

TRANSITIONS

A HOSPICE BEREAVEMENT NEWSLETTER

Dear Friends of Hospice:

For the past year, you have been receiving newsletters from Tabitha Hospice, and we sincerely hope that you have found them helpful. We have tried to address many of the issues with which you have had to deal during the first year of your grief.

This is the final issue of the Transitions bereavement newsletter. While we are aware that this is not the end of your grief, it is our hope that you can see progress in yourself and have come to some understanding, acceptance and hope. Please call us if we can be of help in some additional way.

Perhaps the past year has brought about changes in your pattern of living, your way of looking at yourself or your hopes for the future. This is a good time to reflect on how far you have come, where you are now and where you would like to go from here.

There is more of life ahead for us. Shall we go on, my friend?

Sincerely,

The Bereavement Team

Tabitha Hospice, A Collaboration with Immanuel

FINDING HOPE

Merriam-Webster defines hope as a desire accompanied by expectation of or belief in fulfillment.

You may feel that your hopes for the future died with your loved one, and a feeling of hopelessness was left in its place. You have experienced many things as you struggle to find meaning in what has happened to you. Hope is essential to survival. And it is important to spend some time thinking about how you define it. Eventually, as you work through your grief, tomorrow seems less like an ordeal and more like an opportunity. It happens gradually, but it does happen. One day we realize that we are

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Words of *Wisdom*

"You may not be with us in close proximity but in our hearts you are, like you had always been and forever and ever will be."

Jean-Paul Malfatti

"All the art of living lies in a fine mingling of letting go and holding on."

Havelock Ellis



Grief and pain are the price we humans have to pay for the love and total commitment we have for another person.

The more we love, the more we are hurt when we lose the object of our love. But if we are honest with ourselves, would we have it any other way?"

C. S. Lewis

OTHER RESOURCES

For additional support, please contact our Hospice Bereavement Team at 402.819.4949.

For additional reading materials, please contact The Centering Corporation at 866.218.0101 or www.centering.org



TABITHA
Hospice

A COLLABORATION WITH
 Immanuel

again capable of feeling inspiration and anticipation. Death brings life more clearly into focus and allows us to identify what is of real importance.

What can you hope for as you grieve? You can hope that you will grow from the experience. You can hope that you will be able to put what has happened to positive use someday, maybe for yourself, maybe for others. If you haven't been able to experience hope, you can hope that someday it will return. In the beginning of the journey through grief, you may have hoped for a good night's sleep or just to get through the day. Now you may be ready to make some plans for your future and set some goals.

You can hope that as this loss is integrated into your life experience, you will be more prepared to face other losses in your life, which will inevitably occur. You can hope that others will continue to sustain you during those lonely times. You can hope that you will appreciate the beauty of nature and find comfort in the gifts of creation. You can hope that tomorrow will be a better day.

You are a survivor, and the gift of opportunity is yours. With hope, you can heal.

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The most beautiful people I have known are those who have known defeat, known suffering, known struggle, known loss and have found their way out of the depths. These people have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, and a deep loving concern. Beautiful people do not just happen.”

Roy Nichols

SEARCHING FOR SPIRITUAL CONNECTEDNESS

After the death of a loved one, many people struggle with their spirituality. Life is not the same anymore—we have lost so much. You may even feel that you have lost God and your belief system. It may seem that the promises of faith, as you have understood them, now seem empty and hollow—if not untrue. You may feel shaken in your faith. Some do. Some people are angry at God—“How could God let this happen?” Such questions and feelings are a normal part of the grief journey.

Whatever is happening in your spiritual life, take time to reflect on your own faith:

- ▶ **Be honest** about your doubts and questions. It is not a sign of weakness in your faith. In fact, this may be a time of deep spiritual growth for you.
- ▶ **Seek out a caring representative of your faith** and talk about your feelings and concerns. If you feel uncomfortable with your own spiritual leader, call Tabitha Hospice and talk with the Hospice Chaplain.
- ▶ **Wherever you are in your spiritual journey, go further.** The death you have experienced has exposed you to new realities in life and to new understandings about what life, death and love are all about.
- ▶ **Look deeper.** Read. Ask questions. See what answers await you in the wisdom of others, in conversations with close friends, in silent walks, in time of meditation.
- ▶ **Pray for awareness.** You may find that the answers you are seeking are deep within yourself.

THE GRIEVER'S BILL OF RIGHTS

I Have the Right to Have My Own Unique Feelings About the Death

All people grieve in their own way and in their own time. Others may try to tell me how I should be feeling, but I do not need to listen to them.

I Have the Right to Talk About My Grief Whenever I Feel Like Talking

Talking about grief is part of my healing process. When I need to talk, I will find someone who will listen to me. When I don't want to talk about it, that is also okay.

I Have the Right to Show My Feelings of Grief In My Own Way

I may feel mad, sad or lonely. I may feel scared or relieved. I may feel numb or sometimes not anything at all. No one will feel exactly like I do.

I Have the Right to Be Patient with My Own Physical and Emotional Limits

Grief is stressful and tiring. I will respect what my body and mind are telling me. I will get plenty of rest and eat healthfully. I have the right to say “no” when others try to push me into things that I am not ready to do.

I Have the Right to Have “Griefbursts”

Griefbursts are sudden, unexpected feelings of sadness that just hit me at unexpected times—even long after the death. These feelings can be very strong and even frightening. When these bursts happen, I may need to find someone with whom to talk.

I Have the Right to Need Other People to Help Me with My Grief

Mostly, I need others to pay attention to what I am feeling and saying without giving me advice or being judgmental.

I Have the Right to Use My Beliefs About My God to Help Deal with My Feelings of Grief

If my spirituality helps me during this time, I can express it in whatever way seems appropriate to me.

I Have the Right to Find Meaning to My Life Right Now

I may be asking myself “why” questions, such as, “Why me?” or “Why now?” There may or may not be answers to these questions. Some people may give me clichéd answers that are not helpful—statements such as, “It was God's will” or “You should be thankful that his suffering is over.” I do not have to accept these responses.

I Have the Right to Think and Talk About My Memories

Sometimes these memories will be happy and sometimes they might be sad. Either way, these memories help me keep alive my love for the person who died. I can look for someone who will share these memories with me.

I Have the Right to Move Toward My Grief, Feel It and—Over Time—to Heal

My healing may take a long time; life will never be exactly as it once was. However, I can go on to live a happy life again. I will be patient with myself as I accept the changes in my life.