



E-Mail Newsletter

JULY 18, 2007

JULY 2007 VOLUME 2, NUMBER 7

Taking care of you

July and August can be hard times for many people. No matter what your loss, you are missing them, feeling the missing "piece" that made vacations, summer, and holiday's fun. The husband who grilled, the child who was the clown, loved the beach, did the cannonballs in the pool, loved to tease everyone with the hose. The parents whose house you went to, the friends who were more then "just" friends but part of your family.

We all know these memories can make us cry, but I also know in time, all of those memories can make you smile and bring some laughter to you, your friends, and your family. I can look back and be happy for all the memories I laugh at now, for the family that has died, the friends that became family and died.

Remember to TRY to go to a cookout or just a little BBQ with a close friend, if possible take your own car in case after you try for half hour or even an hour you find, you just can't stay anymore, it's ok for you to leave. You went, visited and maybe even laughed a little. At least I hope you did even if it's just once. Then when you get home and are mad that no one mentioned their name, no one else looked sad or seemed to miss them, give yourself a pat on the back, YOU DID IT, you made the effort to socialize, that is a very big step, it may not feel like it but it was.

You never forget them, but the pain does subside, they always live on in your heart, no matter what your loss is or how long ago it was, our loved ones live on. As time goes on it is easier for you to talk about them, it helps our friends and families be able to share those memories with us. Talking about them won't always bring tears, in time talking brings smiles and you will find more people are able to talk about them. Remember our friends really don't know how to help us; they don't want to be the one to make us cry again, they don't know it's not their fault. We all felt the same way at some point in our lives, before we suffered our loss and had to deal with the deep, painful grief that we have lived through and live through it we shall.

Remember to take care of yourself physically as well as emotionally, it does make a difference in how we deal with our grief.

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>

"Friends
Helping
Friends."

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

Help GROWW



You can also order GROWW items online from cafepress. It does all the shipping and making of the items.

Need a shirt for the Niagara Falls Gathering?

Follow the link:

\$5 BONUS DONATIONS

For every new member who joins iGive.com and shops within 45 days, we'll donate an extra \$5 to their selected cause. Offer ends soon!

http://www.cafepress.com/buy/groww/-/cfpt2 /x 20/cfpt /source_searchBox/copt /y 17

[Tell a friend about iGive.com today.](#)

Go to www.igive.com and you can donate money to GROWW by purchasing through igive, you don't pay anymore, it costs you nothing and GROWW gets a little bit.

THANK YOU!

GROWW received a check from H&R Block in the amount of \$250.00 ☺

Thank you to all of you that used H&R Block and brought the coupon with you for GROWW to receive a donation from H&R Block.

GROWW is a 501© non-profit organization.

Any and all donations are tax deductible.

For a donation form click on the link below

<http://www.groww.org/helpgroww/orderform.htm>



GROWW, Inc.
11677
Douglas
Road
102-PMB 101
Alpharetta,
GA 30005

E-mail
newsletter@groww.org

We're on the Web!
www.groww.org

Contact Information

For information or questions about GROWW, please write to 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 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

