



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.

"Friends Helping Friends."

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 handing it on to
future generations.*

Everyday is
A gift that's why we call today
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 time

Good grief

AnneGD@groww.org



Chatting Tips: staff@groww.org

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>

Any organization or society needs structure in order to function fairly and effectively. There are often shared goals and shared likenesses within the group, and these facilitate an orderly community. The founder of the site and subsequently the Board of Directors has set forth the goals of the site.

GROWW is both an organization and a community, and differs from a group someone starts on Facebook. As a 501 3c corporation there are legal requirements that must be adhered to in order to keep GROWW up and running. By default these requirements create a level of hierarchy: a Board of Directors, a CEO, staff, hosts and members. All are important to our organization.

We are also a community of members who have suffered loss through the death of a loved one, who come together to seek understanding and support; and to offer encouragement, support and hope to each other. There is nothing finer than seeing a relative newbie reach out to another who is in pain, and the resulting comfort that both receive.

GROWW is a place of hope and healing. We are not a "grief site," but a "grief recovery site." The goal of GROWW is to help members realize they are resilient and strong; that they can walk out the other side of the awful journey of grief able to appreciate what life still has to offer each of us. Our lives are forever changed, forever different, but that doesn't necessarily mean that life can't be good for each of us again. We know that those new to grief and its many challenges can't believe that now. Neither did we at first.

GROWW is not the only online grief recovery site nor is it the right fit for everyone. We have ways of doing things, and core principles that are not negotiable. The Rules of Conduct can be found on the first screen of the site. Please read them, if you haven't. They well state what we are about and what we are not.

If, for whatever reason, you don't feel able to follow the few rules listed, or simply don't care for the tone of the site, please make the effort to find another that better suits your needs. You will be doing yourself, and us, a big favor.

Thank you,

GROWW Staff

Links

I send this message and the attached news article in hopes that you would consider my newly-published book for sale from your organization.

It is available from WORD ALIVE PRESS, or contacting me, below.

Check out: <http://www.wix.com/alannaswebart/final-scenes>

I have just written a book on Spiritual Care called "Final Scenes"—bedside tales at end of life
It is 80 short and true stories about comfort, hope and healing. It is all about pastoral care during serious illness

I am wishing to market this book as a resource to:

Health Professionals, Hospice Volunteers, Healthcare Chaplains, Spiritual Care Volunteers, Community Clergy, Pastoral Care Volunteers and Families

It's purpose is:

- To identify spiritual strength as a resource during tough times
- To provide best-practice learning about providing for spiritual needs
- For patients and families to discuss beliefs, wishes and fears
- As a resource for dealing with grief & loss

This book is \$15. (plus postage) and available by contacting me at jstark9@cogeco.ca

Please consider helping me market this useful resource by sending this message to any other health and ministry organizations you may have connections with.

Truly appreciated,

Janet Stark
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Kemptville, ON Canada
jstark9@cogeco.ca

What Is Grief Really Like?

Analyzing the results of the *Slate* survey on loss.

By *Leeat Granek and Meghan O'Rourke* Posted Thursday, April 28, 2011, at 10:22 AM ET

This article is one of a series about grief. Click here to read our original article on grief and to look at accompanying survey. A subsequent article will look more closely at what the respondents wrote in.

It is based on 8000 responses to a questionnaire dealing with peoples experiences with grief. See the link below for the article.

<http://www.slate.com/id/2292126>

Dear Friends:

The E-Book, "How to Help When Parents Grieve" is here! My award winning book, "How to Help When Parents Grieve" is available for sale on Kindle at amazon.com for \$6.99.

This grief book has practical methods to help grieving parents. Included within the pages is what to say and do and what not to say and do to grieving parents. Also within the pages are compelling stories from parents who have had a child pass away. The parents tell how they felt and how they coped with their grief.

Within the Resource Pages are helpful contacts for grieving parents. This includes groups such as GriefShare, Centering Corp., The Compassionate Friends, The Dougy Center, Alive Alone, UNITE, Inc. Center of Loss in Multiple Births, Parents of Murdered Children, GROWW, and Bereaved Parents of the USA.

Click on or paste into your browser, the link below. If this does not work, go to amazon.com, Kindle Store, and put in, "How to Help When Parents Grieve," or just pull the book up on amazon.com and it can be ordered there, too.

Thank you,
Holly
Holly Fox Vellekoop, MSN, Author
"How to Help When Parents Grieve"

http://www.amazon.com/How-Help-When-Parents-Grieve/dp/1878398253/ref=sr_1_1?s=books&ie=UTF8&qid=1284672703&sr=1-1

A Good Day in the Life of a Grieving Widower By: Pierre Milot

Strangely enough, today is a good day, it's been so long since I've had one.

All bundled up in my red checkered construction shirt, and discreetly trespassing on my neighbour's long country driveway, I'm taking my old dog Max out for his morning walk. Protected from the cool river wind by the bordering woods, I can feel the hot spring sun gently warming my face and shoulders, and can hear nothing else but the birds chirping, the familiar honking sound of the Canadian wild geese flying high in the clear blue sky happy to come back home, and the delightful crunching sound of gravel underneath my feet as I walk. With an uncertain smile I breathe in the fresh morning breeze, I feel good.

Strolling along, lost in thought, I marvel at our capacity to recover from what seems at times like the "unrecoverable". How can it be that today I can smile when only yesterday I was in the deepest of sorrows, with little hope for tomorrow. As I ponder on this, I reminisce, I think back on that dreadful November day, when, as I was holding my wife's cold dying hand and counting her last breaths, she left me in so much pain and loneliness. I remember that while I was putting on a brave front reassuring her that I would be OK, I was prompting her to go towards the "light" (as if she

wasn't already there, for where else could such a kind and loving soul be, but in the arms of an angel). Little did I know then that very soon I would be kneeling on the ground, bent over in gut-wrenching agony, sobbing like a child, and begging for her to come back. I would have done everything then, change my religion, give away all that I owned, even my life and soul to see and feel her, to be able to one last time delicately run my fingers through her soft silky hair, as I lovingly kiss her forehead while savouring her particular body scent that I've grown to love so much. But, if the Divine in his infinite wisdom has granted us the gift of growth through sorrow and pain, he has also given us the necessary strength to overcome the same hardships. So, reaching inside the deepest confines of my being for that slippery strength, I managed to somehow make the pain more bearable, stand up and shakily face the day one more time.

Now, in an effort to heal my shattered life, I'm slowly learning to redefine my sense of self, my identity in this strange and scary new world without her, to think in terms of "I" instead of "We", while at the same time keep her memory alive in my heart.

I will make it, I will survive, I will somehow learn to be whole again but in a different way than before, and when the tough days comes back again, I will always have today, the comforting memory of this "Good Day" to fall back on. Waking up from my reveries, I focus back on Max, my only daily companion these days, as he too, healing from his loss, enjoys the day. His inquisitive nose intrigued by the pungent odour of last fall's decaying leaves, he decides to investigate further and scratches the ground with an awkward paw to uncover the newly grown fresh tender grass shoots, a welcomed sign of the summer to come. The never ending circle of life.

Today is made of my yesterdays, and tomorrow is made of my today.

Pierre Milot

Submitted by:

Pierre Milot, Ph.D. E-Mail: pierremilotcoaching@gmail.com



The Grief Memoir:

14 Reviews of the Latest Books about Grief and Loss

Why write about grief? That is, why study it, burrow oneself in it, observe oneself suffering through it? The only answer is that writers write about what they know, file bulletins from the front lines of human experience. When grief fills their vision, when it becomes a place that feels like the sum of what they know, that's what they write about. They write to tell what they see; they write, above all, to find out what they think. Writing is a path out of the maze of one's aching head.

Why read about someone else's grief? Because the reader might happen upon a frame of words that defines his own experience, points a path out of his own morass. Or find the occasional morsel of wisdom. Or, sometimes, discover a hit of pure poetry or perception wrung out of the depths of a misery given generously to all.

Grief is a democratic wrecking ball of loss, love, guilt and a soul-shattering understanding of the disposability of all we hold dear, including ourselves. To write about it is like planting a flag on the smoldering pyre of death and memory. Steeping oneself in death, through words, can paradoxically be a way of talking oneself back into the rhythms and habits of life – a writer's life... [... http://www.obit-mag.com/articles/grief-memoir-reviews-of-recent-books-about-dying-and-grief](http://www.obit-mag.com/articles/grief-memoir-reviews-of-recent-books-about-dying-and-grief)

Dearest Friends,

We are full of profound gratitude for all who have worked hard to bring The Grief Project into fruition. We look forward to watching TGP unfold in the coming months. At this time, TGP has two components: Sacred Journey retreats and Stories from the Road.

Sacred Journey is the culmination of 5 years of dreaming and planning by the Grief Project Leadership Team and TGP Angels. The centerpiece of the program are Weekend Retreats for the widowed coupled with Sacred Journey Gatherings and ultimately Sacred Journey Bereavement Support Groups and Family Camps all held in Minnesota.

Those who have learned to walk in the light have much to share with other widowed women and men, who are raw with pain. **Stories from the Road** provides an opportunity for widowed men and women to contribute their personal grief experiences to the TGP website. The stories will contain common themes and challenges faced by all of us along the widowed road.

Please visit the website at www.griefproject.org. And friend us on Facebook!

With Unending Gratitude for Your Help and For Being a Companion on My Journey - Suzann

Suzann Eisenberg Murray

Contact Information

For information or questions about GROWW, please write to staff@groww.org

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profit
organization.*

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form click on
the link below*

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



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