



E-Mail Newsletter

NOVEMBER 20,
2006

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Taking care of you

Here it is November already, Thanksgiving is around the corner. Do we all have something to be thankful for? I think so. To many of us there doesn't seem like there is much to be thankful for, because we are so sad and feel that our life right now is so unfair that we can't possibly have anything to be grateful for. Are you healthy, are you employed, do you have enough money to get you through the month, are your kids, husband, parents healthy? Then we do have something to be grateful for. Are we upset because life seems so unfair and our loved one died and we are left here to grieve and go on? You bet we are. It takes a long time to be able to put the grief and sadness into a safe place that we can bring out from time to time. If you are new at grief, you are probably no way near or ready to accept this. If you have been dealing with this you may be beginning to feel a little different, better, maybe not. Do we all feel better some day? I don't think so. Some of us do "get" better, some don't; they still accept it and continue to go about their lives, but they have learned to live with it. What's the difference - both have accepted the death and the permanence. To "feel" better I think is when the death does not live with you every day. Yes, you remember them on those special occasions, you get a little twinge of sadness now and then, but life has gone on and life is good again. "Learned to live with it" - you can go on with your life, but the death is still a very big part of your life, you deal with the sadness every single day, maybe not in a big way like at the beginning of your loss but still, part of your life includes the death every day. Others learn to live with it, accept it and move on, may not feel the grief, pain and sadness everyday, but still feels it quite frequently. Is there anything wrong with this? I don't think so, that's why grief is so personal, none of us grieve the same way, for the same length of time or with the same degree of sadness. There is a lot of work to be done to get to the ok stage and feel like you may have something to be thankful for.

I'm thankful my family is healthy, I'm thankful we have enough income to take care of our kids and pay the bills every month, I'm thankful for the friends I have that love me no matter what, for the people who love me for who I am, to those that forgive me for being human. I'll be even more thankful when my fractured foot heals; not feeling so hot and being in pain really can make you have quite the pity party. I'm not a good patient or a very good pathetic patient, I push too hard to get better and end up doing more damage in the long run.

HOLIDAY BILL of RIGHTS

1. You have the right to say TIME OUT, anytime you need to. Time out to let up, blow a little steam, step away from the holidays, have a "huddle" time and start over.

2. You have a right to TELL IT LIKE IT IS. When people ask, "How are you?" you have a right to tell them how you REALLY feel, not just what they want to hear. *You need to take care of yourself. Be attuned to your feelings. (*P.S.

You also the right to smile and say you're fine, because telling them how you really feel, isn't worth your time - some people will never understand

"Friends

Helping

Friends."

• *Everyday*

is

A gift, that's

why

We call today

"the present"

anyway.)

3. You have the right to SOME "BAH HUMBUG" DAYS. You don't have to be "Jolly Old St. Nicholas" all the time. You are not a bad person just because you don't feel like singing Christmas carols all day.

4. You have the right to DO THINGS DIFFERENTLY. There is no law that says you must always do Chanukah and Christmas the same way. You can send 10 cards instead of 100 -- or no cards at all. You can open presents at somebody else's house. You can do without a tree. You can have a pizza instead of turkey!-the list is endless.

5. You have the right to BE WHERE YOU WANT TO BE. Be at home, or at the relatives' or with friends. Be in any city, any state you choose! NOBODY SAID YOU HAVE TO HAVE SNOW TO HAVE CHRISTMAS. There's no law that says you must stay home!

6. You have the right to have SOME FUN. Don't be afraid of what someone will say if they see you laughing and having a good time. Laughter is every bit as therapeutic as tears. If you are doing something that your loved one would have also enjoyed, think of their laughter and feel their laughter inside of you.

7. You have the right to CHANGE DIRECTION IN MID-STREAM. Grief is unpredictable. You may be all ready to go somewhere or do something and be suddenly overwhelmed, immobilized. When that happens it's okay to change your mind.

8. You have the right to DO THINGS AT DIFFERENT TIMES. Go to church or synagogue at a different time. Open presents at a different time. Serve your meal at a different time. Give up and go to bed at a different time. Don't be a slave to the holiday clock.

9. You have the right to REST, PEACE, and SOLITUDE. You don't need to be busy all the time. Take a nap whenever you need one. Take time to pray and

meditate or recharge your spirit, it can do you much more good than eating another huge meal.

10. You have the right TO DO IT ALL DIFFERENT AGAIN NEXT YEAR. Just because you change things one year or try something different, does not mean you have written it in stone. Next year, you can always change it back or do it, in yet, another new way.

Remember, only YOU know what is best for you. Grief Recovery will be open all day on Thanksgiving and probably pretty busy, if you need us, we'll be here for you.

One other thought, after my husband died, I would buy a centerpiece for the dining room table with a candle in the center, at some point during dinner or before, we would light the candle and all share one silly, happy, funny memory, then he was with us and we talked about him and smiled. That worked for us, it may not work for you, but it just might.

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 instructions, it should solve your problem

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

******* NEW TIMES *******

Reluctant Angels will now meet on Wednesdays from 11 am to noon eastern and Friday 8-10 pm eastern.— GRHostStephanie will be helping Cindy with Hosting.

Guiding for Youth will now meet on Thursdays from 7-9 pm eastern, GRHostKirby and GRHostCherlyne will be your Hosts.

Faith Angels will now meet on Tuesdays from 8:30-10 pm eastern, GRHostGailP and GRHostStephanie will be your Hosts.

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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>

Web Links

Do you have a website that helps you get through the day, email it to me and I'll post it in an upcoming Newsletter.

Gatherings

There are none being planned that I have heard of lately.

Recipe

Crock Pot Beef Stew

Ingredients

2 lbs. boneless beef for stew
1 lb. carrots\cooked, peeled and sliced
8 potatoes, peeled and diced
2 cups celery\cooked, sliced
1/4 cup bell peppers, seeded and chopped
1 large onion\cooked, diced
3 Tbsps. Minute Tapioca
4 cups tomatoes\cooked
1 Tbsp. brown sugar

Instructions

Combine all ingredients and salt and pepper to taste in a slow cooker on high heat. Cover and cook 5 hours.

Phil's Corner

Hi Guyz.

For those of you who don't already know, Anne and I met here at GROWW and were lucky to find happiness again. Well, last week I kind of kept a log as best I could on how much time she devotes to GROWW I crunched the numbers and well, lemme share a week with ya.

Monday, the alarm usually goes off at 5:30 AM, and by the time I get my lazy self outta bed she's already heading out the door, not before checking e mails. Anne can remotely check the site from work. I'm not sure how many times she does check, but I know she does. After dinner it's to "Her Perch" as she calls it usually from 6 to 10PM. Well, that's when she leaves the rooms anyway, maybe an extra hour checking the message

boards and checking e mails and filing submission forms that are received. Tuesday through Friday are pretty much the same give or take a few HUNDRED e mails.

Weekends we get to sleep in, usually till 8:30 or 9. More e mails, welcome letters, bank statements, message boards, and checking the rooms. I'd let you know how many shifts she covers, if I knew, I think its 4, maybe 5 I'm not sure. Those who have been at GROWW know this is more than volunteerism, it's a calling. She has also taken over the GROWW newsletter and oh yeah, I almost forgot about the taxes that need to be filed.

Yup she made a mistake and sent an e mail out admitting it and apologizing for it. They say 1 ah crap wipes out a 1,000 atta boys/girls. Well I guess its time to start a new count. Nobody within GROWW draws a salary or any form of compensation. We just get the satisfaction of knowing that we can help some "newbie" get through this grief thing. We were all there once and God willing we will be there for the next group. Rachel, Libs, Barby, I didn't forget you guyz either, Thanks for all you do!!!!!!

