



E-Mail Newsletter

DECEMBER 15,
2007

DECEMBER VOLUME 2, NUMBER 12

Taking care of you

HOLIDAY BILL of RIGHTS

1. You have the right to say TIME OUT, anytime you need to. Time out to let up, blow a little steam, step away from the holidays, have a "huddle" time and start over.

2. You have a right to TELL IT LIKE IT IS when people ask, How are you? You have a right to tell them how you REALLY feel, not just what they want to hear. *You need to take care of yourself. Be attuned to your feelings (*P.S. You also the right to smile and say you're fine, because telling them how you really feel, isn't worth your time - some people will never understand anyway)

3. You have the right to SOME "BAH HUMBUG" DAYS. You don't have to be "Jolly Old St. Nicholas" all the time. You are not a bad person just because you don't feel like singing Christmas carols all day.

4. You have the right to DO THINGS DIFFERENTLY. There is no law that says you must always do Chanukah and Christmas the same way. You can send 10 cards instead of 100 -- or no cards at all. You can open presents at somebody else's house. You can do without a tree. You can have a pizza instead of turkey!-the list is endless.

5. You have the right to BE WHERE YOU WANT TO BE. Be at home, or at the relatives or with friends. Be in any city, any state you choose! NOBODY SAID YOU HAVE TO HAVE SNOW TO HAVE CHRISTMAS. There's no law that says you must stay home!

6. You have the right to have SOME FUN. Don't be afraid of what someone will say if they see you laughing and having a good time. Laughter is every bit as therapeutic as tears. If you are doing something that your loved one would have also enjoyed, think of their laughter and feel their laughter inside of you.

7. You have the right to CHANGE DIRECTION IN MID-STREAM. Grief is unpredictable. You may be all ready to go somewhere or do something and be suddenly overwhelmed, immobilized. When that happens it's okay to change your mind.

8. You have the right to DO THINGS AT DIFFERENT TIMES. Go to church or synagogue at a different time. Open presents at a different time. Serve your meal at a different time. Give up and go to bed at a different time. Don't be a slave to the holiday clock.

9. You have the right to REST, PEACE, and SOLITUDE. You don't need to be busy all the time. Take a nap whenever you need one. Take time to pray and meditate or recharge your spirit, it can do you much more good then eating another huge meal.

10. You have the right TO DO IT ALL DIFFERENT AGAIN NEXT YEAR. Just because you change things one year or try something different, does not mean you have written it in stone. Next year, you can always change it back or do it, in yet, another new way.

PLEASE remember to take care of yourselves, this is a difficult time of year for many, especially people whose loss is recent. Remember how we felt back then if we have time on our side, reach out help someone you know or even better a total stranger. Understanding and compassion...that is what the season is about.

To all our friends out there with weather problems, it sure makes us realize how important the

"Friends
Helping
Friends."

Everyday is
A gift, that's
why we
call
today,
"the
present"

things we take for granted are, warmth, hot water...more things for us to be grateful for.

From everyone at GROWW to all of our friends, may 2008 be a good year for healing and may the pain in your hearts start to heal.

Until next month

Good grief

AnneGD@groww.org



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 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 should solve your problem

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

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Traditional Christmas Sugar Cookies

Makes 5 dozen

From the kitchen of **Cheri McElroy**



Cookies

Ingredients

1/2 teaspoon salt
1/2 teaspoon baking powder
1 3/4 cup flour
3/4 cup (heaping full) sugar (plus sugar to sprinkle prior to baking)
1/2 cup shortening
1 large egg
1 teaspoon (heaping full) vanilla extract
Green and red decorative sugars & various other decorations



Directions

Mix together salt and baking powder. Sift salt and baking powder mixture together with flour. Mix in shortening and sugar with the flour mixture. Beat in egg, making sure the mixture is fully mixed. Add the vanilla and stir well. Roll mixture into a log, wrap in wax paper and refrigerate for a few hours. When ready to decorate, remove the dough from the refrigerator and roll out on a flat working surface. Allow children to cut dough using Christmas cookie cutters, place on ungreased cookie sheet, and decorate cookies with decorative sugars. Sprinkle a little sugar on each cookie prior to baking. Bake in preheated 375 degree oven for 7-10 minutes. Cool before removing from cooking sheet. Store in air tight container.

Mom's CREAM CHEESE BALL

8 oz cream cheese
1/4 cup dehydrated onions
1/4 cup chopped pecans
1 can minced olives

Cream Cheese at room temperature. Mix everything together and form into ball. Cover with plastic wrap and set in fridge until firm. Roll in enough more chopped pecan pieces to cover thoroughly. Good on any kind of crackers.

AZSharon ~ Enjoy

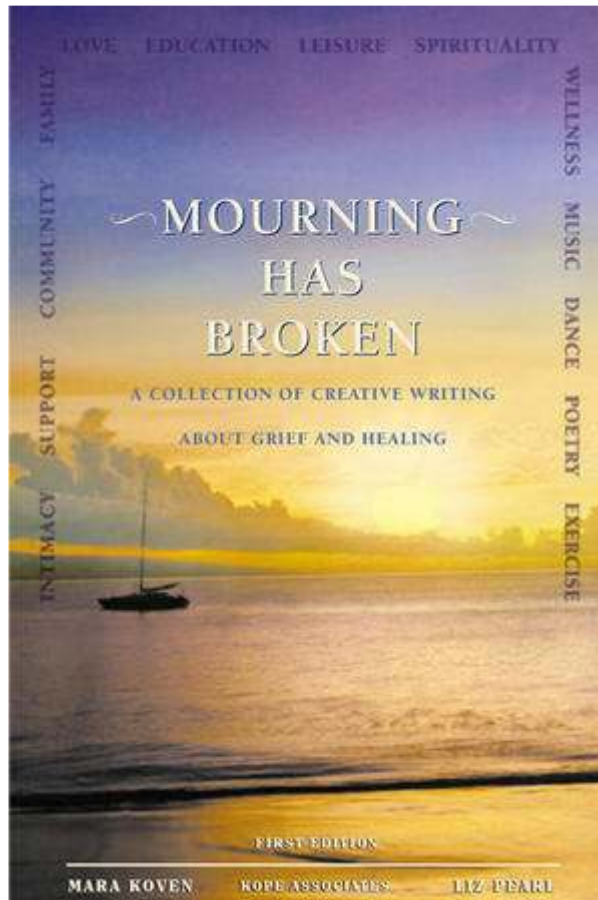
A message from our loved ones Author unknown

"Now that I am gone, remember me with smiles & laughter. If you need to cry, cry with your brother or sister who walks in grief beside you. When you need me, put your arms around anyone and give to them what you need to give to me. There are so many who need so much.

I want to leave you something--something much better than words or sounds. Look for me in the people I've known or helped in some special way. Let me live in your heart as well as in your mind. You can love me most by letting your love reach out to our loved ones, by embracing them and living in their love. Love does not die, people do. So when all that is left of me is love, give me away as best you can"

Thank you to Jeanne for sharing this with us. It has helped others and hopefully we can all see something in someone that makes us feel their love and presence with us.

BOOKS



Click to enlarge

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Mourning Has Broken - A Collection of Creative Writing about Grief and Healing

Foreword by **Alan Wolfelt, Ph.D.**

Researched and edited by **Mara Koven**

MOURNING HAS BROKEN

A Collection of Creative Writing about Grief and Healing

please visit

<http://at.yorku.ca/kope/mhb.htm>

Mara Koven and Liz Pearl

KOPE Associates

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This unique anthology contains 50 original submissions that focus on healing from the pain of losing a loved one. This inspirational book will make you smile and it will make you cry ... it will touch your heart.

This publication is co-edited by Liz Pearl, a psychogeriatric therapist and Mara Koven, a recently widowed journalist. This unique anthology contains 50 original submissions about healing from

and **Liz Pearl**

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KOPE Associates, Toronto, Canada, 2007

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Now available!

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the pain of losing a loved one. The contributing authors share their experiences, thoughts, and feelings invoking in the readers, tears, laughs, comfort, and solace. The authors express their inner strength and insights about coping and healing. Among the renowned authors are **Dr. Bob Baugher, Andrea Gambill, Reverend Dr. Richard Gilbert, Rabbi Elyse Goldstein, Rabbi Dr. Earl Grollman, Dr. Darcie Sims, Alicia Sims Franklin** and noted Canadian bereavement psychiatrist **Dr. Edward Pakes**.

Revised second edition includes entries from:

Cynthia Gossman, Founder, and Executive Director of YWOW Young Widows Or Widowers. For information contact www.ywow.org

Martha Tousley, ARPN, BC, FT, certified hospice bereavement counselor. For information contact www.griefhealing.com

Alan Wolfelt, Ph.D., Director of the Center for Loss and Life Transition, author, educator and grief counselor. For information c

