



E-Mail Newsletter

MARCH 19, 2007

MARCH 2007 VOLUME 2, NUMBER 3

Taking care of you

Spring was in the air here for a few days, but now it's gone. The time change messed with some of our computers and with our sleep habits or lack thereof depending on whether you are an insomniac or not.

GROWW has a new Grief Recovery manager after not having one for a couple of years. GRHostGin hosts the night owl shift every night, for those of you who know me, I'm always asleep by then. If you have any problems with members or with something going on in the room please feel free to email her directly at grhostgin@entermail.net

We also have 2 new Hosts to GFW Cary and SueP (aka spotts), if time allows they may help out in GR. We also have re-opened Reluctant Angels on Monday nights from 9-11 eastern time, Shirley and LisaB will be Hosting and Room Manager Cindy will be there when she is able. Thanks for re-opening Reluctant Angels. For those of you who visit Heavenly Angels and know Doyle, Shirley is his wife and she lost a family member to suicide.

We also have three new Hosts who will be guiding Angels of Addiction chats, welcome to you, Linda, Terri, and Diane. Thank you for sharing your time and history with those who need understanding and compassion.

We recently heard that a woman who used to come to GROWW passed away a few days ago, she used to come in as lovey, I'm not sure how long since she last visited GROWW. We received a few emails. Please keep her family in you prayers as they go through this terrible thing called brief.

Remember everyone was new here once, please ask questions. Please remember to not share personal information until you know someone very well, this is still the internet. Please do NOT give out your phone number. If you want to email with people, go to yahoo or hotmail and create a free email account. These are just a few precautions we can take to help ourselves.

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

"Friends

Helping

Friends."

• *Everyday*

is

A gift, that's

why

We call today

"the present"

instructions, it should solve your problem

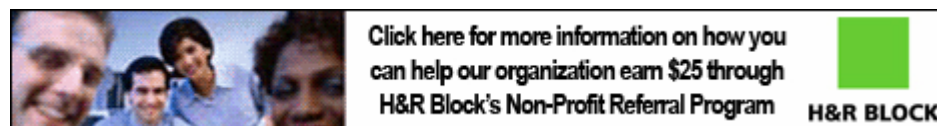
<http://java.sun.com/getjava/download.html>

Help GROWW

[A New Way to Help GROWW](#)

This is to make everyone aware of another way to generate funding to keep the GROWW web site viable and available for those that are trudging their way through the loss of a loved one. As we approach the end of the year, we are also approaching another annual event that just cannot be avoided; namely filing our federal income tax returns. This year, H&R Block has initiated a Non-Profit Referral Program to help organizations such as GROWW.

Here is how it works. For each new client (anyone that did NOT file their prior year's tax return through H&R Block), H&R Block will send \$25 to GROWW. All you have to do is present the official certificate to the tax professional when you visit any H&R Block office and file your tax return for 2006. All you need to do is go to the HelpGROWW web page at <http://www.groww.org/helpgroww/index.htm>; scroll down to the banner that looks like this:



Click on this banner and a certificate will open in a new window. Print the certificate, present it to the tax professional at your local H&R Block office, and file your tax return. You will be helping GROWW, get H&R Block guarantee of accuracy, and perhaps get a larger refund. Thank you in advance.

By: PhillipGene F.

Hints from H&R Block

More dependents mean more tax breaks: When you have a life event change, such as adding a dependent to your family, even if you've maximized your contributions to your Dependent Care Benefit plan, you may still find more benefit. If your expenses are greater than your contributions, you may be able to claim up to an additional \$1,000 using the child care credit. Consult a tax professional for more information.

Avoid penalties by changing your withholding: If you didn't have enough taxes withheld from your paycheck, the IRS will penalize you. Consider increasing your withholding to avoid another penalty next year. Fill out a new Form W-4 to give to your employer.

Do yourself a favor by contributing to an IRA: Your IRA investment will continue to save tax dollars each year, because the earnings inside your account aren't taxed until you withdraw the money.

Get the right skills for today's jobs: The Employment and Training Administration (ETA) teaches you the skills to get hired and provides training for today's job market. The agency also helps match people with job opportunities. To find out more, call 1-877-872-5627 or TTY at 1-877-889-5627. Or visit the ETA at www.doleta.gov.

Use equity in your home for home improvements: If you improve or update your home you may ultimately raise your home's value! Therefore, you may want to consider borrowing against the equity in your home to pay for your improvement projects. By taking advantage of low home-mortgage interest rates, you'll get a tax deduction for the

interest you pay on the money you borrow.

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@g
roww.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>

Resources

MOURNING HAS BROKEN- **A Collection of Creative Writing about Grief and Healing**

Revised Second Edition now available!

Foreword by **Alan Wolfelt, PhD**
Edited by **Mara Koven and Liz Pearl**

KOPE Associates, 2007
ISBN 0-9738040-0-9

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

Thank you,

Liz Pearl, M.Ed.

KOPE Associates

liz_pearl@sympatico.ca

Reminder

Send in recipes and poetry if you would like to have them posted in the Newsletter.

The Silent World of Grief

While the rest of the world continues their uninterrupted lives a silent battle continues in the hearts of many others. There is a common place where these hearts come together and unite as one. It's a place where you never hope to be and yet it's the place you want to be; if you are grieving.

You won't find faces at this place but you will find words filled with comfort, support and love. It's a place where strangers come together to share in stories about the loss of loved ones. This is a place where you can be open with your feelings. This is a place where people understand your pain. In this place, the loss of a loved one is not measured by their age or the cause of their death. Loss is not about competition. The loss that these individuals have experienced will be part of them forever.

When you first log onto this site, you are a bit hesitant. Then someone sends you a message that says "can you share your loss with us"; instantly you do. Here people want to know, because they want to help you. These are people that are working through their own grief and yet they find the time to share and give back. This is an amazing and extraordinary place to be. It's inspiring and soothes your soul.

When you lose someone that you love, you're consumed in your own pain and yet when you learn about all of the other silent grieving hearts that exist among you, you are moved; because you realize that your loss is only a fraction of the abundance of losses that happen every day. It compels you to share your story and listen to the story of others.

It's not necessary to put a face to the names and the messages that you see. You only need your heart. You feel the compassion for people that you don't even know. But it doesn't take long for these strangers to become your close friends and even an extended family. There is something about this place that keeps drawing you back.

You won't ever know if the person you pass by on the street is harboring a grieving heart or not; that's because the pain is on the inside. Grief isn't something that is contagious and yet I see people shy away from it. They shy away because they don't always know what to say. Sometimes we don't want you to say anything and sometimes, we want someone to listen and other times, we just need to cry.

It's why there is a place for those who grieve to go and that place I'm proud to say is called, "GROWW".

Linda S. Flock
a/k/a Kimb

