



BEREAVEMENT NEWSLETTER

Volume 8 Number 10

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Our Message To You

By Paula Benz, Bereavement Coordinator

The following article is reprinted from
hospicefoundation.org.

Holiday Memories Rabbi Earl Grollman

Q. This is my first Christmas, in forty-six years, without my beloved father who died a few months ago. We want to remember him fondly but don't want to turn the holiday into a sad funeral-like observance. Do you have any recommendations for meaningful home-based family observances?

A. The power and comfort of personal rituals can be therapeutic gifts. Of course, each family must decide individually how best to commemorate their loss as they celebrate the holidays. The following are suggestions of how some bereaved people have mingled their tinsel with tears.

"We start with a moment of silence or someone offers a toast or prayer whenever it seems appropriate."

"Grandma loved flowers so we place a single rose on the festival table in her memory."

"Ceremoniously putting a special ornament on the tree symbolizes Dad's favorite hobby."

"In memory of our child, we dedicate the 'shammes, the 'servant' or 'pilot light' from whose flame the other Chanukah candles are lit."

"We write special notes to my mother, put them in her Christmas stocking and then read them to one another during dinner."

"During the meal, I ask, 'What leaps into your mind when I mention Uncle Bill.' We go around the table, starting with children to adults. It's a memorable and spontaneous stream of stories that bring enjoyment, laughter, and pleasure." (A tape recorder may be placed near each speaker to be later transcribed for a permanent scrapbook of memories.)

"The chair where my grandfather always sat is given to the youngest grandchild to designate the continuity of generations."

"My brother always munched on jelly beans, so we have a few around and remember him and smile."

"We look through photo albums and show home movies and recall those 'good ole days'."

"Our sixteen-year-old son wrote a poem that he reads in his sister's memory."

"We play his favorite recording: Frank Sinatra's "I Did It My Way."

For many, moments of reminiscences are one of the truest measurements of their enduring love. For as Solomon said in the Song of Songs: "Love is greater than death."

Inspiration Corner

Heaven's Heartbeat

By Rev. Samuel Oliver

*The moment of silence at one's
last drawn breath is a
pregnant moment birthing
into being a path into Heaven
felt in the human heart
creating experiences born in
the soul.*

*These expressions find meaning
in death transforming pain
into peace in Eternal
Relationships forged through
tears revealing a heartbeat
pulsating into existence our
ability to see through our eyes
what cannot be seen with
them."*

Community Bereavement Support Group Schedule

New Grief Support Group

Adult Support Group

1st and 3rd Wednesday-12:00- 1:00pm

VNA/Hospice of Monroe County

502 Independence RD.

E. Stroudsburg, PA 18301

570-421-5390

Good Grief Support Group

Adult support group

2nd and 4th Thursdays 7pm

Sponsored by Pastor Tom Richards

St. Paul Lutheran Church

Fish Hill Rd., Tannersville, PA 18372

570-629-1992

Compassionate Friends

Parent/Sibling Grief Support Group

2d Thursday of each month 7:00 pm

Our Lady of Victory Church Tannersville

For more info call Debbie Kolp

570-629-3276