



E-Mail Newsletter

DECEMBER 16,
2006

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Taking care of you

Happy Chanukah and Merry Christmas to all of our friends. Remember to take care of you and try to enjoy your friends and family, they all do love you. This is a hard time for some of them because they don't want you to be upset by "them". Do what you can to get through the holidays and you even surprise yourself and smile.

Remember, if you like to start a new family tradition. We would get a flower centerpiece with a candle in the middle and we would all share a funny or sill story about our loved one, it helps to break the ice and make people feel uncomfortable. It also allows your friends and family to talk about your loved one without worrying about them making you cry. You might cry, but you know what, just say thanks for the memories.

New Years (Thanks to Jeanne for finding this)

The dawn of a New Year can be a joyful time, filled with excitement and new beginnings, but for those who are grieving, breaking out the new calendar is yet another reminder that a loved one is gone forever.

I know it is hard for family and friends to stand by and watch what we are going through. One question we are often asked is "what can I do?" Everyone wants to help, but they don't know how. We know we will come out on the other side of this someday, but until then, I offer ten suggestions to help loved ones begin to understand what's happening to us.

1. Don't try to fix us. There is no magic pill.
2. Don't tell us to snap out of it --- we can't. We know you are uncomfortable seeing us in pain, but we will recover at our own pace, not yours.
3. Don't take it personally if we don't return phone calls. We are just trying to get through each day intact. If you care about us, keep trying.
4. Don't be afraid to talk about our loved ones. We find comfort in knowing that other people miss them too. We want to hear your stories and special memories.
5. Don't assume the role of stand in parent for our children. It hurts to see someone trying to fill in. For us, there is no substitute.
6. Don't tilt your head and look at us with puppy dog eyes. We don't want pity.
7. Don't ask about our financial situation. It's none of your business.
8. Don't harp on how strong we are. We're not trying to be role models. You may see us as strong, but chances are we fall apart when you're not around.
9. Don't be put off by our moodiness. Some days we want to be social other days we don't.
10. Don't abandon us. We need you just as much a year later as we did a month later. And when things are better, we will remember how you were there for us.

Written by: Jill Goldstein

Until next month, Good Grief
AnneGD

"Friends

Helping

Friends."

• *Everyday*
is

A gift, that's
why

We call today
"the present"



Chatting Tips: 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 fontsize 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 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

Anyone who hasn't signed up 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>

Poetry Corner

YOUR GARDEN

After a while you learn the subtle difference
between holding a hand and chaining a soul.
And you learn that love doesn't mean leaning
and company doesn't always mean security.
And you begin to learn that kisses aren't contracts
and presents aren't promises.
And you begin to accept your defeats
with your head up and your eyes ahead
with the grace of a woman
not the grief of a child.
And you learn to build all your roads on today
because tomorrow's ground
is too uncertain for plans
and futures have a way of
falling down in mid-flight.
After a while you learn that even sunshine
burns if you get too much.
So plant your own garden and
decorate your own soul
instead of waiting for someone
to bring you flowers.
And you learn that you really can endure
that you really are strong
and you really do have worth.
And you learn and you learn.
With every goodbye you learn.

Submitted by JeanneM

Author unknown

Happy Holidays and have a Safe and healthy New Year

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