



E-Mail Newsletter

SEPTEMBER 15, 2007

SEPTEMBER VOLUME 2, NUMBER 9

"Friends
Helping
Friends."

Everyday is
A gift, that's
why we
call
today,
"the
present"

Taking care of you

September is here, where has the time gone! Time, that wonderful 4 letter word that we hate after the death of a loved one, the same 4 letter word that will become our friend SOME DAY. Yes, it can get better if we choose to help ourselves work through our grief. None of us grieve the same way, and that is OK, no one has had the same exact loss, we are all individuals and have to grieve our way. Below I listed the stages of grief, so many know there are stages but can't remember them. I don't believe they happen in any special order or that we all experience all of the stages. It's a good thing to keep handy so you can look at them and say, hmmm, I may be there now or OH that's what I am going through now.

Grief is not something you need to go through alone; we are here for you every day and every night. Please visit and let us hold your hand, we do understand that it doesn't get better in a week, month or year. We won't tell you "get over it". We share that everyone must go through grief to get through grief, the hardest job you will ever have.

The Five Stages of Grief

- 1) Denial**, during this stage you might have trouble acknowledging the fact that your loved one is gone. You may find yourself looking for them in familiar places, or expecting them to show up at the door. During this stage you may not have the feelings of loss and sadness that will develop in later stages.
- 2) Anger**, this is the stage in which you will find yourself asking "why did this happen to me?" You may look around for something to blame or want something to fight back against.
- 3) Bargaining**, during this stage people tend to find themselves begging, wishing, or praying for their loved one to return.
- 4) Depression**, this can be the hardest stage of all and is often accompanied with sudden extreme feelings of loss, hopelessness, and frustration. It is also common to experience a lack of control over your surroundings, and a general sense of numbness.
- 5) Acceptance**, The first four stages can be a viscous cycle of emotions that can trap you in a never-ending circle of grief. Reaching acceptance is the gateway to closure. As you gain acceptance you will once again treasure your memories and be able to move on with your life.

You are not alone with these feelings. We will walk the walk with you.

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>

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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>

Gatherings

Niagara Falls is this time next month. I hope to see some of you there.

AnneGD

Member Request

Subject: RE: Grief Recovery Online for Widows Widowers: Golden Angels Reminder

I hope things work out for you soon.

I've enjoyed being a part of the Golden Angels and it has given me part of the strength to move on with life. Nothing seem to be as important to me as reaching out to others who have lost a loved one and that has become part of my recreation. I thought of asking you how I can post my Squidoo Lens or blog for your readers to use, and now seems the time to do so.

I provide the link for your review and suggestions.

Lafayette

<http://www.squidoo.com/AwareofThoughts/>

This is not an endorsement from GROWW just an opportunity for some of you to check out how someone has helped himself to move on.

POETRY

Grief Takes Center Stage by Doyle Alldredge

It is so hard with the loss of a child
No matter what their age
Your heart becomes shattered
Your reasoning becomes unstable

Grief has taken center stage

Our children are part of us
When they die.....
A part of us also dies

Grief has taken center stage

The world keeps right on turning
Life seems to go on.....
In life's race we have fallen behind
We struggle to carry on

Grief has taken center stage

We get angry.....
Sometimes not realizing it
We search for understanding
And looking for any kind of support

Grief has taken center stage

One day we will conquer this battle of grief
To one again we'll be in control
Though grief will always be with us.....

We will take the center stage

Recipe

Strawberry Smoothies

By Patti B.

- 1 c. nonfat or low fat plain yogurt
- 1/4 c. low fat milk
- 6 Tbs. Splenda brand sweetener
- 3 c. frozen unsweetened whole strawberries
- 1 c. ice cubes

Combine yogurt, milk and sweetener in blender or food processor; cover. With blender still running, add berries, a few at a time, through opening in lid. Process until smooth.

Add ice cubes, one at a time, through opening in lid, blending until slushy. Pour into glasses. Serve immediately.

Makes 4 servings

Phil's Corner

Hi guyz, I'm sitting here figuring what to write when I look at the calendar and see the date 9-11-2007. It's one of those dates we all remember where we were and what we were doing. I remember I was at a tire shop getting tires for my work truck. Sitting in the waiting room watching the television when that dreaded banner comes across the screen; "We interrupt this program to bring you this special report".

Somehow if we all think about it we all probably knew someone who perished in one of the towers, the Pentagon or Flight 93 personally, or by 6 degrees of separation. I had a cousin who decided to take his son to his first day of school or he would have been a victim. On the other hand you had restaurant worker's who went in early to make a little overtime to cover a conference at Windows on the World restaurant located on the 106th floor of the North Tower. When the first hijacked plane crashed into the north tower at 8:46 am, the restaurant had regular breakfast patrons on the 107th floor and a conference for the Risk Water Group on the 106th floor. About 73 employees and an unidentified number of patrons died in the fire and building collapse.

Luck, Fate or destiny, what happened that day changed our future forever? Please don't forget because those who forget the past are doomed to repeat it.

