



E-Mail Newsletter

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Taking care of you

Seven Choices of Grief

I often say we have a choice, and some people attack me for it. While reading Phil's AARP magazine I found the following information and said to myself, "This is it, this is what I've been looking for, something that says I'm not being mean or callous when I say we do have choices." The way I see this is that rather than going through stages, we go through choices that are available for us to go through in order to heal. As I've said before, it's still all up to us, we have to do the hard work, the grief work. Read it through, see which ones are right for you, see if it makes more sense in detail. We do all have choices to make everyday, we all have to do things we don't like to do or want to do, but we do them nonetheless. Lean on all your friends here, we all want to get through this and still be the strong people we were before our loved one died.

While there is no set progression through grief, there is a process we follow with choices along the way. Elizabeth Harper Neeld, Ph.D., has identified "seven choices" -- the steps in the grief process.

First Choice: Impact

The initial crisis after the event. This phase may last days or weeks after learning of the death of your loved one. This phase can be characterized by reactions —specifically physical, behavioral, emotional, and cognitive.

Second Choice: Second Crisis

The second crisis occurs any time during the first few months. The numbness from impact has worn off and the bereaved may feel more pain than they believed was possible. It is important to experience the pain and not try to hide it or "be strong" for others. Friends and family members may have returned to their lives at this point, so looking into [community resources](#) may be ideal.

Third Choice: Observation

The next phase is a time to reminisce and re-experience the deceased, according to author Theresa A. Rando. Many old memories will be recalled, many are surprised by the amount of everyday moments they recall.

Fourth Choice: The Turn

In a downward swing after experiencing the loss, the bereaved starts to adjust to a life without the deceased. Hopefully, the reinvesting in life begins and the widow and/or family makes the turn upward.

Fifth and Sixth Choice: Reconstruction and Working Through

The bereaved has relinquished attachments to old roles, relationships, and to the world of the deceased. Instead, a new relationship with the departed —a relationship of memory - is developed. This is the time that the bereaved starts to take action and reinvest themselves in a world without their loved one.

Seventh Choice: Integration

Finally, in integration, we are able to think of the deceased person without pain. There is always a sense of sadness, but it lacks the wrenching quality it previously had.

Times or life events that may rekindle grief reactions:

- Dates
- New and additional crises
- Rituals

Until next month

Good grief

AnneGD@groww.org

"Friends

Helping

Friends."

• *Everyday*

is

A gift, that's

why

We call today

"the present"



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>

GROWW has a new look!!

Recently, the staff met and started brainstorming on a new look for GROWW. We wanted something that would be new, clean, and crisp and be inviting to both females and males. Green is the color symbolizing earth, nature and in a broader sense, life.

Our new logo expresses who we are.....a circle of friends helping friends.

We have received a great deal of feedback with the majority of it being extremely positive. For some of the negative.....sorry, the pink and the music are gone.

We will continue to add some small updates and new graphics.

As many of you know, we were having a serious problem on our message boards and email to heaven with spam. We believe we have finally isolated the problem (along with a little help from Castle Cops) and hopefully our postings will remain spam free. We thank you for your patience while we were addressing the issues.

Rachel@groww.org

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We're on the Web!
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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

http://www.davidkessler.org/html/qa_grief.html

<http://www.growthhouse.org/pages.html>

Gatherings

September 14-18 is the weekend of the HALO/GROWW RoundUp for all in Tulsa OK. This is where I'll be when you get this Newsletter. As of right now I have not heard of any new Gatherings being planned.

Recipe

Here is another recipe that I have talked about in the room that some have trouble believing could be good. Now is their chance to give it a try for themselves. I think some will change their thought about the taste.

Pineapple Cheese Casserole

Pre-heat oven to 350.

3	15 oz cans	Pineapple Tidbits in Heavy Syrup (drained, reserving ½ cup of juice)
2 ½	Cups	Shredded Sharp Cheddar Cheese
½	Cup	All-purpose flour
1	Cup	Sugar
1	Stick	Butter (thin sliced)
30		Ritz Crackers (finely crushed)

Combine the pineapple, cheese, flour, sugar and the pineapple juice and put into an ungreased 9 x 13 baking dish. Top the mixture with the cracker crumbs and spread the butter slices evenly over the top.

Bake for 30 minutes.

NOTE: The recipe as listed has the best taste factor, however, pineapple chunks can be used instead of tidbits, margarine can be used instead of butter and mild or medium cheddar can be used instead of sharp cheddar.

If you can't find pineapple in heavy syrup then "in it's own juice" works too.

David (BLoved)



