

## BLESSED SACRAMENT CATHOLIC CHURCH

### GRIEF SUPPORT NEWSLETTER 5 - UPLIFTING YOURSELF AND OTHERS

As you near or reach the one year anniversary of you loved one's death, we know that you have searched for ways to take time to **ACCEPT DEATH**. You have likely found that facing and accepting the death of a loved one has turned into a necessary condition for continuing in your new life.

You have taken time to **LET GO** and adjust to the new realities of life in which your loved one is no longer present in form but perhaps in spirit. You may have learned to accept whatever feelings, such as anger, guilt, fear and/or sadness, accompany death. You are learning to tolerate the feelings you have or continue to experience and have learned to wait, trust and hope again.

You have learned to be more patient with yourself and others and to gradually **MAKE DECISIONS** as a way to control and sustain self-worth.

**LEARNING TO SHARE** with others and finding a way, together, to ease the pain, dwell on pleasant memories or even work out the sad ones has straightened the pathway of your grief journey.

You may have tried to take time to **BELIEVE** and use your religion or belief system as a comfort, strengthening your ability to encounter and overcome the feelings of helplessness and hopelessness.

You understand the need to **FORGIVE**, accepting your own imperfections and those of others toward you, not torturing yourself for the things you did, or did not, do.

**FEELING GOOD ABOUT YOURSELF** has become easier. Exploring new interests, developing new hobbies and taking advantage of new opportunities have led you to reinvest your new found energies in new endeavors and undertakings or find new pleasure in old activities

Healing has begun and continues because you let boundary walls fall and have made time to **MEET NEW FRIENDS** which has led to new opportunities. Continue your efforts and use your experience to help heal others.

You have found new pleasure in the sound of **LAUGHTER** and learned how it helped you survive and re-enter life.

And, perhaps most surprisingly, you have taken the time to **GIVE**. When you find yourself concerned about the pain or needs of others or someone like yourself, you have found a way to overcome grief and loneliness. Each act has had two effects – what it does for others and what it does for you.

As the anniversary of your loved one nears, let me tell you what the most important thread of healing in families has been. They found peace and healing when they were able to allow their loved one to be an ongoing part of their life experience. They continued to find joy in remembering special times shared. Although painful, with practice they developed a different and meaningful relationship with their loved one. The memories fade, but never go away. The sun begins to shine. With healing comes new life.

***MAY THE HEALING OF PEACE COME TO YOU AND ALL YOU LOVE NOW AND FOREVER***

***The Grief Support Ministry Volunteers of Blessed Sacrament Church***

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