



E-Mail Newsletter

MARCH 19, 2011

MARCH 2011

Taking Care of You

Hi All,

Spring has come and gone in the blink of an eye, or so it seems. Global warming or whatever the accurate name for it might be is sure messing up everyone's weather. It has been warmer up north on some days then it was here in the south. It was colder in California then it was in Georgia. Listening to the weather, they said there may even be a flurry in North Georgia today. YIKES!

I think everyone wants spring, we already changed the clock. Lots of people have planted their flowers because it's time to see the pretty colors and maybe even make people smile. Those of us that have been on this road for a while want our flowers to bloom. Those of you who have just joined us on this grief journey, you are probably receiving mixed signals, the flowers blooming could be making you sadder then you expected, this is normal. We all grieve differently; there is no right way or wrong way, just YOUR way. If the flowers make you smile, smile, for a moment, a minute, or the whole day. If they make you sad, know that it's ok; they won't always make you sad. Flowers are life blooming and sometimes reminds us that life goes on with or without us.

Try to get out there and do something for yourself, it doesn't have to be anything big. Go to the store and pick of some sunscreen, get yourself a lawn chair and go sit on your deck or in your yard. Sit around and relax, grab a book, even a grief book. The fresh air will do you good and maybe take the winter blues away!

Until next month

Good grief

AnneGD@groww.org



Chatting Tips: webmaster@groww.org

GROWW is a wonderful site for friends helping friends, BUT GROWW is also the internet. As hard as staff works to keep this a very safe site, there are times that private chat may go beyond the realm of talking grief and that is NEVER acceptable. WE would like to make this very clear. In recent months it was brought to staff's attention that maybe some private chats were being conducted and were of inappropriate topics. Staff has no way of knowing this is going on unless someone lets us know so please always know you can write to us at Staff@GROWW.org.

We realize you are here to grieve the loss of a loved one and in no way would we wish that your grief be compounded by what we view are people taking advantage of your great sadness and saying inappropriate comments in private chat. OUR other problem is that your conversations, even if you are a willing participant can accidentally be sent to someone who would never wish to receive them. Take those conversations elsewhere out of GROWW. There are a few basic rules to remember when chatting:

1. Do not give out any personal information. If someone should ask for your phone number, address, school name, etc. do not answer! You also should not give out your Internet Service Provider supplied email address. There are several good anonymous email services available, such as [Hotmail](#). Parents are encouraged to check their children's emails for inappropriate content, no matter which email service is utilized.
2. You have the right to say NO! Anytime you feel uncomfortable chatting with someone, you can either end the chat, or tell the person you do not talk about certain things. You always have the right to log out of chat, tell a chat room host and/or write to staff.

Do you have a question or a problem connecting, please write to webmaster@groww.org

Help GROWW

www.igive.com

We have joined Cafepress, a company that specializes in online stores. What does this mean to GROWW? It makes it possible for us to offer a larger variety of GROWW items. There is no overhead, no inventory and no running to the post office or UPS. Cafepress does it all for us. Please visit <http://www.cafepress.com/groww> and see what we have to offer.

Blue Screen:

Are you getting a blue screen all of a sudden when you try to get into GROWW, it could be your browser. We have seen it happen a little more frequently lately. It happens mostly with AOL and IE browsers. If this happens to you, try downloading the firefox browser, this has corrected the problem each time. We aren't sure why it is happening, but that seems to be the fix.

Helping Yourself

'A Widow's Story'

Joyce Carol Oates' memoir of a marriage

By Julia M. Klein

On Feb. 11, 2008, the novelist Joyce Carol Oates rushed her beloved husband of nearly five decades, Raymond J. Smith, to the hospital, where he was diagnosed with pneumonia. After a few torturous days and nights, Smith, the longtime editor of the Ontario Review, appeared to be recovering. A week after his admission, a grim phone call broke Oates' sleep. By the time she arrived at her husband's bedside, he was dead, the victim of secondary infection.

In time, the stricken writer would gain the strength to chronicle her ordeal.

Near the end of her new memoir, *A Widow's Story* (HarperCollins), Oates gives us a thumbnail of her project, and simultaneously expresses her ambivalence about it:

Though I am writing this memoir to see what can be made of the phenomenon of 'grief' in the most exactly minute of ways, I am no longer convinced that there is any inherent value in grief; or, if there is, if wisdom springs from the experience of terrible loss, it's a wisdom one might do without.

With its emphasis on the precise and unsparing rendition of her feelings, *A Widow's Story* serves as a deliberate antidote to the platitudes about mourning that typically envelop the bereaved. Alternating between first- and third-person narration, Oates creates the character of "the widow" and at one point offers her this advice: "Do not think that grief is pure, solemn, austere, and 'elevated'.... Think of crude, coarse gravel that hurts to walk on. Think of splotted mirrors in public lavatories...." **Continue >**

[Obit-mag.com](http://obit-mag.com) provides comprehensive coverage on how the loss of a person, a place, an object or an idea presents an opportunity for examination and discussion. Obit asks the question, "What defines an important life?". It is a forum for ideas and opinions about life, death, and transition written by some of the most respected journalists in the American media.

[Allen Klein's New Groundbreaking Book on How to Go from Loss to Laughter](#)

([I-Newswire](#)) Norwood, NJ, January 10, 2011 - Learning to Laugh When You Feel Like Crying: Embracing Life After Loss is bestselling author Allen Klein's 17th book. Just released by Goodman Beck Publishing on 1.11.11, it is an easy-to-digest, warm, and highly accessible read. Anyone who has experienced a loss of any kind can greatly benefit from the book, which was inspired firsthand by the author's loss of his wife.

Broken down into five sensible steps—losing, learning, letting go, living, and laughing—Learning to Laugh When You Feel Like Crying is addressed with expert awareness and firsthand wisdom. Klein, the former director of The Life-Death Transitions Institute in San Francisco and an award-winning professional speaker, is the recipient of a Lifetime Achievement Award from the Association for Applied and Therapeutic Humor, a Certified Speaking Professional designation from the National Speakers Association, and a Communication and Leadership Award from Toastmasters International, as well as an inductee into the Hunter College, New York City, Hall of Fame.

With a foreword by Earl A. Grollman, author of *Living When a Loved One Has Died*, Learning to Laugh When You Feel Like Crying is a steadfast compass that offers hope and resiliency to anyone trying to navigate through challenging times. Available at all major booksellers.

For additional information, please email Goodman Beck Publishing at info@goodmanbeck.com. To schedule an interview with Allen Klein, please email humor@allenklein.com.

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heartedly say that all grief is not the same. It is closely connected to the relationship and connection that you had to the deceased. I have written a book titled: Good Grief: a Care Map for the Grief Journey (Jebaire Publishing, ISBN# 9780978679675) by Elizabeth Fain, EdS, MHS, OTR/L Thank you. Elizabeth Fain

Novel Encourages Healing and Living Life without Regrets

Batavia, NY – (7 February 2011) – As we live out each day, our experiences have a way of penning the biographies of our lives. Therefore, do the great things that you want to do, say to loved ones the things that you need to say and have no regrets. “Live life to the fullest” is the message that Author H.E. Hobson wants to communicate to the world as he embarks upon his first book release, entitled, “*UnWritten*,” a powerful fiction drama that deals with grief and regret and takes the reader on a journey of his or her own heart. In the end, it will leave a challenge for us all to live a life of fulfillment, destiny and love.

The new release debuted in November 2010 and is a behind-the-scenes look into the spiritual realm through the eyes of a novice angel named Raphael who has the job of granting humans the opportunity to leave one last message to loved ones on the other side. “*UnWritten*” reads like a series of short stories seamlessly woven together to convey some of life’s most important lessons. Portions of the storyline were birthed out of the author’s own life experiences; including the loss of someone very dear to him and his family.

“I desired to communicate stories that would help people deal with the loss of a loved one and at the same time take stock of their own immortality,” said Hobson. “*UnWritten* will leave the reader wanting to live a life of purpose and meaning.”

Hobson is an author who has a very well-rounded perspective of life. He has traveled to every continental state of the union and countries abroad, including Russia, Germany, France, Denmark, Belgium and countries in Central America. Through his faith in God, he has overcome drug addiction, depression and many other destructive behaviors of his past. Today, Hobson is a full-time Assistant Pastor of a growing church of nearly 200. He spends a lot of time counseling and talking to people about their struggles in life. In addition to his own loss, over the years he has seen many others struggle with processing their grief as well as battling the obstacles of life searching for purpose. He hopes the book will bring hope to people everywhere and inspire them to live each day to the fullest.

Hobson and his wife, Melissa, reside in Batavia, New York with their four children Haleigh, 17, Bryce, 15, Keatyn, 8, and Josiah, 6.

EDITOR’S NOTE: H.E. Hobson is available for media interviews and high resolution photos are available upon request. Free review copies of the novel, “*UnWritten*,” may be requested by contacting yorkshirepr@gmail.com.

For more information on H.E. Hobson and his new novel, “UnWritten,” please contact yorkshirepr@gmail.com.

Poetry

IF I WERE AN ANGEL

*If I were an angel
In the Heavens above
I'd be able to hold you
And speak of my love*

*If I were an angel
I'd light up the sky
Showing love is eternal
Not ending when you die*

*If I were an angel
I'd scatter the stars
To spell out "I love you"
From Venus to Mars*

*If I were an Angel
With delicate wings
I'd wrap them around you
As my happy heart sings*

*If I were an Angel
In the Heavens above
All the Angels would sing
Celebrating our love*

© Composed by Roni on January 11th, 2006 in remembrance of her husband, Murray.

MOSAIC

I gather the fragments of my shattered life
Shades ranging from red to deep blue
I trace my finger around pieces until I see
The portrait of my life here with you

I shuffle the pieces one by one
Into a picture that will make sense
Forming a mosaic of our wonderful life
A reflection of emotions so intense.

The crystalline pieces form a pattern so bold
One of love, of hope and of tears
A mosaic of passion, of pain and of mirth

That we've felt throughout the years

Our colorful past is reflected in hues
Bright colors representing our glee
The kaleidoscope of colors change once again
Representing all that is not meant to be

The pink is our love as it blossomed into bloom
The purple's for the passion we shared
And the yellow is for sunshine that filled our lives
Showing all how just much we cared

The rose is for the happiness we shared in life
The orange for exquisite joy
The green is for envy by all who watched
As we flaunted our love like a toy

The colors have changed to deeper shades
To magenta for you to get well
Dark grey is for shock and also for fear
And red's anger at the bell's final knell

The pieces tumble onto the floor
To form the following hues
The black's for bleak days when I'm alone
As my heart overflows with deep blues

Our beautiful mosaic now lays at my feet
Of days gone too quickly by
An aura of tear drops form the image I see
A vision to make angels cry

© Composed on January 7th , 2006 by Roni P. for her husband, Murray

"Solitude is the soul's holiday, an opportunity to stop doing for others and to surprise and delight ourselves instead."

— Katrina Kenison

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