



# E-Mail Newsletter

MAY 15, 2007

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## Taking care of you

Hi All,

I read an article in Phil's Sports Illustrated, yes SI, there is actually an article I read out of it every week, or however often it arrives. It's on the last page of the magazine and it usually has a moral to the story. His column is called Life of Reilly, it's usually a personal spin on an athlete, not always a professional, sometimes a high school student.

In one of the recent magazines, the headline really grabbed me, it was called "Coaching the Grief-stricken" by Rick Reilly. You can go online and find the article and read it, it really is worth reading. Take the time to read the article, you never know where you might the support you

need: [http://sportsillustrated.cnn.com/2007/writers/rick\\_reilly/05/07/dungy0430/index.html](http://sportsillustrated.cnn.com/2007/writers/rick_reilly/05/07/dungy0430/index.html)

It got me thinking, we all deal with grief everyday, we live with our grief everyday. Most of us meet people here in the chat rooms and offer what helped each of us to survive. Some of us grow and find peace with who we have become, we all know there are no time-lines, for some it happens sooner rather than later. It's a hard job, but we have to do the work. The other night it happened to come up that someone couldn't find a support group, had no friends left, no family. To put it bluntly, no matter what anyone had to share it just wouldn't work for that person. These are the people and I am really being general here, so don't go thinking it is about "you". At some point it could probably be about almost anyone. It seems to me we all have to reach out, go outside of our comfort zone and grasp onto to something or someone that understands how you feel. Grab onto to a friend or relative, maybe they have not been there, but having a real live person who cares about you, to give and receive hugs from is a big deal.

Try a support group, it may not be perfect for you, but you may make a friend, it only takes one friend to help you realize you aren't alone. Read Rick Reilly's article, you just never know who you might meet or become friends with. There is a lot of support available, not only in person, but online. Remember the song, With a little help from my friends. We all need help or guidance or just someone to talk to. Don't give up, there is someone out there for everyone who will be just who needed to talk to.

On a final note this month, our hearts go out to all the Victims and their families who are part of the horrible tragedy that took place at Virginia Tech.

Until next month

Good grief

[AnneGD@groww.org](mailto:AnneGD@groww.org)



### Chatting Tips: [staff@groww.org](mailto: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

*"Friends*

*Helping*

*Friends."*

• *Everyday*

*is*

*A gift, that's*

*why*

*We call today*

*"the present"*

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>

## **Links**

There is a terrific website with all kinds of books that deal with loss and grief

[www.compassionbooks.com](http://www.compassionbooks.com)

GROWW is a  
501© non-  
profit  
organization.

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donations are  
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## Contact Information

For information or questions about GROWW, please write to [staff@groww.org](mailto: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

Plans are set for the Reunion! Set Oct. 12, 13, and 14th on your calendar (some of us will be arriving on the 11<sup>th</sup> so if this is better for you, join us) Email Char from Halo: [CharC@healingafterloss.org](mailto:CharC@healingafterloss.org) 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 \$30.00. (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.

## Featured Links

**Time: How Long Will It Take?**  
by **Charlotte M. Mathes, LCSW, Ph.D.**  
**Author of *And a Sword Shall Pierce Your Heart***

Waiting? OK. But will a lightness of heart ever come? Does time really heal all wounds? Mothers who have experienced child death assure us that "it will get better." Friends and loved ones may tell us that "it is time to get over it and get on with life." We hear about closure, but researchers say that a mother never ceases mourning the death of her child. The truth is that there is no set chronology for mourning mothers.

In mythology, Father Time is sometimes depicted as helping Truth out of a cave, symbolizing that in time all things come to light. We cannot hurry Truth along. Like the ancient alchemists, we must wait for *kairos*, the astrologically correct time, or God's time, for allowing things to turn out right. Our questions about how long it will take to heal may long remain unanswered.

### *Changes in One's Sense of Time*

The grieving process alters our personal sense of time in several ways. During the traumatic hours after the death, everything in our other life comes to a halt, and our time stops. It takes a number of days before we realize that, although our world has changed forever, the rest of the world continues its usual operations.

At my daughter's funeral, I was amazed when a friend told me he had to get back to his

office. It dawned on me that people were going about their business. The world went on, though my world had ended.

--Emily

After the service I stood at the grave site, holding a rose from the casket. Time had stopped. My sister came up and said I had to leave because other people wanted to go home.

--Annie

For the rest of our life, however, the moment of our child's death continues frozen in time. We remember every detail of the event as if it were yesterday, and we continue to mark the chronology of our experiences with that dreadful date. Paul Newman, whose son died of a drug overdose said that everything in his life was divided into two periods, time before his son died and afterward.

As we continue to mourn, our normal sense of time alters in another way: we mark time carefully. We count the number of months we have lived without joy, since the light of our life has been extinguished.

Dear Andrew,

It's been nine months. It took me nine months to bring you into the world and now you have been away from this world for nine months. Today the grief washes over me and I hear myself crying 'Mama.' I am a child myself, and I long for comfort. I don't know if comfort exists when you are gone.

--Kate

Part of our altered sense of time arises from knowing that the death of our child also means the death of part of our future. Holidays and family traditions will never be the same. Now we will always remember the birthday of the one who is gone, and the anniversary of her death is forever branded in our heart, marking our time. We mourn not only losses in our own future but the un-lived future of our child. When we attend a graduation or a wedding, we ache for our child who was deprived of these rites of passage. How can we attend these ceremonies without feeling victimized? The way out of victimization I know is this: we must eventually come to see our own mourning process as a personal rite of passage. We are being initiated into a different life with new perspectives.

**Excerpted from *And a Sword Shall Pierce Your Heart: Moving from Despair to Meaning After the Death of a Child* by Charlotte M. Mathes, LCSW, Ph.D. Copyright © 2006 Charlotte Mathes. Published by Chiron Publications; September 2005; \$19.95US/\$23.50CAN; 978-1888602340.**

**Author**

**Charlotte M. Mathes**, LCSW, Ph.D., is a certified Jungian analyst, a graduate of the C.G. Jung Institute in Zurich, Switzerland. She received her doctoral degree in psychoanalysis from the Union Graduate School in Cincinnati and is a clinical member of the American Association of Marriage and Family Counselors as well as a board certified supervisor for clinical social workers. Dr. Mathes has been in private practice in New Orleans for twenty years. She lectures and leads seminars in Jungian psychology, family therapy, and bereavement.

For more information, please visit [www.charlottemathes.com](http://www.charlottemathes.com).

After losing my little boy 2 1/2 years ago when I was 18 weeks pregnant, I was inspired to write a children's story called "Angel Chase and His Mommy's Sign". My hope is that the book/website can help families dealing with the loss of a child at any age and also help to explain the loss to other children in the family. I write to find out if you would consider listing it and/or my website as a resource on your website. You can find out more about me and/or my book by visiting my website at [www.myangelchase.com](http://www.myangelchase.com). I would also be happy to send you a copy to review. Thanks.

Colleen Severance Connelly