

Comfort for the Grieving Heart

Provided by St. Luke's Hospice Bereavement Program

February 2016

Wheresoever You Go, Go With All Your Heart

St. Luke's Hospice

484-526-2499

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If you would like to be added to or removed from our mailing list, or if you would prefer to receive an electronic copy, please contact Dawn at 484-526-2499.

*Grief never ends...but it changes. It is a passage, not a place to stay.
Grief is not a sign of weakness, nor a lack of faith...it is the price of love.
-author unknown*

In February, our minds turn to love. For some, Valentine's Day is a day to celebrate love. For others, Valentine's Day can be a reminder that we are alone and for that one day, it seems overwhelmingly blatant. Others find that days like Valentine's Day are marketing and commercialism at its best, intended to guilt us into buying things and succumb to social pressure to celebrate love on this one specific day.

In general, when we think of Valentine's Day, we think of romance, which is why the day is stereotypically hard on people who are alone. If we look deeper, we can see that at the heart of Valentine's Day is love and the day should be about giving and receiving love of all kinds. When someone we love dies, our heart is broken, regardless of the nature of our relationship: familial, friend, or romantic. The heart—the very symbol of the Valentine's Day celebration—is the aspect of our being that is most damaged by the death of a loved one.

Days like Valentine's Day can be used as occasions for celebrating all of our relationships, both past and present. Special days and events are powerful reminders of the fact that someone important is missing from our life. Take time and remember your loved one; honor your memories and speak of their life. Your grieving heart may turn you inward to new depths, but it also has the capacity to bring you outward to new scenery. May your heart heal from old wounds so that it opens to new love and joy. May your heart absorb the impact of how your world has changed so that it opens to new experiences. May your heart lead you to discovery so that it continues to grow. May your heart lead you to imagination so that it always remembers.

Let your relationship with your loved one continue to unfold by simply being together in your heart.

-Mindy

Goodbyes are only for those who love with their eyes. Because for those who love with their heart and soul, there is no separation. - Rumi

News & Events

Open /Drop-in Support Groups



Our first Open Group meets on the **first Friday of each month** from **10-11am** at St. Luke's Hospice House (2455 Black River Road, Bethlehem.). Our next meeting will be on **February 5, 2016**.

Our second Open Group meets on the **first Wednesday of every month, from 7-8:30 pm** at St. Luke's Hospital, Quakertown Campus, 1021 Park Avenue, Quakertown, PA. We will meet in the Cafeteria Conference Room. The first group will be **Wednesday, February 3, 2016**.



What others are saying about their group experience...

"I never realized how much the support of others could help me release the grief and sadness of the loss of my parents until I attended the 6 week Bereavement Class at St. Luke's Hospice. While it was not easy to revisit the place where my mother passed, the love and support of my peers and facilitator helped to provide me with a sense of "I am not alone." Suzann provided a safe container for us to share our feelings and was a constant source of compassion and love. She validated what to expect in grief and how to go on living. St. Luke's Hospice made a significantly positive difference in my life at this most difficult time and for that I am grateful. I found the open group with Mindy & Melody to be very welcoming and valuable in exploring my grief. Attending this group gave me the courage and motivation to attend the 6 week Grief & Loss Group

- Shelley G

Upcoming Support Groups



Our 6 week Grief and Loss Group will be held from February 17-March 23, 2016 from 3:30 to 5:00 pm . This group will guide participants in understanding the uniqueness of their grief, and provides resources and education on the healing process. The group will meet on Wednesdays from at St. Luke's Priscilla Payne Hurd Education Center, St. Luke's Bethlehem Campus (801 Ostrum Street, Bethlehem, PA 18015) in **Room 104**. *Registration for this group is required.* Please pre-register: Mindy.Watson@sluhn.org or 484-526-2314.

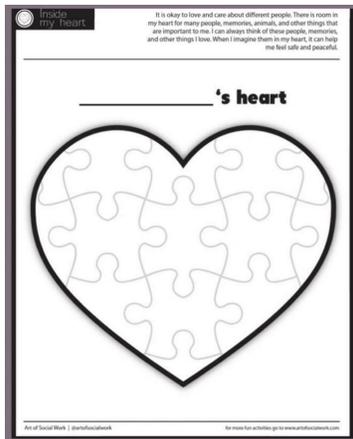
Our Mindfulness and Grief group, an 8 week group that explores mindfulness based practices, will be held on Mondays from February 8, 2016 through March 28, 2016 from 3:30-5:30 pm. This group will meet at St. Luke's Priscilla Payne Hurd Education Center, St. Luke's Bethlehem Campus (801 Ostrum Street, Bethlehem, 18015) in Room 104. *Registration is required for this group.* Please register: Suzann.Ditzel@sluhn.org or 484-526-2514,

Mark Your Calendars....

We will be offering two workshops in April - one will address grief issues within the family unit and the other will address grief and loss issues in children and teens. The workshops will be the evenings of March 30 and April 13 from 6:00 pm to 8:00 pm. More information to follow in next month's newsletter!

For the Young Ones....

This activity can help children take a moment and focus their attention on their heart center in their body. Ask them to imagine all of the people, pets, memories, and other significant things resting in their heart, and talk about how these are being carried with them during their days, helping to make you who they are. Just thinking and being reminded of this can help calm children; children have strong emotional connections and love for people, pets, and memories too, and helping children identify what and who is in their heart can be very significant. You can talk about how they can always think about their hearts and what is important to them to help them feel happy and safe anywhere they go. This can help children tap into an inner peace despite the outward chaos they may experience during grief.



printable heart available at
<https://kristinamarcelli.wordpress.com/2014/04/06/in-my-heart/>

*Grief is not a sign of weakness or lack of faith;
grief is the price we pay for love.*

Darcie Sims

Drumming Group

Healing Rhythms, a drumming group, is a unique approach to loss, grief and support in life transitions. The use of the drum is a vehicle of expression when you may not be able to put your thoughts and feelings into words. Research indicates that drumming accelerates physical healing, boosts the immune system and produces feelings of well-being, a release of emotional trauma, and reintegration of self. Drumming circles also provide a sense of connectedness with others and interpersonal support.

Our Healing Rhythms drumming group is led by a Remo HealthRhythms endorsed facilitator. The group will run on Saturday mornings from 10am to 12pm from April 2, 2016 through May 7, 2016. This group will meet at the Lehigh Valley Friends Meeting-house, 4116 Bath Pike (Route 512) Bethlehem, PA 18017. Please pre-register with Mindy at Mindy.Watson@sluhn.org or at 484-526-2314.

What others are saying about drumming...

When someone you care deeply about dies, your world as you know it blows apart into a million little pieces. You slowly start to pick up the pieces, eventually realizing they will never fit back together the same way.

There is a place, a team, a process that may help you start to reassemble those pieces into your "new" world. Talking, listening, crying, drumming...strangers who become traveling companions on this terrifying journey you find yourself on.

Three little gems and a drum. This is what the Healing Rhythms Drum Circle uses to help you understand what you are going through; where you were, where you are, and where you will be. If you are not sure you will ever survive the trauma of having your loved one die, consider doing some drumming.

- Barb B.

Honoring the Journey

Additional Places to Find Support and Share Your Story

This is a listing of free bereavement resources in the area. If you have a need for something and don't see it on this list, please call Mindy at (610) 997-7139 for referrals to other services.

Cancer Support Community of Lehigh Valley with St. Luke's offers the Hope and Healing Series, a series of creative classes at St. Luke's Cancer Center-Anderson Campus. Programs are free, but registration is required. Call 610-861-7555 or email info@cancersupportglv.org to register or for more information.

The Compassionate Friends offers ongoing support groups for parents, grandparents, and adult siblings grieving the loss of a child, grandchild, or sibling.

TCF of Lehigh Valley meets at Sacred Heart Hospital, 2nd floor, 421 Chew Street in Allentown. The group meets the 2nd Monday each month at 7pm. For more information, call 484-597-0240.

TCF of Quakertown meets at St. Luke's Hospital, ground floor, 1021 Park Ave in Quakertown in Taylor Conference Rooms A&B. This group is held the 2nd Tuesday each month from 7:30 – 9pm. For more information, call 215-536-0173.

TCF of Easton meets the 2nd Thursday each month from 7-9pm at Good Shepherd Lutheran Church, 2115 Washington Blvd. in Easton. For more information call 610-866-5468.

TCF of Carbon County meets the 1st Wednesday each month from 6:30 – 8:30pm in the Palmerton Community Ambulance Association, 501 Delaware Ave in Palmerton. Please call 610-826-2938 for more information.

Gentle Yoga for Grief, Stress, and Life Transitions offered by Wendy Littner Thomson, M.Ed., LPC, RYT. First session offered for free to caregivers whose loved one recently received hospice services from St Luke's Hospice. For location, times, or more information, please call 610-730-1992.

St. Francis Retreat House holds monthly grief support groups on the first Tuesday from 9:30-11:00 am or the first Thursday from 7:00-8:00 pm. Located at 3918 Chipman Avenue, Easton PA. Please call 610-515-9028 for more information.

Free Spirits is a group of more than 2 dozen older widows who go out to lunch once a month to keep active and offer support to each other--and to newer widows. Most are members of Church of the Manger UCC, Bethlehem. Call 610-866-8223 for more information.

Soaring Spirits Regional Group Lehigh Valley is planning to hold monthly social gatherings for widowed individuals to provide opportunities to connect with others in a positive, caring, and supportive environment. For more information, please call Sonja Handwerk at 610-297-0057, email soaringspiritslvpa@yahoo.com, or follow on Facebook at Soaring Spirits International Group Lehigh Valley.

Grand View Hospital Hospice offers many groups and services that change seasonally. Please call 215-453-4210 for more information.

GriefShare Groups are a faith-based, evangelical approach to grief and loss. GriefShare groups are provided at several locations in the Lehigh Valley. To find a location near you, please visit www.griefshare.org.

Lehigh Valley Health Network offers grief support services in the form of counseling, support groups, and workshops for adults and children, as well as a lunch club for women. For information, please call 610-969-0330.

VNA/Hospice of Monroe County offers a support group the 1st and 3rd Wednesday each month at noon. Call 570-421-5390 for more information.

Doylestown Hospital Hospice offers a variety of support groups, including a widow/widower group, a young survivors group, and an adult loss group. Visit www.dhospice.com or call 215-345-2838.