



CompassionCare Hospice

Our Name is Our Mission

BEREAVEMENT

Volume 1, Issue 3

Let nothing disturb you.

Let nothing frighten you,

All things are passing,

God never changes.

Patience gain all things.

Who has God wants nothing.

God alone is sufficient.

—St. Teresa of Avila

Bereavement is the state of loss following the death of a relative or friend.

CompassionCare Hospice Bereavement Service continue through the first year following the death of a patient, and includes efforts to assist the family to cope with death-related grief, loss issues and other survivor (s) needs.

We will be contacting you quarterly through this newsletter.

*The purpose of this quarterly **BEREAVEMENT** publication is to provide comfort, healing and guidance during this process, and at the same time, **to remind you that we are here to help you through the grief process.** If we can be of further help, please give us a call today:*

(702) 636-0200.

“Beyond the door, there is peace I’m sure, and I know there will be no more tears in Heaven.”

Eric Clapton. “Tears in Heaven”

Inside this issue:

Spiritual Pathways for the Bereaved 2

Unresolved Loss 2

When you Lost Someone Close 3

Blessed are the Sorrowful 3

You know you are getting better when ,, 4

“Grief is not a sign of weakness nor lack of faith. It is the price of love”

Spiritual Pathways for the bereaved By Rev. Richard B. Gilbert

1. Loss touches the whole person. It is not just physical or emotional or social or spiritual. It is all of that, however that is experienced and expressed for that person.

2. The goal of the grief journey is healing, a healing that is realized in remembering, not in forgetting or “getting over.”

3. All of our loss experiences are flavored or influenced by previous issues or dynamics in our lives, culture, religious or faith experiences, ethnic issues, health, family, etc. all of this plays a part in how we experience this loss.

4. The spiritual pathway is a crucial pathway to healing. It is also a pathway that is easily susceptible to past issues, religious concerns / problems, and the many unanswerable questions and hurts that accompany a death. There are important issues and resources to be explored, but we are often forced to explore them alone because we either have no one to walk with us, or we do not value or find that pathway in our lives.

5. Spirituality and religion are NOT the same. Often, however, they are so blurred together that both can cause hardship rather than provide relief.

Loss touches the whole person.

6. Spirituality is the art of staying connected (integrated) in a world (life experience, crisis, loss) that wants us disconnected. Within all of us is a spiritual pathway that is a pathway to healing. Spirituality focuses on:

a) How I am relating to my self — self esteem, sense of purpose, unresolved feelings, guilt, fear, abandonment...

b) How I am relating to others — family, friends, significant others, medical

personnel, caregivers...

c) How I am relating to the world — environmental issues, sense of purposefulness or productivity, feeling needed, world order, peace, safety...

d) How I am relating to the Divine — However we measure that which is eternal, beyond us. Meaningful relationship vs. abandonment, guilt vs. forgiveness, peace, hope, something or someone beyond this moment.

UNRESOLVED LOSS

It may be quite possible that we are not necessarily undergoing 'unresolved loss' when a past death comes up for us.

Instead, this could be our opportunity to experience the older loss in a different light, one with some perspective and yes, even wisdom.

Even if the feelings that come up are quite painful, this may not mean that you didn't do 'grief work' right the first time! It may just be that now is the time for you to experience that loss and your current one at a deeper level, given who you are today and what you now know about yourself. Many of us still have parts of our losses that may remain on some level “unresolved.”

However, a more empowering notion is to recognize that triggers of prior losses may mean that we can re-grieve, healthily and “holistically.”

We may still be asking sometimes unanswerable questions about older losses, but perhaps how we ask them has changed significantly. And perhaps we have a greater comfort level, for these questions being unanswered. And perhaps, we have a greater tolerance for ourselves in not having all the answers.

— Joan Hummel, *Bereavement Magazine*, March/April 2004—Reprinted with permission from Bereavement Publishing, Inc. (888-604-4673)

When you Lost Someone Close

Hold on to what is good, even if it is a handful of earth.
Hold on to what you believe, even if it is a tree which stands by itself.
Hold on to what you must do, even if it is a long way from here.
Hold on to life, even when it is easier letting go.
Hold on to my hand, even when I have gone away from you.
 —Pueblo Indian verse

This verse from the Pueblo tradition tells you that you are not alone in your grief. Others before you have felt the pain of losing a loved one to death. In such times, when your heart seems to literally ache, and the loss consumes every waking moment, remember that God is with you. When it feels hard to believe in a loving God, and when there is no energy for anything but tears, prayer can connect you to God, who is waiting to hold you, to walk with you, and to wipe away the tears.

SCRIPTURE:

When you call me, when you go to pray
 to me, I will listen to you.
 When you look for me you will find me,
 I will listen to you.
 Yes, when you seek me with all your heart,
 you will find me with you, says the Lord ...

Jeremiah 29:12

Blessed are the Sorrowful

In the Process of Grief They Shall Be Healed

And what does it mean to mourn? I asked the multitude, and an elder stepped forward.

To mourn, she said, is to be given a second heart. It is to care so deeply that you show

your ache in person.

To mourn is to not be ashamed of the tears. It is to be broken, to be built up and to be healed all in the same moment.

Blessed are you if you can mourn with

an understanding of your own broken being

Blessed are you if you have a heart that feels, a heart that hurts and a heart that loves.

And blessed are you if you can understand others with a

To mourn is to not be ashamed of the tears

a heart that serves and a heart that sees the need before it's spoken.

To mourn is to forget yourself for a moment and to get lost in someone else's pain--- and then to find yourself in the very act of

getting lost.

To mourn is to be an expert in the miracle of being careful with your pain. It is to be full of willingness and forever reaching out to and picking up and holding carefully others who hurt.

To mourn is to sing with the dying and to be healed by the song and by the death. To mourn is to move forward and to look back.

To mourn is to say YES!

Dr. Patrick Del Zoppa, 1993

Printed with permission from MOURNING: The Journey

"God brought you this far—He won't abandon you now ..."



YOU KNOW YOU'RE GETTING BETTER WHEN ...



- You can remember your loss with a smile.
- You are in touch with the finality of death.
- You can ignore insensitive clichés made by others.
- You can enjoy time alone.
- You can enjoy a good joke
- You can concentrate on a book or a favorite television program.
- You can drive somewhere by yourself without crying the whole time.
- You feel confident again.
- You have patience with yourself through “grief attacks”.
- You look forward to waking up in the morning.
- You can reach out to help someone else.
- You can stop dreading the holidays.
- You can sit through a church or synagogue service without crying.
- You can concentrate on something besides your loss.
- You can find something to be thankful for.
- You can be alone in your house without it bothering you.
- You no longer feel that you have to go to the cemetery every day or every week.

Grief is not an Event, it is a Journey!

- You can tolerate the sounds of people having fun.
- You don't have to turn off the radio when his/her favorite music comes on.
- You can find something to laugh about.
- You can accept things as they are and not keep trying to return things to what they were.
- You no longer feel exhausted all of the time.
- You can appreciate a sunset, the smell of newly mowed grass, the pattern on a butterfly's wing.
- You can acknowledge your new life and even discover personal growth from your grief.
- You feel like living again.

Adapted from: "THE MOURNING HANDBOOK" Helen Fitzgerald- Fireside Books