

When you are sorrowful, look again
in your heart and you shall see that in
truth, you are weeping for that which
has been your delight.

– Khalil Greene

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

"Joy shared is joy doubled.
Grief shared is grief halved".

–Apache Quote

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

Summer grace flows directly from winter grief. This new life blossoming
within you grows out of all you have undergone, all you have done.
This summertime of your grief does not just arrive on its own; you
invite it to come. You summon it by making your way through all your
pain, so that you can welcome what lies on the far side of pain: the
possibility of thanksgiving and joy and **hope**.

However painful it is to bid farewell to one who has died, once you
have done so, you begin a **new relationship** with them, one you can
always cherish. Once you release them from earthly time, you can
embrace them in eternity. When you release them from the physical
dimension, you can hold them close in a dimension no less real: the
spiritual one. For, even though they no longer walk beside you, they
will be even closer. They will be **within** you. And you will not forget
them, because you **cannot** forget them. They will be as near to you as
your own breathing, and as much a part of you as your own dreaming.
They will exist in your love. Your grief journey is like the turning of the
seasons. Some may be just starting out-the fall; some may be in the
summer of your grief. No matter where you are, know there is hope.
As you look at your grief journey, and as you look at the seasons you
have known, you may be able to make this affirmation:

*I have known the blessing of sharing time with another, one whom I
have loved deeply. I have been enriched by their life, and I have felt
diminished by their death.*

*I have lived it all: the laughter and the tears, the singing and the
sighing, the darkness and the light. I have known how the world can
change before your eyes when you lose the one you love so much.*

Continued...

Seasons of Grief and Healing *Continued*

I have felt lonely and alone. Like so many others, I have been acquainted with grief. Like so many others, I have been taught the mysterious lessons of mourning.

I have learned as I let go, something will always remain, that as I bid farewell, someone will always abide. I have learned that love does not end-not even in death; it continues to express itself in ways ever new. When I am most alone, the Spirit of God comforts me, when I am most fragile, the Hand of God upholds me. I see that, however much I did not wish for this loss, my time of losing can also be a time of gaining.

For I can come to appreciate life as I never have before. I can experience and cherish growth as I would not otherwise do. I can share in ways that might not otherwise be possible. I am learning to see the ways in which I have been blessed by the God who walked with me through the grief of winter, who accompanies me into the grace of summer's new life.

Used by permission from Augsburg Press, Seasons of Grief and Healing by James Miller, 2000.

Note: This article is the fourth in a series. If you wish to receive the previous newsletters, please contact the Director of Counseling Services, 616-355-5594.

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, August 10 from 9:30am-4pm at the Hospice of Holland office. Camp Hope is free of charge, but space is limited. Please register by August 5.

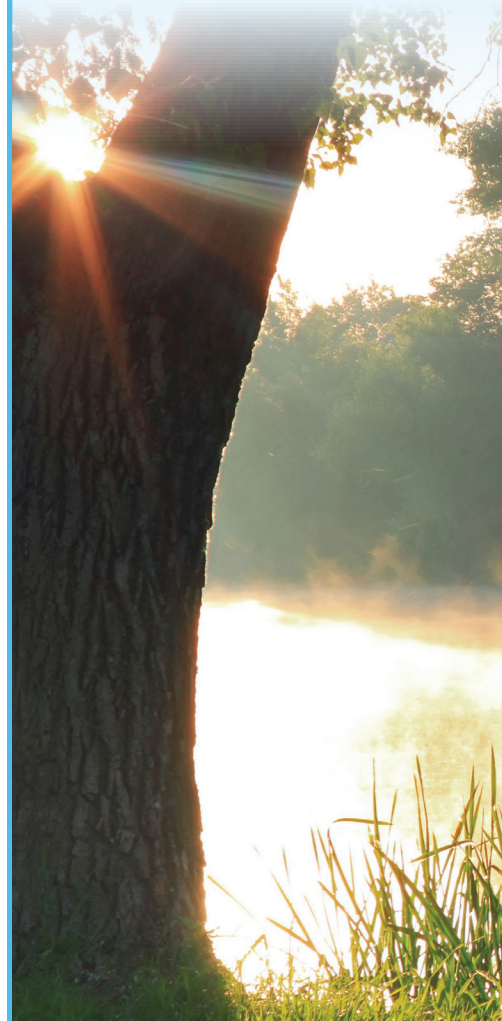
Going Solo – For spouses/partners who have had a loss. This group will be starting in September, meets the first and third Thursday of every month, from 10:00am-11:30am. Meetings are held at Hospice of Holland office, 270 Hoover Blvd. Please call 616-355-5594 to register.

Journeys – For younger spouses/partners (up to mid 60's) who have had a loss. This group meets the first and third Thursday of every month, from 5:00pm-6:30pm. Meetings are held at Hospice of Holland office, 270 Hoover Blvd. Please call 616-355-5594 to register.

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 griever's the tools they need to move forward. Scheduled every Tuesday from September 10 to October 8 from 5pm-6:30pm at Hospice of Holland.

I did not get over the loss of my loved ones; rather I absorbed the loss into my life. Like soil receives decaying matter, until it became a part of who I am. Sorrow took up permanent residence in my soul and enlarged it. I learned that the deeper we plunge into suffering the deeper we can enter into a new and different life, a life no worse than before and sometimes better.

-Gerald Sister, *A Grace Disguised: How The Soul Grows Through Loss*
(Gerald lost his mother, his wife and a young daughter in a car accident)



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.