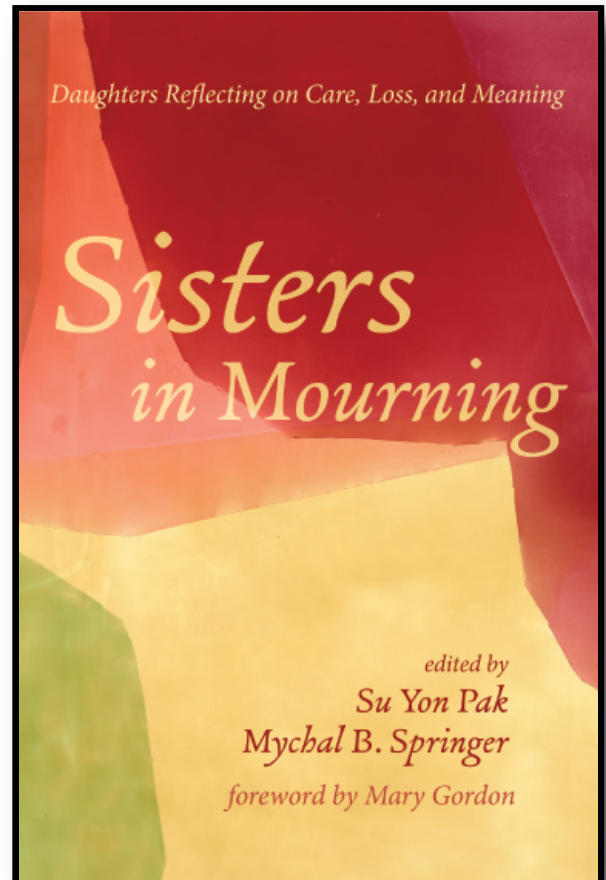
—JESSICA NUTIK ZITTER, author of *Extreme Measures: Finding a Better Path to the End of Life*

“This very special book is a powerful rendering of the journey of care and grief as daughters enter the landscape of their dying mothers’ final phase of life. This work is a lesson in love and humility.”

—JOAN HALIFAX, Abbot, Upaya Zen Center

“*Sisters in Mourning*, from the opening pages, grounds us in the awareness that there is sacredness and ceremony afoot and that we are in the terrain of the heart. . . . There is a power in caring and grieving that heals the heart and cultivates compassion, seeding the flowering of love. This book is a masterful ‘accompanying presence’ to the courageous and authentic gathering of these seven women, who tell the truth and take the deep dive into the mystery by leaning into grace.”

—DARA WILLIAMS, psychotherapist, trainer, and meditation teacher, Insight Meditation Society



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