



March

2025

St. Luke's
Hospice
Bereavement
Team:
484-526-2499



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

Comfort for the Grieving Heart

The reality is that you will grieve forever. You will not “get over” the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same. Nor would you want to!

◆ Elisabeth Kubler Ross & David Kessler

The death of a family member or friend is among the top five most stressful events we go through in this life. As we grieve we are going through a process that impacts every facet of our being, whether we are taking the time to realize it or not.

It is important to recognize that we were grieving before the loss ever happened. As our loved ones age, we grieve. With each health issue that presents, we grieve. When we notice that loss of balance or seemingly forgotten treasured family memory, we grieve. Overall, as circumstances in our lives and people change, we grieve. In its polarities, sometimes grief may look like tears and other times it may look like reminiscing. This is true whether we are grieving their change or grieving their loss.

It is in their death that we are faced with learning how to live without them. Grief is something we will never “get over” because relationships, whether they looked like we wanted them to or not, are the building blocks of our existence. Our relationships shape who we are, who we become, who we do not want to become, and how we grieve.

Grief is not passive. It takes time, work, a desire to heal, and an active effort to rebuild ourselves in the face of suffering. We get to choose how our loved one's memory and legacy lives on in their death. It's important to remember, that at the same time, we are also choosing how we are going to live our life in their absence.

Choices

Psychologist William Worden stated that when faced with a loss, you are forced to make a choice between two alternatives:

- ⇒ Wallow in despair over what you have lost, wishing what has changed had never changed.
- ⇒ Engage with grief, which allows you to adapt and keep moving forward.

Engaging with grief is active. It provides the opportunity for storytelling, learning, finding support for yourself, being a support to others, growth, and healing.



The Four Tasks of Mourning - William Worden

Accept the Reality of the Loss

- * While denial is a method of coping meant to allow you to slowly absorb the weight of the loss, it is not a place you can stay. Coming to terms with the reality of your loss is the first step in moving forward and healing.

Experience the Pain of Grief

- * As a culture, we try so hard not to feel. However, avoidance compounds our grief. You have to give yourself the time and space to feel the way you feel. "You have to feel it to heal it."

Adjust to a World without Them

- * You may feel like adjusting to life without them is in some way a betrayal. This reasoning can keep you "stuck" in your grief. You have to adjust and adapt to your new normal which involves reorienting and restructure what you do without your loved one being physically present.

Find a way to Remember and Stay Connected to Them while Moving Forward with Your Life

- * Moving forward does not mean forgetting. It means finding a place for them, while leaving room for others. It is about cherishing their memory and sharing their legacy, while moving forward with your own life.

Our Monthly Support Groups

Our bereavement support groups are facilitated by one of our grief counselors. We provide a safe and collaborative space to process your grief journey . For more information, call us at 484-526-2499.



Bethlehem Area Support Groups—

Wesley United Methodist Church, 2540 Center Street (Route 512) Bethlehem, PA 18017.

Join us from 10-11:30am on these **dates:** March 7, April 4

NEW! Hanover Township Community Center, 3660 Jacksonville Rd, Bethlehem, PA 18017.

Join us from 6:30-8pm on these **dates:** March 18, April 15

Brodheadsville Area Support Group

Western Pocono Community Library, 131 Pilgrim Way, Brodheadsville, PA 18322.

Join us from 1-2:30pm on these **dates:** March 19, April 16

NEW! Carbon/Schuylkill Area Support Group

St. Luke's Miners Campus, 360 W. Ruddle St. Coaldale, PA 18218

Join us from 1-2:30pm on these **dates:** March 12, April 9

Good Grief Workshops

These virtual 90-minute workshops are offered monthly to provide you with a better understanding of what grief is, how it may affect you emotionally, physically, spiritually and psychologically, provide coping strategies, and ways to reconcile the loss.

For more information and to receive an invitation to join the meeting, call 484-526-2499. You will be asked to download the Microsoft Teams app on your smart phone or computer.

Join us from 1-2:30pm on these **dates:** March 20, April 24

Join us from 6-7:30pm on these **dates:** March 5, April 9

St. Luke's Senior Meals



St. Luke's University Health Network provides healthy, affordable meals for seniors (65 or older). It's a great opportunity for a great meal at a great price (under \$5 for an entrée, salad, side, veggie, dessert and drink) along with meeting new people.

- **Anderson, Carbon, Miners, Upper Bucks Campuses:** M-F, 4-6pm
- **Monroe Campus:** 7 days a week, 4-6pm
- **Bethlehem Campus:** Thursdays, 4-6pm (Speaker on the first Thursday)

Other Places to Find Support

We encourage you to call the number on the back of your insurance card to find resources paid by your individual insurance plan. Find an individual therapist at psychologytoday.com

Community Bereavement Resources

Bradbury Sullivan LGBT Community Center offers bereavement support for LGBT people who have experienced loss. Visit bradburysullivancenter.org or email at reilly@bradburysullivancenter.org.

Cancer Support Community of the Greater Lehigh Valley provides professional programs of emotional support and education. Visit cancersupportglv.org.

The Compassionate Friends offers ongoing support for parents, grandparents, and adult siblings grieving the loss of a child, grandchild, or sibling. Visit thecompassionatefriends.org. Enter your zip code to locate the local chapter and contact person near you.

Doylestown Hospital Hospice offers a variety of support groups and programs that change seasonally. Visit doylestownhealth.org/hospital/services/bereavement or call 215-345-2079.

Gentle Yoga for Grief, Stress and Life Transitions is currently being offered virtually by Wendy Littner Thompson, M.Ed., LPC, RYT. Visit givinggriefavoice.com or call 610-730-1992. Be sure to indicate if your loved one was a St. Luke's Hospice patient.

GRASP (Grief Recovery After a Substance Passing) currently offers two virtual evening meetings per month, plus an afternoon meeting at the Oasis Center. Call 484-788-9440.

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

Grief Share is a faith-based support group offered throughout the Lehigh Valley. Visit griefshare.org and enter your zip code to find the contact person and program near you.

Lehigh Valley Health Network offers many groups and services for adults and children between the ages of 6-17. Call 610-402-7481. For information about program offerings in the Pocono area, call 272-762-3826 or email Bryson.Boes@lvhn.org.

OASIS Community Center offers a variety of support groups to those grieving a loss due to substance-related causes. Therapist-led meetings are held in-person and virtually for bereaved parents and young adults (siblings, partners, friends, etc.). Groups for bereaved youth ages 7-17 and bereaved caregivers raising bereaved children are offered in-person. Visit oasisbethlehem.org, call 484-747-6825 or email at rhonda@oasisbethlehem.org.

Suicide Loss. The American Foundation for Suicide Prevention has excellent information on risk factors, statistics, and education about suicide. Visit afsp.org and enter your zip code to find the chapter/contact person near you. All chapters are run by people who have experienced the suicide of a loved one.

Support Information in New Jersey

Karen Ann Quinlan Hospice offers support to those who are grieving the death of a loved one. For more information, call 973-948-2283 or visit karenannquinlanhospice.org/services/bereavement.

Video Library

St. Luke's website includes a dozen short videos that provide information about the grieving and mourning process and ways to care for yourself after a loss.

To view the videos, go to <https://www.sluhn.org/vna/hospice>. Scroll down to "Grief Support" .

Click onto the video library heading

"Want to understand your grief?" at the bottom of the page.

Then view the videos from the comfort of your home.