

E-Mail Newsletter

MAY 17, 2006

VOLUME 1, NUMBER 3

"Friends

Helping

Friends."

**This is
death..... and
this is life.**

Judy Divers

Spring has Sprung-Life goes on

Taking care of you

AnneGD@groww.org

I often recommend people to go to <http://www.dougy.org/> to search for a support group in their area. I was very fortunate after my husband died to find a support group based on the The Dougy Program. It is called Mary's Place and I have to say without Mary and GROWW, I wouldn't be where I am today. As most of you know my husband Michael died a little over 9 years ago, I still try to keep in touch and do what I can help. Mary Keane, Executive Director of Mary's Place [Mary's Place - A Center for Grieving Children and Families](#) is a free for anyone who suffered a loss, I belonged to the Young Widowed group and my son went to the Kids group. We made some wonderful life long friends and friends we have lost touch with but think of often. Between my "real" support group and GROWW I was able to make peace with my husbands death and move on to be a NEW me, it was hard. I told Mary I would get a name plate to put behind the chair I hogged at meetings, it was the most comfy seat in the room. She said ok, whatever you want. Somewhere deep down she knew I wouldn't be there forever but never told me that, she knew I had to find that out for myself and within about a year after I started going to my support group at Mary's Place, I began to create a new life, hadn't planned to do it, it just happened. I will be eternally grateful for the year or 2 I spent with Mary and all the great men and women who were a part of my life. We all learned so much from each and we even had fun together.

I got my quarterly Newsletter in the mail from Mary's Place and I read it faithfully, I look at the names and some of the kids who were in Joey's group are now teen helpers with the kids group: that made me smile.

I think it's time to thank the people who got me to where I am today, I can't name everyone but in those early days, my Doctors, Dr. Charlene Li and Dr Jane Walker were so caring and loving with Joey and me, they guided us to Mary's Place. To my best friend Debbie Belanger who went with me to the first group meeting so we wouldn't be afraid to go in by ourselves. Debs, we've sure come a long way in the past 9 years. To my parents and sister who never let me down and were always there for me and never told me to get over it, I love you and I thank you from the bottom of my heart.

All the flowers blooming and the trees budding make me think about life and how good life can be again, IF we do the hard work that is required of us to succeed in living, life can be good again and fulfilling.

Until Next Month, Good Grief

AnneGD



Chatting Tips

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>

Internet Safety

Libby@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 as 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:

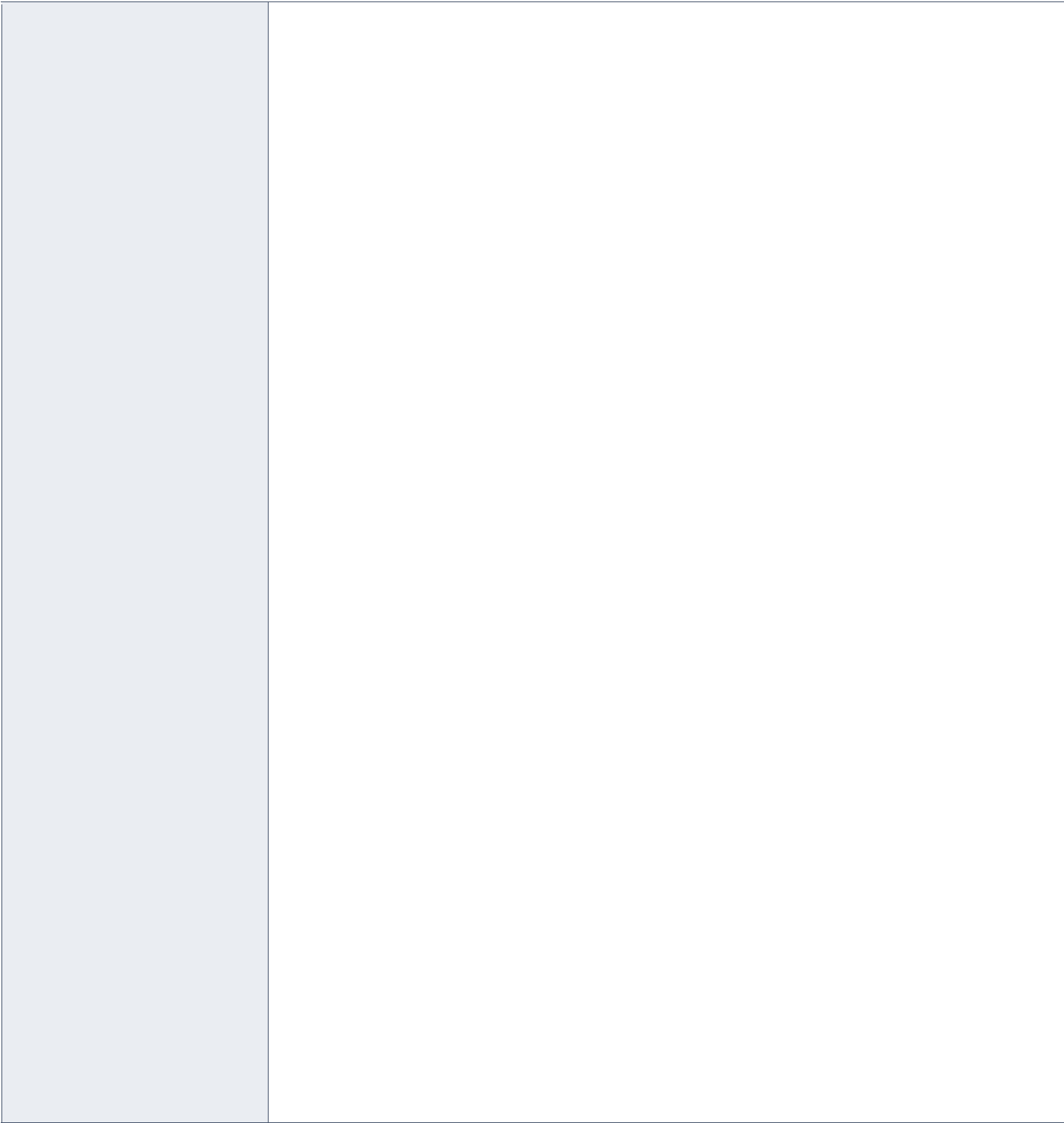
1. Do not give out any personal information. If someone should ask for your phone number, address, school name, etc. do not answer! You also should not give out your Internet Service Provider supplied email address. There are several good anonymous email services available, such as [Hotmail](#). Parents 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.

Congratulations

To our very own **Robert C. Partanen (aka GRHostSinger)** who will be ordained to the vocational diaconate on June 3, 2006 at Grace Cathedral San Francisco CA.

Thank you for still giving back to GROWW after all these years and through all your busy times.

To **Doyle** – our new Assistant Room Manager for Heavenly Angels, he is also our resident published poet. Thank you for your dedication to GROWW and Heavenly Angels Branch.



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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>



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We're on the Web!
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Poetry Corner

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.

Links

<http://www.widowedtoosoon.com> Widowed Too Soon: A Young Widow's Journey through Grief, Healing and Spiritual Transformation" by Linda Hirsch

<http://wiredsafety.org/> Here is a link that NanE found for all kinds of internet safety and security features, check it out.

<http://www.foreverrememberedflorals.com/> Forever Remembered Florals sells cemetery memorial flowers for grave sites. Putting flowers on the grave of a lost loved one is healing and helps us to show love to those we miss and still love. I'm in business to sell florals but I also very much care about those that are suffering from their loss.

http://www.aarp.org/families/grief_loss/ How to help loved ones and yourself.

We have discussions and questions asked about cremation urns and memorial jewelry, we have recently added 2 new links to our resource pages.

<http://www.everlifememorials.com/urns-catalog.htm>

<http://www.cremationsolutions.com/>

Contact Information



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

Anyone who hasn't signed up 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>

GROWW, Inc. now accepts donations via PayPal!

For those of you who have never used PayPal it is an easy method of paying for items or giving a donation to an agency or individual online. Any individual or business with an email address is able to securely, easily and quickly send and receive payments online. PayPal's service allows you to have the items or donation charged to your credit card.

It is faster than sending checks and money orders, the industry-leading fraud prevention helps keep you safe and your financial information is kept private and secure.

Signing up for a PayPal account is free and there's no charge to you. Please visit www.paypal.com to sign up.

Of course GROWW will always accept donations the old fashion way (check and money orders).

Gatherings

There is currently a Widowed and Widower gathering in the planning stage for July 14th through 16th in Minnesota. Check the Gatherings page on the message boards for more updates.

Phil's Corner

Hi guyz, the boss told me it's time to get back to work. I told her I had writers block, let's just say she cleared the cobwebs. Geez I only missed 1 or 2 articles, so I thought. I looked at the calendar and saw it was May, wow talk

about time flying. Almost time for school to end for the summer, hmmm ever think of GROWW as school, pardon me while I babble.

Almost time for another GROWW graduation. No not your typical pomp and circumstance type, no caps and gowns, no valedictorian no Dean AnneGD handing out degree's in Griefology. We average 3,000; give or take a couple of hundred, application's (welcome letters) a year. I don't know how many of the folks who fill out a survey actually come into one of the rooms. I don't know how many folks use the message boards but I do know that we do not have a textbook that you can study. There is no test to take afterwards that will put this nightmare behind you. We didn't have to make good numbers on The SAT's; shoot the price of the scholarship was way to steep to begin with.

Just like any major learning institutions we do have spring breaks (gatherings). OK, there will not be a GROWW girls gone wild video coming out afterward. Please remember this a break so if it has been less than a year maybe you should wait a little longer. The first one is in Minnesota July 14th to July 17th and will **be limited to widowed members**. Professor Amy (Tigger), who has a degree in Rhetoric for lack of better word, will be in charge of ensuring Decorum is maintained. Folks that will be the last time you will ever hear me say Amy and decorum in the same sentence. The second one is in Tulsa Oklahoma and is a combination GROWW Gathering/HALO Happening September 14th through September 18th. Please check the message boards under Gatherings. It's being called a Roundup and is open to everyone. Again I need to mention that you may want to wait at least a year before you attend a gathering.

Can we graduate? (Move on) Hopefully, that is up to you. Remember, the decision to move on is yours and yours alone. Don't let anyone ever tell you when that is. One of the perks as a GROWW alumni is you will always know where to go if you need a refresher course and it's right at the end of your finger tips. Well gotta go, Dean AnneGD mumbling something about a deadline.