

Remembering My Husband Gerry

The great baseball player Lou Gehrig (who played first base for the NY Yankees for 17 years) was forced to retire from his beloved sport, having been stricken by ALS (often called Lou Gehrig's disease). His farewell speech began with the immortal lines: "Fans, for the past two weeks you have been reading about the bad break I got. Yet today I consider myself the luckiest man on the face of the earth."

Being grateful for all the good times we experience, the accomplishments that make us proud and help others enjoy a better life, the love of our family and friends, and our sense of having lived an honorable life—all these sustain us as we face our death. Gerry told me several times that he knew he had lived a fulfilling life. I, in turn, feel that I was the luckiest woman in the world to have shared 35 years with this incredible man. He never complained or criticized an individual's behavior. If there was a problem, he focused on solving the issues and examining the situation so that it wouldn't happen again. His supportive perspective encouraged others to trust their judgment, and in turn to act supportively to others.

As Gerry wrote in his ethical will, he was "happiest as a builder. Family, friends, Emunah, MIP, PCFINE, and clinical practice demonstrate

the synergistic interplay that makes for win-win enterprises. Self and other both come out ahead, and communities are constructed. That, I believe, is the legacy I wish to pass on.” As one of the founders of Temple Emunah, Gerry couldn’t have been more pleased with our thriving Jewish community. As a founder of the Massachusetts Institute for Psychoanalysis and the Psychoanalytic Couple and Family Institute of New England, Gerry created successful professional organizations devoted to helping troubled people and training skilled therapists for this work.

He went on: “Living to see the spectacular pathways followed by Sarah, Lilly, Julia, and Adam [our grandchildren], and already imagining [great-granddaughter] Lyla, my wishes for that legacy do not seem like pipe dreams. Luck, hard work, remaining true to one’s vision, all are important. But above all, knowing and embracing as much of my interior as I can possibly discern is necessary in order to approach wisdom.”

Although my heart is breaking, Gerry’s spirit keeps reminding me of all that I feel thankful for, the countless memories of the beautiful times and amazing adventures we shared together. I know that many of you feel the same.