



My Cannonball Into Peace: A Daughter's Journey Through Grief

Annie McCarthy

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In 2010 Annie McCarthy's mom, Mary Kay, requested hospice care. She passed away peacefully at home surrounded by her large family. Annie invites us to share this time with her so that we may experience her mother's grace as she accepted the mystery before her. Her personal account of the grief she endured following her mother's death allows us to witness the sacred power of loss. Annie chooses to embrace her grief in order to move through it. She states, "I decided to do a full cannonball into the well of grief. I would completely surrender." Through that process Annie comes to recognize the deeper dimension that lies within her, within all of us. She comes to know the peace of God.

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