

One must not always think so much
about what one should do,
but rather what one should be.

– Meister Eckhart

Quick Links

Hollandhospice.org

YoungWidow.org
book lists, online resources
and support

GriefNet.org
online support groups

GROWW.org
online bereaved community

wpsgr.org
Grand Rapids Widowed persons
service: local groups and support

Dougy.org
website for children, teens and
parents following a loss

WebHealing.com
grief resources

Centering.org
grief resources and books

Griefshare.org
nationwide grief support
program; find one nearby

Griefwatch.com
resource for more websites

Griefwords.com

Some die without having really lived,
while others continue to live, in spite
of the fact that they have died.

–Unknown

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.

Seasons of Grief and Healing

What happens around you in the springtime of the year is what can happen within you as you enter the springtime of your grief. The springtime of your grief will not be all brightness. While the worst may be behind, that does not mean that only the best will lie ahead. You can still wish desperately that the one you love were still beside you, even when you're having one of your better days, even when you know you're returning to life. Something more is at work as you grieve. New life is not just a choice you make-it is an opportunity you are given. This renewed sense of life is not something you can force exactly. It's something you open yourself to, something you come to trust. And as you learn to do that trusting, you take another step toward your healing. This is the legacy of grief's springtime. As your outlook toward the future begins to change, so does your outlook toward the past. You focus less on death and more on life-life the other gave you, and gives you **still**, life that grows **within you**, and will not be stopped. You focus less on darkness and more on light-the light that glows from the other person's life, and the light that pulses from your own life. You begin to concentrate on the gift that can never be taken. And if you have not yet reached the "springtime" of your grief journey, just as with the seasons, you can know and hopefully, be encouraged, that spring **will** come. You will reach this step in your journey.

Continued...

Seasons of Grief and Healing *Continued*

Following are some suggestions for going through this springtime we've been referring to.

- Expect and allow respites from your grief. This does not mean that you love this person any less or that you're leaving them behind in any way. Children do this quite naturally. We can all do well to learn from them.
- Expect and allow passing attacks of grief. Even as you begin to feel better, you may find that you experience sudden surges of sadness when you least expect them. This happens with most everyone.
- You can't know what will work best as you move forward until you experiment. Stay with what works and feel free to change things that aren't working.
- Reach out. There will come a time in your grief when it seems right to begin facing out toward others more than facing toward yourself. When it does, begin to reach out in those ways that make you uniquely you.
- Underline your learnings. As the lessons begin to come to you out of your loss (and they will come), pay attention to them. Don't let them slip by unnoticed. Highlight them. Preserve them for future use.

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Upcoming Events/Support Groups

Camp Hope for Kids – Crafts, music, writing and movement to help children explore and heal their grief. For children ages 7-12 who have experienced the death of a family member or loved one. Saturday, June 15 from 9:30am-4pm at the Hospice of Holland office. Camp Hope is free of charge, but space is limited. Please register by June 10.

Going Solo – For spousal/partner loss. This group meets the first and third Thursday of every month, from 10:00 to 11:30pm, at the Hospice of Holland office at 270 Hoover Blvd, in Holland.

Journeys – For younger spousal/partner loss (up to 60's). This group meets the first and third Thursday of every month, from 5:00-6:30pm, at the Hospice of Holland office at 270 Hoover Blvd.

Memorial Service – Our annual memorial service for families will be held on May 21 at 7pm. The event will be held at Haworth Conference Center, located at 225 College Ave in Holland. This is a time to remember those who died in the past 13 months. Please R.S.V.P. to Hospice of Holland by May 14 with number attending.

Year Two – For those who find they would benefit from extra support in the second year after loss. This support group is a focused, five-session program that will give grievers the tools they need to move forward with their lives. Scheduled every other Tuesday from 4pm-6pm starting April 9 at Hospice of Holland.

Contact our office at 616-355-5594 to register for any of the above.

Because of you, I love a little more.
Because of you, I take time to give an
extra kiss good-bye. Because of you,
I have a new favorite song. Because
of you, there may be dust on the
window sill, and I don't care. Because
of you, I live today, before I worry about
tomorrow. Because of you, I don't give
up quite as fast. Because of you, I still
believe in rainbows. Because of you,
now I can help or listen more.

Because of you, today, I am me.

–Eileen Wernsman

