



Comfort for the Grieving Heart

St. Luke's Hospice Bereavement Program 484-526-2499

September 2025

Finding Joy in Small Things

Grief can change our days in surprising ways. Life might feel quieter, slower, or heavier than usual. However, you might be surprised to realize that you can still feel small moments of joy. These moments often come from simple things we see around us every day.

Think about the warmth of a morning cup of coffee or tea, the sound of birds singing outside, or the gentle tapping of rain on the window. You might also feel a sense of peace just sitting outside for a few minutes or feeling the cool, clean sheets as you settle into bed for sleep.

No one is saying that these little joys can take sadness away. However, they may remind us that we can experience both sorrow and gratitude simultaneously. Noticing these small moments is a kind act for ourselves and helps us stay connected to life as it is right now.

As you go through this month, try to find small things to appreciate; a comforting routine, a peaceful moment, or a simple act of kindness. Even in sadness, these moments remind us that joy doesn't betray sorrow; It can make it more bearable.



For more information about the services offered by the St. Luke's Hospice Bereavement Program or if you would like to be added or removed from our mailing list, please contact us at 484-526-2499. Newsletters are also available electronically by calling our office or online at www.sluhn.org (search - grief)

Where to Find Small Moments of Joy

When grief feels overwhelming, it may not seem easy to find joy. Here are a few ideas on where to look for these small joys, even when we feel sad.

Start with your daily routines. The simplest parts of your day can be comforting: the feeling of water on your hands when washing dishes or stepping outside to feel fresh air.

Look to nature. Listen to birds singing on a morning walk, watch sunlight shining through leaves, or hold a smooth stone or a flower in your hand.

Find comfort in familiar things. Revisit a favorite book, song, or movie, even if it's just for a few minutes.

Pay attention to your senses. Enjoy the softness of cozy sweater, the sound of rain, or the warm glow of candlelight in the evening.

Make small rituals. Lighting a candle at the same time each evening, writing a note of gratitude, or watering a houseplant can become comforting practices that help us stay mindful throughout the day.

Remember them. It may be cooking their favorite meal, sharing stories about them, or simply saying their name.

These small joys won't erase grief. However, they can sit beside it, reminding us that peaceful moments and connections are still possible.

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 St., Bethlehem, PA 18017.

Join us from 10-11:30am: Sept. 5, Oct. 3

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

Join us from 6:30-8pm: Sept. 16, Oct. 21

Brodheadsville Area Support Group

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

Join us from 1-2:30pm: Sept. 17, Oct. 15

Carbon/Schuylkill Area Support Group

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

Join us from 1-2:30pm: Sept. 10, Oct. 8

Good Grief Workshops

These virtual 90-minute workshops are offered monthly to provide you with a better understanding of what grief is. How it affects us emotionally, physically, cognitively, spiritually, and socially, and providing ways to understand, process, and work through your grief. This workshop is informational, interactive, and a good starting point towards entering our in-person support groups. Sign -up is recommended for those 4-6 weeks out from their loss. For more information, call 484-526-2499.

Join us from 1-2:30pm: Sept. 11, Oct. 2

Join us from 6-7:30pm: Sept. 24, Oct., 8

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) and enjoy meeting new people.

- **Weekdays 4-6pm—Anderson, Carbon, Miners (4:15pm), Monroe, Sacred Heart, Upper Bucks and Warren Campuses.**
 - **Bethlehem Campus: Thursdays, 4-6pm (Speaker on the first Thursday)**
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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



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 givinggriefavoices.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.

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.). 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.

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