



# E-Mail Newsletter

AUGUST 15, 2007

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## Taking care of you

Summer is almost over; well school has already started down here in the south. I've written for the past several years how hard this time of year must be for those of you who have lost a child to death. We do remember you at this time of year.

I would like to remind everyone that they need to be careful when exchanging information with people on the internet. We do try to keep our chat rooms safe, but we can only do so much, can you all please just take an extra moment and think before you share your email or give out your phone number, almost any phone number can be reversed and someone can get your address. If you want to share emails with new friends, make a yahoo or hotmail address just for that purpose, they are free and very easy to set up, then if you want to post it on a message board you can. If you start getting spam or emails that are weird, you can cancel it as easily as you set it up. It may be a little bit of a pain but there is absolutely nothing wrong with being a little extra cautious. It may save you some heartache, and that is not what you need to go along with your grief right now.

On another note, the Niagara Falls gathering is just 2 short months away, if you are thinking about going talk to some people in the room, many people have been to gatherings. We haven't had an all members gathering since the last Michigan gathering. I only have one suggestion and that's all that it is, it is ultimately your choice on whether you attend or not. I have been to several; I can't even count them anymore. I had an opportunity to go to my first one just a few months after I found GROWW, but I was not ready, not because of my grief but my fear of meeting strangers (ok, I have sure gotten over that). I just ask that you think long and hard about it if your loss is less then a year, for many people it is a time to socialize, bond, visit old friends, and finally meet our new friends. Some have a few sad moments and a candle ceremony or balloon release can make almost anyone cry. Mostly we go for the friendship, to have some fun, it's been a long time since some people have had the opportunity to take a trip, see some sites, and meet people they have become friends with. If you are still in the daily crying phase, it may not be the right time for you to attend a gathering; you may want to wait till the next one. I have seen people get really upset and hurt because everyone was laughing and having a good time. For those of us who are have seen this happen there is nothing that makes a person who is finally having a good time feel guilty and really set them back. All I suggest is make sure you are going for the right reason. We often say, we don't need help to learn to cry, but we often do need help to learn to laugh again.

Until next month

Good grief

[AnneGD@groww.org](mailto:AnneGD@groww.org)



### Chatting Tips: [staff@groww.org](mailto:staff@groww.org)

When you do get in to the chat room, are you finding you can't keep up and the screen is too small? Look up at the top right hand corner and click on the button which says FLOAT... it will open a new window... now MAXIMIZE that window by clicking on the square in the upper right hand corner... the square is between the "-" and the "x"... it will make the room larger, then type \*chat font size 14 or 16

If you are having trouble connecting to the chat rooms, you may need to update your java. Are you getting that blue screen when you try to log on? Try this link and follow the instructions, it

"Friends

Helping

Friends."

Everyday is

A gift, that's

why we

call

today,

"the

present"

should solve your problem

<http://java.sun.com/getjava/download.html>

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## Contact Information

For information or questions about GROWW, please write to [staff@groww.org](mailto:staff@groww.org)

Anyone who hasn't signed up for a password for the message boards and would like to do so please go to the following link and submit the information required. Please remember we are all volunteers here and it may take up to 48 hours to process your request.

<http://www.groww.org/community/boards/passwordform.htm>

## Gatherings

Time is getting short for booking your room and sending your fee for attending the Niagara Falls Reunion. We have a cut off date of Sept. 5 (motel has to know for sure how many rooms we need by then).

Set Oct. 12, 13, and 14th on your calendar (some of us will be arriving on the 11th so if this is better for you, join us).

**Email Char from Halo:** [http://www.healingafterloss.org/staff\\_email/charmail.cgi](http://www.healingafterloss.org/staff_email/charmail.cgi) to let her know you will be attending and to get the address for where to send your Reunion Fee.

**Call:** Comfort Inn Pointe Hotel, Niagara Falls, NY 1-800-284-6835. When you call, tell them you are with the Halo/GROWW group to receive our discount of \$99+taxes and to be placed in our block of rooms.

The fee for attending this fun filled weekend is:

14 YO on up: \$30.00

6-13 YO: \$10.00

Birth-5 YO FREE

(NOTE: meals and activities that have a fee are NOT covered by the Reunion Fee) By being in our block of rooms, you are helping us get the hospitality room at a lower price.

**Notify Char ASAP that you are attending and call the motel today**

See you in Oct 😊

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We can't control the wind but we can direct the sails

## HOPE

"..... Hope for the future is essential for making the journey through grief. How does one renew hope after a devastating loss? Hope is renewed when.....

We talk about our loss and feelings connected to it.

We confide in a trusted and supportive individual.

We understand that we have the power to influence our lives.

When we take steps to look after ourselves physically by eating balanced meals, exercising and resting.

when we connect ourselves with others who are grieving, they can offer us their wisdom, insight and encouragement.

When we seek to understand more about the grief process by reading books and magazine articles about bereavement.

When you ask for help if you need it, an accountant, lawyer, financial planner, medical doctor, clergyperson or therapist.

When you become actively involved in shaping your life and future without your loved one.

You will know that hope is growing and manifesting itself in your life because you will feel more energized and optimistic.

**By Rev. Victor M. Parachin, M. Div.**

Thank you to Woody for sharing this and thank you to the author for letting us reprint this.

## Poetry

I thought of you with love today but that is nothing new  
I thought about you yesterday and days before that too

I thought of you in silence, I often speak your name  
All I have are memories and your picture in a frame

Your memory is my keepsake with which I'll never part  
God has you in his keeping; I have you in my heart

By Linda Flock

