

The Denver Hospice Grief Center

Reinvesting in Life**Reinvesting
in Life**

“You will find that as you achieve reconciliation, the sharp, ever present pain of grief will give rise to a renewed sense of meaning and purpose. Your feelings of loss will not completely disappear, but they will soften, and the intense pangs of grief will become less frequent. Hope for a continued life will emerge as you are able to make commitments to the future, realizing that the person you have given love to and received love from will never be forgotten.”

~ Alan Wolfelt, Ph.D.

(from Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart)

The ancient alchemists believed they could reduce lead to its simplest form to create a more valuable metal — gold. Such is the way of grief. When a loved one dies, we too are reduced to the simplest acts of survival — getting out of bed or not, eating or not, preferring solitude and quiet; just making it through the day is what we strive to do.

Part of the mourning process is to experience the deep sadness the loss of a loved one creates. To do so allows the transition of the relationship with the deceased loved one from one of presence to one of memory, which in turn begins the process of reconciling the loss into one’s life. Reconciliation means “to make good again” (Alan Wolfelt, 2003), and in doing so, the griever is encouraged to reinvest in life. Though life will not be the same without your loved one, you can create a new normal that honors you and your relationship with your loved one — in essence, your gold.

Please join us for July’s Grief Education evening as we review the tasks of grieving, identify the hallmarks of reinvesting in life, and learn ways to support you on your journey as you find your new normal.

Grief Education is an educational program open to all grieving persons as a place to learn about grief and coping. In each meeting, a different topic is presented relating to the grief process. There is no fee for participating, but donations are gratefully accepted.

This meeting is held from 6:00 to 7:30 PM, at our offices at 501 South Cherry Street, Suite 700, Denver, Colorado 80246. Light refreshments will be served. Please feel free to join us.

In case of inclement weather, please call our offices at 303.321.2828 before 5:00 PM

During the weeks ahead, please remember that support from The Denver Hospice is available. We look forward to seeing you on Monday evening, July 12, 2010.

Speaker:

Donna

Blatchford,

MA,

Grief Counselor

Date:

Monday,

July 12,

2010

Time:

6:00 – 7:30 PM

Free &

Open to the

Public

Donations

Welcome

God's Megaphone

by Ron Cobble, M.Div., M.A., Chaplain, The Denver Hospice

C.S. Lewis, the famous British author (*The Lion, the Witch, and the Wardrobe* from *The Chronicles of Narnia*) says that “God whispers to us in our pleasures, speaks to us in our conscience, but shouts in our pains: It is His megaphone to rouse a deaf world.” Certainly when we lose a loved one we hear the shout and we are aroused to pay attention. So once God has our attention we now have a choice. We can allow the intense pain that we feel from our loss to be felt deep in our hearts and grow from it, or we can ignore the pain and allow it to fester and to become inflamed. The movie *Shadowlands* tells the true story of C.S. Lewis’ relationship with and the loss of his wife Joy. Lewis lost his mother to cancer when he was nine years old. While he married later in life, in his fifties, he then lost his wife to cancer also. At the end of the movie he says something quite profound: “Twice in my life I was given a choice, as a boy, and as a man. The boy chose safety, the man chose suffering and that has made all of the difference.” It is so true. When we choose safety we protect ourselves from mourning and feeling what we need to feel to move through our unique process of grief. When we choose suffering, we feel what we need to feel, we allow the pain to help us through our grief journey, we allow the loss to be integrated into our lives and we ultimately become deeper individuals by our loss.

Grief is not an enemy or a sign of weakness.

It is a sign of being human. For, although each loss is unique, it is a manifestation of a universal experience. As surely as we are born into this world, we will suffer loss before we leave it. Grief is the cost of loving someone or something. Gerald Sittser (who lost his mother, his wife, and his daughter in a car accident) puts it this way in his book *A Grace Disguised*: “It is not therefore, the **experience** of loss that becomes the defining moment of our lives.... It is how we respond to loss that matters. The response will largely determine the quality, the direction, and the impact of our lives. Response involves the **choices** we make, the **grace** we receive, and ultimately the **transformation** we experience in our loss (*emphasis added*).” Remember friend, that what you are feeling when you grieve is not only normal but it is necessary for you to move through your process and be enlarged by it. Good grief is remembering the one that you lost in such a way that hope for the future is increased and life here on earth is more deeply felt and experienced. In my own experience with loss and grief, I have found that grief has invited me to a placing of knowing God, experiencing God’s comfort, lamenting my loss, and finally praising God in spite of my pain and suffering.

the denver hospice *grief support services*

We understand that people have different needs when they are grieving. For this reason, The Denver Hospice Grief Center offers a wide spectrum of grief support services.

The following groups (with one exception), and all individual counseling sessions, take place at our administrative offices, located at 501 South Cherry Street, Suite 700, Denver, Colorado 80246. For further information about any of these groups, or to schedule an appointment for an individual counseling session, simply call us at **303.321.2828** and ask to speak to a Grief Counselor.

Individual Counseling

At times the grief process offers challenges that respond best to individualized support. Grief counseling is provided by trained counselors. The first three sessions are free to family and friends of patients of The Denver Hospice. Sliding scale fees are available to Community Bereaved individuals.

Grief Education

An educational event presented six to eight times a year, open to anyone who has lost a significant person through death. Programs are scheduled for the second Monday of the month, from 6:00 to 7:30 PM. This month the program will be held on **Monday, July 12**. No program will be presented in August. In September, the program will be held on **Monday, September 13**. Please join us. All Grief Education programs are free and open to the public. Donations welcome.

Windsor Gardens Grief Support Group

An informal support group for adults who have experienced any death loss. This group meets once each month, on the second Tuesday, from 2:00 to 3:30 PM, in the Aspen Room in Windsor Gardens Auditorium, 595 S. Clinton St., Denver, Colorado 80247. The next two group meetings will be on **Tuesday, July 13**, and **Tuesday, August 10**. Free and open to the public. Donations welcome.

Newly Bereaved Group

A four-week, educational and participatory support group for adults who have experienced a death loss within the last three months. We invite you to attend one of the upcoming series to be held in **August on Mondays, August 9, 16, 23, 30, from 12:00 Noon to 1:30 PM**, and in **September on Tuesdays, September 7, 14, 21, 28, from 12:00 Noon to 1:30 PM. Registration by telephone is required.** Suggested fee: \$60.

Going Through Grief Groups

A six-week, educational and participatory support group for adults grieving any significant death loss. Group members should allow at least three months from their loss before starting this group. Whenever possible, groups are designed for individuals with similar losses. The next series will meet on **Wednesdays, from 6:00 to 8:00 PM**, for six consecutive weeks.

This group will meet **September 15, 22, 29, October 6, 13, 20. Registration by application is required.** Suggested fee: \$100 for Hospice clients; \$120 for Community Bereaved.

Creative Arts Grief Group

A six-week, experiential and participatory group for adults who are interested in exploring art, writing, and other creative tools for expressing and working through their grief. The next Creative Arts Group will meet for six consecutive week-nights from 6:00 to 8:00 PM in the fall — exact dates to be announced. Suggested fee (which includes the cost of art materials): \$120 for Hospice clients; \$140 for Community Bereaved.

Yoga for Body & Mind

A four-week group for nurturing the body and quieting the mind. These practices are chosen especially for grieving people, to help soothe and restore body and spirit. Yogic breathing, guided relaxation, simple but powerful meditations. This group will meet on **Wednesdays, July 7, 14, 21, and 28, from 6:00 to 7:30 PM. Registration by telephone is required.** Suggested fee: \$50.

Living After Loss

A special presentation by The Denver Hospice Grief Center on Wednesday, July 21, from 11:00 AM to 12:00 Noon. This program will be presented at Heritage Club Denver, located at 2020 South Monroe St., Denver, CO 80210. Come learn about our normal human response when someone we love dies, and learn healthy ways to cope with a loss. Light refreshments will be provided. Please RSVP in advance directly to Heritage Club Denver at 303.757.1404.

Footprints Children's Grief Center

The Footprints Children's Grief Center provides counseling for children and teens, ages 3-18. Support groups are offered through our partnering agency, Judi's House. Individual grief counseling is offered through our Footprints Children's Grief Center. Please call Emily Duhaime, MA, LPC, ATR, at 303.398.6216 for a personalized grief support recommendation for your child.

A Grace Disguised: How the Soul Grows Through Loss

by Jerry L. Sittser

Zondervan Publishing Company, 2005

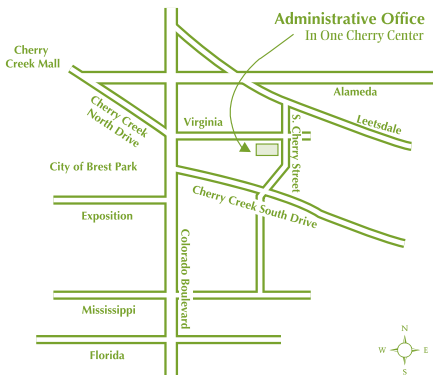
An expanded edition of this classic book on grief and loss — with a new preface and epilogue. Loss came suddenly for Jerry Sittser. In an instant, a tragic car accident claimed three generations of his family: his mother, his wife, and his young daughter. While most of us will not experience such a catastrophic loss in our lifetime, all of us will taste it. And we can, if we choose, know as well the grace that transforms it.

A Grace Disguised plumbs the depths of sorrow, whether due to illness, divorce, or the loss of someone we love. The circumstances are not important; what we do with those circumstances is. In coming to the end of ourselves, we can come to the beginning of a new life — one marked by spiritual depth, joy, compassion, and a deeper appreciation of simple blessings.

Healing Hearts is published monthly to provide information about The Denver Hospice Grief Center's services and to provide support through the grieving process. Family members and friends grieving the loss of a patient served by The Denver Hospice as well as community members can receive this newsletter at no charge for the first year. Thereafter, they may continue to receive it for a suggested annual donation of \$20 or more. For more information, contact The Denver Hospice Grief Center at 303.321.2828.



The Denver Hospice Grief Center offers expert and comprehensive grief support services including grief support groups for adults and children, grief counseling for individuals and families, art therapy, education, information and referrals.



THE DENVER HOSPICE

Grief Center

Location:

501 S. Cherry Street, Suite 700

Denver, CO 80246

Phone: 303.321.2828

If you are receiving duplicate copies or would prefer not to receive future newsletters, please call the Grief Center at 303.398.6209

ADDRESS SERVICE REQUESTED

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