



E-Mail Newsletter

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Taking care of you

Grief as a Personal Experience

The processing of grief reminds us how essential it is to be connected to others. And grief, like history, is a living process altered by how we navigate the experience. It is also our way of letting go of life as we knew it to be and embracing life as it will GROWW to be. When we experience a break in our emotional, physical, or spiritual connections, we naturally seek a new balance point to restore control and harmony with life. As we accept our continued existence, our grief experience helps us find new ways, and perhaps incorporate very old ways, to create our new identity in this life.

As fellow travelers in the journey of grief, all of us perform an integral task of healing when we examine our grief history. The self examination and timely reflection strengthen the caring connections that we need in our lifetime. Confrontations with dying and bereavement are difficult but result in a more compassionate attitude. Personal suffering is a harsh but grand teacher. As George Bernard Shaw so poignantly wrote:

*Life is no brief candle to me. It is a sort of splendid torch which I have got hold
Of for the moment, and I want to make it burn as brightly as possible before
handling it on to future generations.*

Grief is a "splendid torch." Through our personal action we bring our visions to life. As persons who have experience grief, if we can't reach into ourselves with acceptance and love, we won't be able to reach out to others with integrity, compassion, and caring.

Thank you to Cary for sharing this with us!

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

whyWe

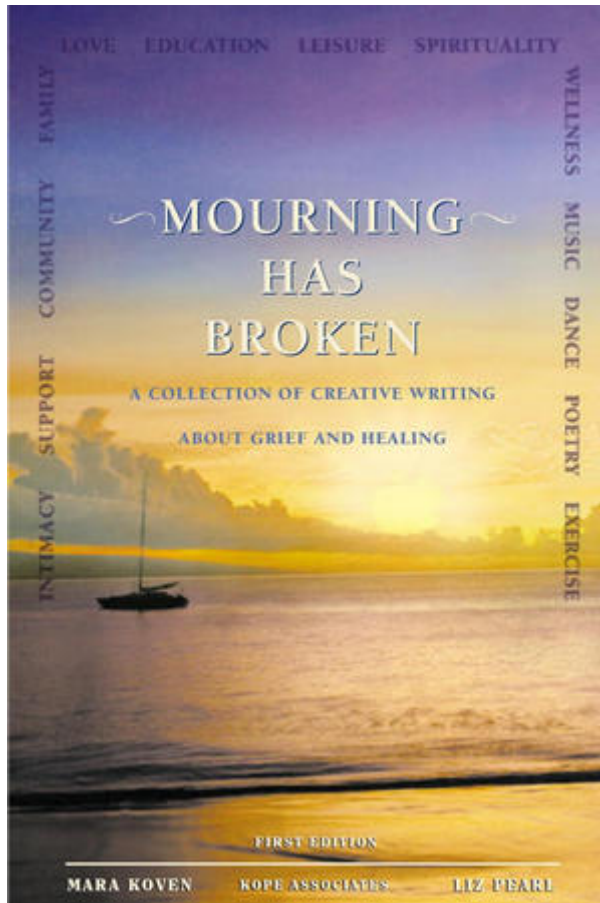
call

today

"the

present"

Links



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** and **Liz Pearl**

ISBN 0-9738040-0-9
Softcover, 6" x 9", xv + 206 pages
\$20 US / \$25 Can
KOPE Associates, Toronto, Canada, 2007
Revised Second Edition
Now available!
With 4 new entries

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

MOURNING HAS BROKEN

A Collection of Creative Writing about Grief and Healing

Mara Koven and Liz Pearl

KOPE Associates
Creative Writing Healing Journeys

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 always make you choose life.

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 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 contact www.centerforloss.com

Inspirational Poetry

With *Faith* all things are possible!

Lord, you are my *strength* when I feel weak, my *courage* when I'm afraid

You are my *comfort* when I am lonely

You are my *hope* when I feel like giving up

And you are my *faith*

At times this journey which I am on seems impossible

Even more so when a storm is in my path

And I often wonder will I make it through

Or will I wallow in its aftermath

Yet no matter how strong a storm it is

I seem to come out stronger

I am confident I have your help along the way

And it is thee that picks me up each time I fall and carries me

How can I not continue to tread this journey?

And why wouldn't I?

You have mapped out the path that I am to travel

You choose it specifically for me

And you gave me the tools in which to travel with

Strength, courage, comfort, hope, faith and the greatest of all, your ***love***

With your love in my heart, it will make this journey a possible one

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We're on the Web!
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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

Recipe

7 Layer Salad – by Patti B. – one of her Mom's favorite summer salads

INGREDIENTS:

1 small head lettuce
1 c. chopped celery
1/2 c. chopped green peppers
4 chopped green onions or vidalia onions (small)
4 hard-boiled eggs (diced)
1 (10 ounce) package green peas (dried and thawed)
8 slices cooked bacon, cut up
2 c. mayonnaise

2 tsp. sugar
1 c. grated cheddar cheese

DIRECTIONS:

Layer bottom of serving dish with lettuce.
Place the celery, onion, green pepper and spread over the lettuce.
Spread the cut up eggs next. Follow with peas and bacon.
Mix mayo and sugar together spread over the top.
Sprinkle grated cheese on top and serve!

