



# Bereavement Bulletin

## *Drawing from Within*

*We offer readers of the Spring issue of the Bereavement Bulletin our favorite prayers and meditations which have helped others find acknowledgement, comfort, and hope on their grief journey.*

*- Spiritual & Grief Care Services Staff*

### ***Borrowed Hope***

*Lend me your hope for awhile  
I seem to have mislaid mine.*

*Lost and hopeless feelings accompany me daily.  
Pain and confusion are my companions.  
I know not where to run.  
Looking ahead to the future times  
does not bring forth images of renewed hope.  
I see mirthless times, pain-filled days,  
and more tragedy.*

*Lend me your hope for awhile.  
I seem to have mislaid mine.*

*Hold my hand and hug me;  
listen to my ramblings.  
I need to unleash the pain and let it tumble out.  
Recovery seems so far distant;  
the road to healing a long and lonely one.*

*Stand by me; offer me your presence.  
Your ears and your love  
acknowledge my pain. It is so real and ever present.  
I am overwhelmed with sad and conflicting thoughts.*

*Lend me your hope for awhile.  
A time will come when I will heal  
and I will lend my renewed hope to others.*

*- Eloise Cole*



### ***Invocation***

*From the deep dark place in ourselves,  
Through the darkest part  
Of the changing year,  
Through the darkness  
Of the turning world cycle.  
We know of troubles facing us,  
And of hope bearing us on.  
Birth, death, rebirth.  
Spring, Summer, Fall, Winter.*

*We all grow and change.  
Darkness is followed by light,  
Sickness is followed by healing.  
As Gaia goes around the circle  
We reap what we have sown,  
And plant new seeds for the coming light.*

*- Author Unknown*

*Prayer of Abandonment*

My Lord God, I have no idea where I am going.

I do not see the road ahead of me. I cannot know for certain where it will end.

Nor do I really know myself, and the fact that I think I am Following your will does not mean that I am actually doing so.

But I believe that the desire to please you does in fact please you and I hope that I have that desire in all that I am doing.

And I know that if I do this, you will lead me by the right road Although I may know nothing about it.

There will I trust you always though I may seem to be lost and in the shadow of death.

I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

- *Thomas Merton*

We Humans are at our best when we enjoy poetry ...

Sometimes all you need is to reflect in your mind one poem that says,

"I can make it through."

- *Maya Angelou*

*Life is a Journey*

Birth is a beginning  
and death a destination  
And life is a journey:  
From childhood to maturity  
and youth to age;  
From innocence to awareness  
and ignorance to knowing;  
From foolishness to desecration  
and then perhaps to wisdom.  
From weakness to strength or  
from strength to weakness  
and often back again;  
From health to sickness  
and we pray to health again.  
From offense to forgiveness  
from loneliness to love  
from joy to gratitude  
from pain to compassion  
from grief to understanding  
from fear to faith.  
From defeat to defeat to defeat  
until looking backwards or ahead  
We see that victory lies not  
at some high point along the way  
but in having made the journey  
step by step  
a sacred pilgrimage.  
Birth is a beginning  
and death a destination  
And life is a journey;  
A sacred journey to life everlasting.

- *Author Unknown*

*Reformed Judaism Union Prayer Book*



*All Things Will Come to You*

Yield and overcome;  
 Bend and be straight;  
 Empty and be full;  
 Wear out and be new;  
 Have little and gain;  
 Have much and be confused.  
 Therefore wise men embrace the one and set  
 an example to all.  
 Not putting on a display, they shine forth.  
 Not justifying themselves they are  
 distinguished.  
 Not boasting, they receive recognition.  
 Not bragging, they never falter.  
 They do not quarrel, so no one quarrels  
 with them.  
 Therefore the ancients say, "Yield and  
 overcome."  
 Is that an empty saying?  
 Be really whole, and all things will come  
 to you.

- From the Tao te Ching - Verse 22

*Grief*

*Feels so heavy  
 I am 100 pounds overweight  
 Each step is labored  
 as though  
 my entire body is encased  
 in cement  
 I lumber from place to place  
 I believe  
 I know how elephants feel ...  
 Protective walls rise up  
 Seeking to protect  
 my tattered heart  
 I hurt*

- Carol Anne Lawler, Chaplain  
 Hospice & Palliative Care Lincoln County

*Beyond Endings*

Though we need to weep your loss,  
 You dwell in that safe place in our hearts  
 Where no storm or night or pain can reach you.

Your love was like the dawn  
 Brightening over our lives,  
 Awakening beneath the dark  
 A further adventure of color.

The sound of your voice  
 Found for us  
 A new music  
 That brightened everything.

Whatever you enfolded in your gaze  
 Quickened in the joy of its being;  
 You place smiles like flowers  
 On the altar of the heart.  
 Your mind always sparkled  
 With wonder at things.

Though your days here were brief,  
 Your spirit was alive, awake and complete.

We look toward each other no longer  
 From the old distance of our names;  
 Now you dwell inside the rhythm of breath,  
 As close to us as we are to ourselves.

Though we cannot see you with outward eyes,  
 We know our soul's gaze is upon your face,  
 Smiling back at us from within everything  
 To which we bring our best refinement.

Let us not look for you only in memory,  
 Where we would grow lonely without you.  
 You would want us to find you in presence,  
 Beside us when beauty brightens,  
 When kindness glows.  
 And music echoes eternal tones.

When orchids brighten the earth,  
 Darkest winter has turned to spring;  
 May this dark grief flower with hope  
 In every heart that loves you.

May you continue to inspire us:  
 To enter each day with a generous heart.  
 To serve the call of courage and love  
 Until we see your beautiful face again  
 In that land where there is no more separation,  
 Where all tears will be wiped from our mind,  
 And where we will never lose you again.

- John O'Donohue

## *We Remember Them*

At the rising of the sun and its going down  
we remember them.

At the blowing of the wind and in the chill of winter  
we remember them.

At the opening of the buds and the rebirth of spring  
we remember them.

At the blueness of the skies and in the warmth of summer  
we remember them.

When we are lost and sick at heart  
we remember them.

When we have decisions that are difficult to make  
we remember them.

When we have achievements that are based on theirs  
we remember them.

As long as we live, they too will live, for they are now a part of us,  
as we remember them.

- Rabbi Simcha Kling

*“A human being is part of the whole, called by ‘universe,’ a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole nature in its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation, and a foundation for inner security. For the sake of our mental health, perhaps what we need, in addition to more scientific discoveries and technological advances, is a cultivation of compassion for others and all living beings, and a sense of meaning in our lives.”*

- Albert Einstein

## Support Groups

### *Grief: The Reluctant Journey Support Group*

Our grief support group members share comments with us from time to time regarding their experiences being in the group. We would like to share some of them with you.

*“It felt good to relate to others. The group took the sting of aloneness away.”*

*“It was very comforting having a place to go and be with kind people who understood the pain and loss I was feeling. They helped so much that I looked forward to the weekly meeting.”*

*“I have gained so much strength, and I’ll be forever grateful.”*

*“Being in the presence of others who share a common experience is the reason I joined the grief support group.”*

“**Grief: The Reluctant Journey**” grief support groups are forming now for Spring 2010 at our Hospice & Palliative Care Charlotte Region Uptown, South Charlotte, and Lincoln County locations.

A pre-group interview with one of our grief counselors is required prior to registration for the support groups. In order to respect the group process, new members to our grief support groups will *not* be admitted after the first session. Please call Gerri Cummings at 704.335.4334 to arrange an appointment for a pre-group interview.

#### *Let’s Do Lunch Grief Support Group*

4<sup>th</sup> Wednesday of each month - 11:30am

#### **The Olive Garden**

9421 Pineville - Matthews Road  
Pineville, NC 28134

For information, contact grief counselor  
**Marge Brokaw, LPC - 704.335.4308**

#### *Let’s Do Lunch Grief Support Group*

4<sup>th</sup> Thursday of each month - 11:30am

#### **Bob Evans Restaurant**

16707 Northcross Drive  
Huntersville, NC 28078  
I-77 – Exit 25

For information, contact grief counselor  
**Amy Thomas, MSW - 704.650.1949**



#### *Dinner Grief Support Group Begins*

2<sup>nd</sup> Thursday of each month - 6pm

#### **Bob Evans Restaurant**

16707 Northcross Drive  
Huntersville, NC 28078  
I-77 – Exit 25

For information contact grief counselor  
**Amy Thomas, MSW - 704.650.1949**

# GRIEF EDUCATION & EVENTS

*SAVE THE DATE*



## ANNUAL MEMORIAL SERVICE

Sunday, May 2, 2010

3pm

Myers Park United Methodist Church

Francis Chapel

1501 Queens Road

Charlotte, NC 28207

For more information, call 704-335-4300.

*Please bring a picture or a memento of your loved one.*

**Individual grief counseling sessions are available upon request at all offices.**

**For more information on grief support groups, grief education, or to discuss your feelings and experiences with loss, please call 704.335.4300. Our office hours are Monday - Friday, 8:30am - 5pm.**

*The mission of Hospice & Palliative Care Charlotte Region is to relieve suffering and improve the quality and dignity of life through compassionate hospice care for those at the end of life, palliative care for those with advanced illness, and through community education.*

*How we care for you: Hospice Care, Palliative Medicine Consultants, Kids Path® Pediatric Care, Grief Care, Inpatient & Residential Hospice Care, and Professional & Community Education.*

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