

What we once enjoyed and deeply loved, we can never lose, for all that we love deeply becomes a part of us.

–Helen Keller

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## Quick Links

[Hollandhospice.org](http://Hollandhospice.org)

[YoungWidow.org](http://YoungWidow.org)  
book lists, online resources  
and support

[GriefNet.org](http://GriefNet.org)  
online support groups

[GROWW.org](http://GROWW.org)  
online bereaved community

[wpsgr.org](http://wpsgr.org)  
Grand Rapids Widowed persons  
service: local groups and support

[Dougy.org](http://Dougy.org)  
website for children, teens and  
parents following a loss

[WebHealing.com](http://WebHealing.com)  
grief resources

[Centering.org](http://Centering.org)  
grief resources and books

[Griefshare.org](http://Griefshare.org)  
nationwide grief support  
program; find one nearby

[Griefwatch.com](http://Griefwatch.com)  
resource for more websites

[Griefwords.com](http://Griefwords.com)

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## The Journey of Grief

Your journey of grief is not a welcome one. It is one that affects us all at one time or another. No one is immune to it.

For that reason, the journey of grief is natural, like the changing of the seasons.

Hospice of Holland is available to you throughout this journey. We offer many different types of support. We want you to know you are not alone in this difficult time.

Through this newsletter we hope to provide you with helpful articles, resources and reminders of upcoming events.

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## Seasons of Grief and Healing

There is a sob to Autumn, and it is the sob of loss.

What was once living, dies.

What was once vibrant, withers.

What was once abundant, fades away.

What remains behind is diminished.

You have known the intrusion of an autumn in your life, too, and you have experienced the sense of emptiness it brings.

You may have been shocked by your loved one's death, so shocked you become numb, confused disoriented.

You may have disbelieved the one who died was really gone.

You may find it hard to believe even now.

Sometimes the only way to feel is to try not to feel.

Sometimes the only way to grasp what has happened is to hold it at a distance until you can grasp its truth, little by little, piece by piece.

You may be sadder than you thought possible.

You may be filled with fear for what is happening now, for what is yet to come.

You may be afraid without even knowing what you fear.

You may become unexpectedly angry for no good reason.

You may be irritated with people who don't understand you.

You may feel guilty about things you did or wish you'd done, about things you felt or wished you felt.

You may feel anxious, without knowing why.

You may feel constantly weary or completely exhausted.

You may feel lonely even when others are around, or especially when others are around.

You may be on a roller coaster of emotions.

Continued...

## Seasons of Grief and Healing *Continued*

One moment you feel steady and balanced,  
the next moment you're dissolving into tears.  
One moment you possess a quiet sense of peace,  
and the next, you're feeling desperately alone.  
Like many people, you may wonder if you're a little crazy.  
That's a common reaction, and even to be expected; this is a  
crazy time in your life,  
when it makes sense to be a little out of your senses.  
More than anything, this is a time to feel whatever you feel  
and to feel it as fully as you are able.  
Remember that your feelings are neither good nor bad-  
they are simply yours to be experienced, to be honored.  
The more you can accept your feelings for what they are,  
and the more you can express them in your own way,  
the better off you'll be, both today and tomorrow.

Used by permission from Augsburg Press, Seasons of Grief and Healing by James Miller, 2000  
If you wish to receive the previous newsletters please contact the Director of Counseling Services  
at 616-355-5594

## Mourner's Bill of Rights

1. You have the right to experience grief your own way
2. You have the right to talk about your grief
3. You have the right to feel a multitude of emotions
4. You have the right to be tolerant of your physical and emotional limits.
5. You have the right to experience "grief bursts".
6. You have the right to make use of ritual.
7. You have the right to embrace your spirituality.
8. You have the right to search for meaning.
9. You have the right to treasure your memories.
10. You have the right to move toward your grief and heal.

## Upcoming Events/Support Groups

**Going Solo** – For spouses/partners who have had a loss. This group meets the first and third Thursday of every month, from 10:30-12:00 p.m. Group meets at Hospice of Holland office, 270 Hoover Blvd. Please call 616-355-5594 to register.

**Journeys** – For younger spouses/partners who have had a loss. This group meets the first and third Thursday of every month, from 5:30-7pm. Group meets at Hospice of Holland office, 270 Hoover Blvd. Please call 616-355-5594 to register.

**Adult Tears** – For adults who have lost a parent in the last year. This group will meet on Tuesdays starting September 18, 2018 to October 16, 2018 from 5:00pm to 6:30pm. Group meets at Hospice of Holland office, 270 Hoover Blvd. Please call 616-355-5594 to register.

**Tomorrow's Hope** – For parents who have lost an adult child. This group plans to meet for 5 weeks starting in October. Exact days and times to be determined. Group meets at Hospice of Holland office, 270 Hoover Blvd. Please call 616-355-5594 to register.

The pain begins  
when the loss is expected.  
Grieving begins  
when the loss is discovered  
Healing begins  
when permission is given.  
Permission comes  
in the open ear of a friend.  
Permission also comes  
as a gift from ourselves.

–Doug Manning



Please remember that Hospice of Holland bereavement counselors are available to meet with you one-on-one to help you in your grieving process.

Contact our office at 616-355-5594, if you are interested in setting up a time to meet. In addition, our extensive bereavement library and bereavement support groups are available to you.