

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

–Helen Keller

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

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

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.

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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

Understanding Grief – An educational seminar designed to assist adults in understanding and coping with the grief process. Saturday, October 12 from 9:30am to 11:30am at the Hospice of Holland office, 270 Hoover Blvd. in Holland. Please call 616-355-5594 to register by October 4. Space is limited.

Going Solo – For spouses/partners who have had a loss. This group meets two Thursdays each 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 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.

Adult Tears – For adults who have lost a parent in the last year. This group will meet on Tuesdays starting October 22, 2019 to November 19, 2019 from 5:00pm to 6:30pm. Meetings are held 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.