



Comfort for the Grieving Heart

Provided by St. Luke's Hospice Bereavement Program

"Music is a higher revelation than all wisdom and philosophy. Music is the electrical soil in which the spirit lives, thinks and invents"

October 2016

Ludwig Van Beethoven

St. Luke's Hospice

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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

Over the past few weeks, the theme of music has crept into my life in a variety of ways. From attending concerts, to downloading new music and attending a retirement celebration for a beloved music director, I have noticed that music has increased its presence in my life. As I started to become more aware of this, I reflected on the role that music has played in my life and my own grief and healing, and how I had come to rely on it as a tool to help me work through my many and varied emotions after the deaths of loved ones. The impact of music through the centuries is powerful...it touches our human spirit and has the ability to move us in profound and healing ways. The use of music to ease pain has been used since ancient times, appearing in the writings of Greek philosophers Pythagoras, Aristotle, and Plato, and is found in the Bible, dating back to the writings of I Samuel, when David plays the Lyre in order to make King Saul feel better. Native Americans and other indigenous groups have used music to enhance traditional healing practices for centuries. Shakespeare said that "Music suppresses grief" and Martin Luther King is quoted as saying, "Music is the best consolation for a grieving person". Music has been used all over the world for treatment of various issues, with the first recorded use of official "music therapy" recorded in 1789. Research shows us that music has a significant connection with emotion, can be used as a tool for self-expression, can provide us with a sense of community and culture, and, when used in grief treatment, can help us maintain a connection with our loved one.

Sometimes in our grief, we get stuck trying to reason, rationalize and work through our feelings by talking. This is normal, expected, and helpful, for we must be able to wrap our minds around what just happened and discern what our new life will be like. Stress and grief have a way of exhausting the body, mind and spirit, and there are times when you may feel your entire being is completely spent. There may be times when our souls are aching for a release that we cannot pinpoint...a general feeling of sadness, heaviness, or just discontent... that music can relieve. It is helpful and healing to let song and lyrics, melody and tempo, take over and do the thinking for us. It is helpful to have the words we want to say already written, so all we have to do is be in the moment and let someone else do the talking. It is helpful to have the beats of the drum and the strumming of strings to help vent emotions that may be difficult to otherwise release. If you have noticed how you respond to a variety of music, you may have become aware of how some music energizes you, while other music can move you to tears, or make you relax; music has a way of stirring up our inner feelings and senses, and can be a powerful tool for growth and healing. Music can be healing to mourners because it helps us to access our feelings.

Hans Christian Anderson said, "Where words fail, music speaks". Take time to listen. Some songs may make you cry, some may make you think, some may also lift you up. Consider adding music to your list of coping tools, it may be an outlet that can lead to healing and comfort.

-Mindy

"Some days there wont be a song in your heart. Sing anyway." Emory Austin

Healing Rhythms 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. Each week you will experience meditative drumming, guided imagery, inspirational readings and thought provoking conversations about moving through loss. The group will run on Saturday mornings from 10am to 12pm from November 5, 2016 through December 10, 2016. This group will meet at the Lehigh Valley Friends Meetinghouse, 4116 Bath Pike (Route 512) Bethlehem, PA 18017. Please pre-register with Mindy at Mindy.Watson@sluhn.org or 484-526-2314. For more information on drumming and its healing benefits, visit www.lvdrumcircle.com.



Newly Bereaved Workshop

This one-time workshop is for those who have a lost a loved one within the past 1-3 months and will provide education on the first few weeks and months of grief following a death. We will cover understanding common grief reactions, coping strategies, self-care throughout the grief process and beyond, and the uniqueness of your grief experience. These workshops will be offered on a bi-monthly basis. We will be meet on Thursday, November 17, 2016 from 6:00 to 8:00 pm The Priscilla Payne Hurd Education Center, St. Luke's Hospital, Bethlehem Campus, 801 Ostrum Street, Bethlehem, PA 18015 (building is located in front of Priscilla Payne Hurd annex of the hospital). **Registration is required.** Mindy.Watson@sluhn.org or 484-526-2314.

Open /Drop-in Support Groups

Please note changes in our Drop-In Group

Our Drop-In groups are designed to offer continued support to bereaved individuals who have already attended grief and loss programs through St. Luke's Hospice. Drop-In groups afford participants the chance to continue with supportive services. This group is facilitated, but group directed in terms of content and discussion. We currently offer 4 Drop-In Support Groups:

First Monday of every month from 4-5 pm at St. Luke's Hospital-Anderson Campus, Medical Office Building (MOB), 1700 St. Luke's Blvd, Easton, PA 18045 in Conference Room A.

Second Monday of every month from 6:30-7:30 pm at St. Luke's Hospital-Quakertown Campus, 1021 Park Avenue, Quakertown, PA 18951 in Taylor B Conference room.

Second Monday of every month from 4:00-5:00 pm at St. Luke's Priscilla Payne Hurd Education Center, St. Luke's Hospital, Bethlehem Campus, 801 Ostrum Street, Bethlehem, PA 18015 in Room 112

Third Monday of every month from 3:00 - 4:00 pm at Dinkey Memorial Church, 1742 Dinkey Road, Lehigh, PA 18212.

Mindfulness & Grief Support Group

We will offering our Mindfulness and Grief Support group again this fall. This is a 6 week structured group that explores mindfulness based practices that allow you to tap into your natural resilience. Mindfulness enables us to live in the present and examine what we are truly feeling in the here and now. This group will meet on Tuesdays from October 4, 2016 through November 8, 2016 from 3:30-5:30 pm at St. Luke's Priscilla Payne Hurd Education Center, St. Luke's Bethlehem Campus (801 Ostrum Street, Bethlehem, PA 18015). **Registration for this group is required.** Suzann.Ditzel@sluhn.org or (484) 526-2514

Resources

Grief & The Holidays Workshop

Whether it is a birthday, anniversary or holiday, special days on our calendar keep memories alive that are near and dear to us. Yet, not everyone anticipates holidays and special occasions with joy and, particularly for those of us who have lost a loved one, the holidays can be a time of sadness, pain or anger. The waves of grief can overwhelm us and the stress of the holiday season can seem daunting. There is no right or wrong way to handle the holidays, but planning ahead and understanding your needs and limits on these special days can help.

Please join us for a 2 hour workshop on Monday, November 7, 2016 from 6-8 pm to explore strategies to help cope during the holidays, and beyond. We will meet at the Priscilla Payne Hurd Education Center on the St. Luke's Bethlehem Campus (801 Ostrum Street, Bethlehem). For more information and to register, contact Mindy at (484) 526-2314 or email Mindy.Watson@sluhn.org.



I have my own particular sorrows,
loves, delights;

And you have yours.

But sorrow, gladness, yearning, hope, love,
Belong to all of us, in all times and in all places.

Music is the only means whereby
we feel these

emotions in all their universality.

H.A. Overstreet

Nurturing Yourself Through Music

Below are some ideas to use the power of music to help heal your being from the inside out:

1. Find a quiet place to listen to your favorite music. Be still, close your eyes and absorb what you hear. Don't think of anything with your mind, just feel the music with your heart. Listen for the rhythm, keep the beat, and be aware of the melody.
2. Put on a new style of music you have never listened to and open your mind to music you have not explored before
3. Relax and take slow, deep breaths while the music plays
4. Try a different rhythm, one with a strong beat. Feel the power of the beat as it strengthens you and replaces the stress or sorrow in your heart
5. Find a song that expresses what you are unable to say. Empathize with the words and emotions then try to release your own.

adapted from www.griefrecoverykit.com

Grief Playlist....

Here are just a few song suggestions that may resonate with you and may be helpful in your grieving:

Stars, by Grace Potter and the Nocturnals

I Wish I was the Moon, by Neko Case

Bridge Over Troubled Water, by Simon & Garfunkel

Someone's Watching Over Me, by Hillary Duff

You Should Be Here, by Cole Swindell

Keep Me in Your Heart, by Warren Zevon

Times Like These, by Foo Fighters

Maggie, by Colin Hay

What Hurts the Most, by The Rascal Flatts

Breathe Me, by Sia

Dance With My Father, by Luther Vandross

Radio's in Heaven, by Plain White T's

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 the Bereavement Office at (484) 526-2499 for referrals to other services.

Cancer Support Community of Lehigh Valley is a local non-profit organization providing emotional and social support to family members and caregivers. They offer support groups, educational workshops and mind/body classes in their Allentown, PA office. 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. www.thecompassionatefriends.org

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 610-837-7924.

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.

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 www.givinggriefavoice.com

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 social gatherings for widowed individuals to provide opportunities to connect with others in a positive, caring, and supportive environment. For more information, contact Sonja Handwerk at 610-297-0057 or soaringspiritslvpa@yahoo.com.

HALOS - CLC is for parents, grandparents and adult siblings who have experienced the loss of a child or sibling to suicide. The group meets every 4th Thursday from 6:30-8:30 pm at Hughes Library in Stroudsburg, PA. Register with Alice Keyes at (570) 236-1168

Bradbury-Sullivan LGBT Center offers an Open Group on the 4th Wednesday of each month from 5:30-7:00 pm. Registration is required, contact Deb at (610) 347-9988 or deb@bradburysullivancenter.org. The Center is located at 522 W. Maple St., Allentown, PA 18101. There is no charge for the group.

GriefShare Groups are a faith-based 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.

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

GRASP - For families who have experienced a death due to substance use. Group meets every 3rd Monday of the month from 7-8:30 pm at 1st Presbyterian Church in Allentown, Room 118. Please register with Nancy Howe (484) 788-9440

Stepping Stones for Adolescents is a group for teens ages 11-16 that meets at Lehigh Valley Hospice for teen peer support. Call (610)969-0330 for more information.

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.

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