

Nature never hurries. There is time and space to feel the hurt and the healing that happen all at once.

The river keeps flowing, even when I feel the world should no longer spin.

~ Betsy Bertram

@scott_b_film

Dear Friends,

Thank you so much for supporting ***Captain Scott B and the Great Adventure***. I am excited to share the first edition of our monthly newsletter. I hope to create space for us to individually and collectively explore loss by continuing to share thoughts, feelings, and observations on grief, including excerpts and updates from the film. I believe if there is a through-line to the story of the human experience, it is grief. Until we reckon with it, we limit both our capacity for loving and for living.

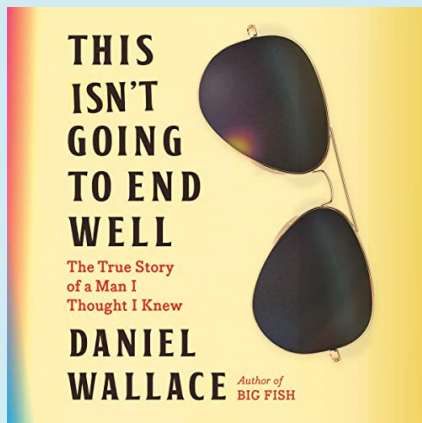
If I were to give this newsletter a name, I would call it “Grief Digest.” When we don’t digest grief, it stays locked not only in our hearts and minds but also in our physical bodies, often leading to pain and illness. As Ross Gay so aptly writes in his spectacular new book ***Inciting Joy***, “Grief is the metabolization of change.” This quote captures what I learned when my dad died nearly six years ago: to live is to grieve, in big and small ways, every day. Grief is an undeniable part of the human experience, despite our cultural desire to exile it in the hopes we can somehow escape the inevitable. We must digest our grief before we can metabolize it.

In the early months after my dad died, I thought I could outrun the grief. I mean this literally - those who have seen the film may recall a scene of me running in Merritt's Pasture. I kept myself over-scheduled, as if being busy would leave no space for the grief to catch up with me. After a few months of

running myself ragged, my body in more pain than I had ever experienced, I collapsed; the grief completely consumed me. It was at that moment that I learned “Grief is not gotten over, it is gotten into,” as Gay writes. Only when I inhabited my grief, getting curious about it like a new friend, did I begin to feel shifts in my physical, mental, and emotional state.

Befriending my grief was the first step in digesting it. Making the film and diving deep into my dad’s old videos and journals, has been a big part of my digestion. Over the years I’ve learned that in order to get into our grief, we have to slow down and ground not only into the earth but also into ourselves. Grounding is the prerequisite for feeling our emotions. One of the invitations from *The Five Invitations: Discovering What Death Can Teach Us About Living Fully* is “don’t wait.” So right now, slow down your breathing, lengthen your exhale, feel your feet on the earth. Whether you’re grieving the loss of, a partner, a parent, a beloved friend, a pet, a career, a part of your identity, a houseplant, things not turning out the way you expected them to... instead of moving away from emotion, breathe it in. Get into your grief knowing that by doing so, you are digesting and metabolizing loss, which will increase your capacity to love and live open-heartedly.

The Grief Digest



Book Feature

In each edition of the newsletter, I will feature media related to topics from the film - loss, grief, gratitude, healing and nature. Our first feature is Daniel Wallace’s new book *This Isn’t Going to End Well: The True Story of a Man I Thought I Knew*

Since my dad died, I’ve read countless books about grief and loss but I can’t say that any of them have been page turners... until I read Daniel Wallace’s new book *This Isn’t Going to End Well: The True Story of a Man I Thought I Knew*. As described on Wallace’s [website](#), this book is “Part love story, part true crime, part a desperate search for the self and how little we really can know another” and explores “what happens when we realize our heroes are human.” Wallace vulnerably writes about his hero, friend and brother-in-law William Nealy who took his own life at 48 years old. Nealy, a legendary outdoorsman who was famous for his hand-drawn maps for paddling southeastern rivers and mountain biking trails in the Smokies wrote in his journal “you have to get near death to really be alive,” a

sentiment I found more true than ever in the final months of my dad's life. I stayed up late into the night, immersed in Nealy and Wallace's world, underlining passages that are at once deeply personal and universal about life, death, loss, love and the power of stories. As Wallace so brilliantly writes, "We live and die by the lights of the stories we tell about ourselves." And the story Wallace tells is one I will never forget, a story so powerful I felt it seeping into my skin. If my dad were alive today, this would surely be one of his favorite books. Endless gratitude to Wallace for sharing his grief story.



Book a Screening

Captain Scott B and the Great Adventure's universal message around grief, loss and resilience brings people together in a collective, healing experience that reminds us to seek the wonder in the present moment. Bring the film to your community or organization for an in-person or virtual viewing experience through one of our screening packages customized to your audience. Explore our unique screening packages [here](#).

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