



Bereavement

ON THE FIRST ANNIVERSARY OF YOUR LOSS

We would like to take the opportunity to once again thank you for the honor and privilege of being your partner on your healing journey.

As we close our bereavement program it is our hope that our assistance has been of help for you and your family.

This is your last newsletter. We hope its content will assist you on celebrating the life of your loved one.

If are still having unresolved grief issues that would like to discuss, please give us a call: (702) 636-0200



“The first year of your loss brought challenging moments, but, we also hope there were great opportunities for healing and gratitude”

CELEBRATE THE ANNIVERSARY OF YOUR LOVED ONE'S DEATH!



When you think about celebration, you probably do not include anniversary of death in this category, but the word **celebrate** isn't only about joy; it's also about observing, paying attention, and noticing. Isn't the **life** of your loved one a reason to celebrate? Here are a few suggestions.

- Remember, although grief comes in many flavors. The anniversary of the death of your loved one, probably will be a bittersweet one, it is also a stepping stone for healing.
- You have made it this far! Even if everything is not just great right now, you know you are a survivor. Take time to review this past year lessons, and plan ahead.
- Anniversary of death does not mean you must be completely healed. Although others might tell you: "It has been a complete year now, you should be over it" you still

your loved one, and yourself.

- Consider sharing with family and friends what you need to celebrate this date. It might be a trip to the cemetery or have dinner at the place you used to go with your loved one. Whatever you decide to do in celebration, do it in honor of your loved one, but also do it as a healing process for yourself.
- Do not hold back the tears if the tears are there. Tears help us grieve well and grow stronger. It is not a sign of weakness but a sign of love.
- Honoring your loved one does not have to be a complicated process. You might consider get-

pare how many of those traits you were able to acquire while you were together

- Do something meaningful for yourself. At the first anniversary of my mother's death, I signed up for energy healing classes, and I have dedicated my work as an energy healer to her since. I carry her name on my business logo, which is a constant tribute to her and a reminder to myself that we all need healing and compassion.
- You might also want to use this celebration time to review your loved one's life and death. How was her/his dying journey? You may feel the need to retell the story of your loved one's passing it-

"Honoring your loved one does not have to be a complicated process."



might have the need to express your grief and it is all right.

- It is time for you to review your deep feelings: Is there anything you need to forgive yourself? Admitting to yourself that you probably did the best you could for your loved one, or if you didn't, it is time to seek a final closing, forgiveness from God,

ting out the pictures and the clippings and create a memory album.

- Get together with friends that knew well your loved one. Remember the fun stuff and the best traits of that person and com-

*"Your heart has a tremendous capacity to love!
Let love be in your life"*

*Rev. Toni Brasted
CompassionCare Hospice*

self. Even if it was a peaceful and expected death, parts of the experience are so powerful that they can take on a life of their own unless they're talked out. Although at this point of your grief

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you would not want to get too absorbed in reliving the entire suffering period, however, it is sometimes necessary. Sometimes unspoken, and intense feelings can have an unhealthy effect on your emotional and physical health.

- Be prepared to be the only one who remembers the date, and don't feel awkward about it. This date is important for you. Give yourself and your loved one the gift of remembering. Express your true feelings and share your experience with others.
- You might also consider celebrating this date giving away some memorial keepsake to someone—a pin, a flower, book, or memento that signifies something about your loved one to the receiver.

- Write a letter to your loved one. Although it might sound as a non-sense kind of thing, it is a tremendous tool for healing. There is no better healing exercise than writing a letter to your loved one. This is the way to bare your soul, to say what has been unsaid, and to re-



peat what has been said, but needs to be said again. The privacy of writing allows you to nurture yourself and start healing your wounds. So, please do not live out the painful stuff. Every relationship includes disappointments and shortcomings. Expressing and acknowledging them is the path for you to begin to let them go.

- Do something that reassures yourself that your relationship with your loved one has changed but not ended. Give yourself a gift as well. The gift to embrace a new phase of your life. Maybe it is the time to pursue a lifetime passion? Learn new skills? Or simply acknowledge the gift of life Whatever you do, do it for you!

By Rev. Toni Brasted, Ph.D.

Approaches to Prayer

Find a quiet place, and after taking a few moments to sit comfortably and settle the mental distractions that come, tell God that you need to talk and to pray. Think about the person you have lost, and begin your conversation with God by giving thanks for all the ways and reasons you loved this person, who was a gift in your life. Talk about what you miss. Then take these words from the Thomas A. Dorsey spiritual, "Precious Lord," and read them aloud:

"Precious Lord, take my hand, lead me on, let me stand. I am tired, I am weak, I am worn; through the storm, through the night, lead me on to the light.

Take my hand, Precious Lord."

Now imagine God taking your hand, holding it with love and affection. Use your imagination and walk through the last few weeks with God holding your hand; just walk with God at your side. After a few minutes, you might ask God to place the hand of your loved one in your other hand, and walk along a while longer with one on each side. Give thanks for the love they have given to you. Listen to what either might say to you. After a few more minutes, thank God for this time of prayer and promise to talk again soon.

Experiencing Emotions

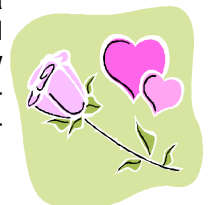
Begin a journal of your feelings. Make a list of some key emotions and note one example of each as it arises.

Start with key words for the basic positive emotions, such as: love, sympathy, happiness, trust.

Next, make a column for more "abstract feelings" such as: insight, discovery, faith, forgiveness, revelation.

Last, note the primary negative emotions, such as: anger, anxiety, guilt, distrust.

Take this journal with you wherever you go as a reminder. You will be amazed at how many diverse emotions you will experience.



CompassionCare Hospice



WE REMEMBER THEM

In the rising of the sun and in its going down.

WE REMEMBER THEM

In the blowing of the wind and in the chill of winter.

WE REMEMBER THEM

In the opening of buds and in the rebirth of Spring.

WE REMEMBER THEM

In the warmth of the sun and the peace of summer.

WE REMEMBER THEM

In the rustling of the leaves and the beauty of autumn.

WE REMEMBER THEM

In the beginning of the year and when it ends.

WE REMEMBER THEM

When we are weary and in need of strength.

WE REMEMBER THEM.

When we are lost and sick at heart

WE REMEMBER THEM

When we have joys we yearn to share,

WE REMEMBER THEM.

So long as we live, they too shall live,
for they are now part of us.

AS WE REMEMBER THEM

-Jewish Remembrance