



In Loving Memory of Justin Carr, by Susan and Darrell Carr

Search ...

RECENT POSTS

- Justin's 25th birthday A tribute of love
September 14, 2021
- THIS IS US... DARRELL, SUSAN & JUSTIN
September 13, 2021
- THE FRUITS OF THEIR LABOR
September 6, 2021
- Life as a Walt Disney Imagineer and beyond
April 18, 2021
- NFL PIONEER BURL TOLER'S LIFE WILL INSPIRE Bay Area SPORTS FANS (MY DAD AND JUSTIN'S PAPA)
February 18, 2021
- a tree of life (For two Justin's MOMS) WAS IT A COINCIDENCE?
December 25, 2020
- LET THERE BE PEACE ON EARTH...
December 14, 2020
- Season of love: happy 24th birthday Justin
September 12, 2020
- Let me be the first to say... Good grief 6/1/2020
June 7, 2020
- AS QUIET AS IT HAS BEEN KEPT...
June 7, 2020

CATEGORIES

Select Category

META

- Log in
- Entries feed
- Comments feed
- WordPress.org

POSTS

LET ME BE THE FIRST TO SAY... GOOD GRIEF 6/1/2020

🕒 JUNE 7, 2020 🗳 SUSAN TOLER-CARR 🗨 LEAVE A COMMENT

I wrote this original email on Monday, June 1, 2020, at 12:19 am because I could not sleep. A lot of people know that we lost our son Justin 7 years ago when he died from an undiagnosed heart condition during his usual swim team work out at school. He was 16 years old. For many years I was numb... I could barely breathe and sometimes I still can't. I am sharing this because so many people have been asking my opinion and this is not just for my "Grief Sisters". It's for anyone who wants to be a heart with ears, but does not know what to do.



Losing a child is like no others. For 5.5 years I drove 70 miles round trip twice a month to share in the comfort of other women who were carrying the heavy load too of losing their child. We still connect and talk as often as we can. We hold each other up when we face life issues that bring us down. This is what I call Good Grief.

Sisters,

I guess I'm writing this to you because together we have shared some deep moments of pain these past 6.5 years as we honor, mourn and remember are children 24/7.

We know what grief is for losing a child or someone we love dearly. Grief comes in all types of situations. Right now before I go to sleep I just have to tell you that some of my grief I can't hide. I am a black woman. I am married to a black man, I birthed a black boy and from an early age had to teach Justin how to respond to the rule of order. The weight is heavy...

I don't care about your political persuasion. My parents and I as a black woman was raised on the premise of accepting all, treating everyone equally, right from wrong, honesty, integrity fairness, and equality, and no bullying. I have multi-international in-laws, nieces, and nephews who accept and honor their biracial identities. However, you will never know my unique pain.

No one really wants to trade places with a black person. Would you?

I just watched a professor ask an entire class of white people whether they would be willing to be treated the way blacks are treated today and no one raised their hands – so people should be screaming and yelling- our nation is so divided

<https://www.instagram.com/p/CA3A8HlGTH0/?igshid=ken-fwy802tfo>

Everyone in my family has faced racism. I just found out today that my nephew was stopped 14 times and counting on his way home from school to his home in a Bay Area suburb- never arrested always scrutinized and let go!

This week my wound that that has been a sore is wide open, hell it is bursting at the seams.

I have had to make some tough decisions in my life.

Today I fielded dozens of calls and messages from my White friends in tears and asking how they can help. I told them to read these books

I've read and seen the videos of the looting and destruction by people in distress or just plain ignorant. Very disturbing and many were staged Attacks of non-black people. I don't condone violence.

I have witnessed friends go silent and avoid the discussion about the "white elephant in the room" – the infamous Amy Cooper the dog walker in Central Park – who threatened the Black Man like he was a dog..

Rant and rage about the destruction – but not about the death of George Floyd or others or other deaths of unarmed black men and women.

🗨

Some of the responses are oh too familiar as it was the day Justin died :

Don't worry

Don't cry

Be strong

So I know you must be wondering what I feel – but not sure how to connect – maybe I have not crossed your mind – but you certainly have crossed mind these past few days. I thought : What are my sisters really thinking? Why have I heard from them? Something was different.

Here are a few other things To see and read if you have not already :

🗨



Resources for talking with children about racism and protests
<https://www.embracerace.org/resources>
<https://abcnews.go.com/parents-talk-kids-racism-ge.../story...>
<https://www.pse.upenn.edu/.../talking-children-after-racial-i...>

Anti-Racist Education
bit.ly/ANTIRACISMRESOURCES (Note: this is a large compilation of resources put together outside of our community that we received through KQED's Mindshift podcast.)
 Aspen Ideas with Ibram X. Kendi: How to Be An Antiracist (there is also a book by the same title)

<https://www.aspenideas.org/sessions/how-to-be-an-antiracist>

Resources for Healing
 Racial Trauma Toolkit from the Institute for the Study and Promotion of Race and Culture
 Historical and Current Context and my library providing largely untold but need to know American History
 "Just Mercy: A True Story of the Fight for Justice" and "Just Mercy (Adapted for Young Adults)" by Bryan Stevenson
 Equal Justice Initiative: <https://ejl.org/>
 "The Half Has Never Been Told" Edward Baptist
 "America's First Freedom Rider" Jerry Mikorenda
 "The Warmth of Other Suns" Isabel Wilkerson
 1619 Project
 "13th" (documentary available on Netflix)
 "The New Jim Crow: Mass Incarceration in the Age of Colorblindness," by Michelle Alexander"

Kareem Abdul Jabbar

<https://www.latimes.com/opinion/story/2020-05-30/dont-understand-the-protests-what-youre-seeing-is-people-pushed-to-the-edge>

Trevor says it right :



So as you get through the days and years to come living through the aftermath of the civil unrest in our lifetime we are currently facing without ever having to face the other side of grief that I live witnessing discrimination because of the historical stereotypes – the color of my skin – know that you don't have to be fearful of me of talking about "the white elephant in any room."

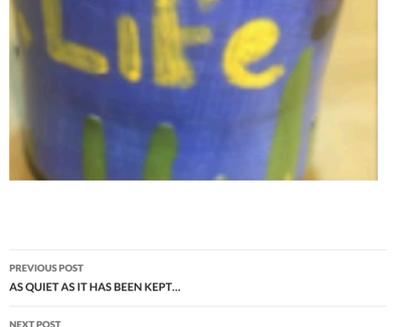
<https://www.refinery29.com/en-us/2020/05/9841376/black-trauma-george-floyd-dear-white-people>

GOOD GRIEF... It's complicated grief– but I had to let it out.

I'm exhausted.

Good night

Love, Susan



PREVIOUS POST
 AS QUIET AS IT HAS BEEN KEPT...

NEXT POST
 Season of love: happy 24th birthday Justin

LEAVE A REPLY

Your email address will not be published.

Comment

Text input field for comment

Name

Text input field for name

Email

Text input field for email

Website

Text input field for website

RECENT COMMENTS

Xiomara on THIS IS US... DARRELL, SUSAN & JUSTIN

Anonymous on THIS IS US... DARRELL, SUSAN & JUSTIN

Anonymous on THE FRUITS OF THEIR LABOR

Nancy on THE FRUITS OF THEIR LABOR

Dr. Margie Baker on This Swimmer Caught My Ear

Suzanna Camejo on Life as a Walt Disney Imagineer and beyond

Catherayne on Life as a Walt Disney Imagineer and beyond

Betsy on Life as a Walt Disney Imagineer and beyond

Renee Plummer on NFL PIONEER BURL TOLER'S LIFE WILL INSPIRE Bay Area SPORTS FANS (MY DAD AND JUSTIN'S PAPA)

Ellen Garrett on a tree of life (For two Justin's MOMS) WAS IT A COINCIDENCE?

CLOUD TAGS

#JC4WP Mom #JCWWP #JCWWP Foundation
 @mcraejensen Arizona Benefit Burl Toler Campus Butterfly Garden Inn cake Walk: Ceeds of Peace
 Child loss Dr. Maya Soetoro-Ng Election 2016 enjoying fun Events Father's Day
 Grieving with Gratitude Hairspray Hamilton
<https://www.facebook.com/Justin-CarrWantsWorldPeace>
 Idiopathic hypertrophic cardiomyopathy
 Idiopathic Hypertrophic Cardio Myopathy J Just
 Justin's Story Justin Carr
 Justin Carr Swimmer
 Justin Carr Wants World Peace
 Lisa Dahl Restaurants Love Trumps Hate Lt. General Stayce Harris Mother's Day Mother's Day Reflections PEACE S.A.F.E.
 Samuel L. Jackson SCA SCA in Athletes Sedona Silent Grief Child Loss Sudden Cardiac Arrest (SCA) University of San Francisco World Peace
www.justincarr-wantsworldpeace.org

NOVEMBER 2021

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

◀ Sep

ARCHIVES

- September 2021
- April 2021
- February 2021
- December 2020
- September 2020
- June 2020
- April 2020
- February 2020
- September 2019
- May 2019
- September 2018
- February 2018
- December 2017
- October 2017
- September 2017
- August 2017
- May 2017
- April 2017
- March 2017
- February 2017
- December 2016
- November 2016
- October 2016
- September 2016
- July 2016
- June 2016
- May 2016
- April 2016
- February 2016
- November 2015
- October 2015
- September 2015
- August 2015
- June 2015
- May 2015
- April 2015
- February 2015
- January 2015
- December 2014
- November 2014
- September 2014
- August 2014
- July 2014
- June 2014
- May 2014
- April 2014
- March 2014