



Comfort for the Grieving Heart

Provided by St. Luke's Hospice Bereavement Program

March 2018

*What is there to do when people die –
people so dear and rare –
but bring them back by remembering?*

May Sarton

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 484-526-2499.

But remembering is hard work, often painful work. Remembering brings a flood of images – good and bad, happy and sad. Remembering makes us mindful both of all that we shared, and all that now is gone from us. So why should we remember? Why not just try to move on and forget it all, removing things from our lives and homes that trigger memories? Because remembering brings perspective and understanding – remembering helps us see, appreciate, sort through, weigh the presence and the importance of the large and small moments with the person who died. Remembering allows us to take stock of what truly defined our relationship, and what was inconsequential. Remembering helps us know and treasure what is truly important, and even sacred to us about our relationship. And, it helps us let go of the unimportant – angers, resentments, and even guilts – the baggage of relationships. The Danish philosopher, Soren Kierkegaard, suggests that “*Life can only be understood backwards; but it must be lived forwards.*” In other words, instead of keeping us trapped in the past, remembering actually helps us move forward with our own lives after a death. It helps us live our lives forward.

We cannot simply cut ourselves off from the past and the person who has died. For however long we knew them and were in a relationship with them, they marked and shaped and changed us – for good and for ill. We cannot but remember: they taught us, challenged us, nurtured us, comforted us, helped us be strong and brave, sheltered us when we were afraid, failed us, hurt us, met and failed to meet our needs and expectations. Remembering helps us see their humanness in all its good and bad. When we can remember and grieve the whole of who they were to us, we create a sustaining memory.

Remembering is not simply an act of the mind; it is an act of heart and soul. They were unique in all the world and they will never be replaced. They will also not be forgotten – and, in truth, we don't really want to forget them. We want to forget suffering – theirs and ours. Remembering is a sacred honor – it is how we hold them always – without the suffering, in all their uniqueness, with all their strengths and challenges, in all the ways we grew to love them, through all the things we learned because they were here.

Anne Huey

Our Hospice Program seeks to support this remembering through our Services of Remembrance.

Three times a year we gather in various houses of worship for a non-denominational, interfaith time set aside specifically for remembering. During these services we read the names of patients we have served throughout our Hospice program, and we use music, readings, and imagery to provide stimulus for meditation and reflection.

The Services of Remembrance for 2018 will be held on:

April 15, 2018 at 3PM at Wesley Methodist Church, 2540 Center St., Bethlehem

August 19, 2018 at 3PM at Assumption of the Blessed Virgin Mary, 4101 Old Bethlehem Pike, Bethlehem

December 2, 2018 at 3PM at Wesley Methodist Church, 2540 Center St. Bethlehem

The inscription over the Holocaust Memorial in Jerusalem states: "Redemption lies in Remembering."

We invite you to join us.

Being alone does not have to mean being lonely.

Ways to Honor Memories

Rituals can be so important to make special the events that mark our lives. Lighting candles, playing music, the times of dawn or sunset, are opportunities that change a casual moment into a numinous moment. Remembering within a special space of a ritual, brings a deeper attention to memory and can add dignity.

Consider lighting a candle before looking at a photo album, saying a prayer before starting out on a special day like a birthday, or an anniversary. Try a memorial in the corner of quiet space in your home, notice events in nature that have symbolic meaning linked to your special person. Make a special event of going to an important place to honor your loved one by dressing up. Mark your memories with elements of symbols, and repeat them to develop new traditions. Find ways to make moments special.



Grief and Loss Support Group

Our 6 week Grief and Loss Support Group will start again in May 2018. This group is for adults grieving the loss of someone significant in their lives and provides an opportunity to come together with others who have experienced the loss of a loved one. The group guides participants in understanding the uniqueness of their grief and provides grief education and support. Please note that this is not a therapeutic group; this group provides support, resources and education on the healing process.

The group will meet on
Thursdays from May 24 through June 28, 2018
from 5:00 to 6:30 pm at the Anderson Campus.
Registration is required: please call 484-526-2499 for more information.



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.

Thursday , March 29, 2018 from 4:00 - 6:00 pm
at the Dinky Memorial Church, 1742 Dinkey Road, **Lehigh, PA** 18212.

Monday, April 30 at the St. Luke's Priscilla Payne Hurd Education Center, St. Luke's Hospital, Bethlehem Campus, 801 Ostrum Street, **Bethlehem, PA** 18015 in Room 111

Registration is required: please call 484-526-2499

Open /Drop-in Support Groups

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 directed by group members in terms of content and discussion. We currently offer the following Drop-In Support Groups:

Easton: First Monday of every month from 4:00 -5:00 pm at St. Luke's Hospital-Anderson Campus, Medical Office Building (MOB), 1872 St. Luke's Blvd, Easton, PA 18045 in Conference Room A.

Quakertown: 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.

Bethlehem: Fourth Monday of every month from 9:00 - 10:00 am (please note new time) at St. Luke's Priscilla Payne Hurd Education Center, St. Luke's Hospital, Bethlehem Campus, 801 Ostrum Street, Bethlehem, PA 18015 in Room 111



Lehigh News :

Lehigh Open Group: We meet for our Drop In/Open Group on the **Third Monday of every month** from **3:00 - 4:00 pm** at Dinkey Memorial Church, 1742 Dinkey Road, Lehigh, PA 18212. All members of the community who are in need of bereavement support are invited to attend.

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 W. 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 267-380-0130.

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.givinggriefavoic.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, alicekeys00@gmail.com

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 Ariel at (610) 347-9988 or ariel@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.

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

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 Celia Blum, 215-345-2079.

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.

Stepping Stones for Adolescents is a group for teens ages 11-16 that meets at Lehigh Valley Hospice for teen peer support. Call (610)402-7481 for more information. They also offer Stepping Stones for Children, for ages 5-10

New Jersey: Compassionate Care Hospice provides bereavement support groups at Warren Hospital on a rotating basis. Call 973-726-7510 for more information.