



Comfort for the Grieving Heart

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

December 2025

A Quiet Season

Winter is a quieter season. The days are short, the nights are long, and the world outside can feel still. For many people who are grieving, this time can feel heavy.

Winter can also be a time to slow down and reflect. In grief, it can be helpful to do the same: slow down, take a breath. Grief often takes longer than we wish. Winter teaches us that waiting and resting are essential parts of life.

Waiting and resting might mean saying "no" more often this season. Remember that you don't have to celebrate if you don't feel like it. It might also be that you seek quiet activities with other people. Revisit places that bring you peace, eat foods that make you feel warm inside, smell things that bring to mind a lovely memory.

As the days slowly begin to lengthen, we may find small moments of warmth again. Until then, it is okay to just "be" ... to feel sad... and to keep going, one day at a time.



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)

Simple Ways to Take Care This Winter

Grief can feel heavier in winter. Here are some small, simple things that might help:

- **Bring in light**

Pull back the curtain. Light a candle. Turn on a lamp in the corner.

- **Go outside**

Feel the air, notice the sky, and move your body if you can.

- **Write things down**

Keep a notebook where you can write memories, feelings, or even a few words each day.

- **Say “no” when you need to**

Skip gatherings and events if necessary. Rest is important.

- **Talk to someone**

Reach out to a friend, join a support group, or speak with a counselor.



You're Not in the Mood for Reflection

Some people don't feel like pausing or thinking deeply about their grief. **If that's true for you, it is okay.**

You don't have to follow a specific plan or path when you are grieving. **You can do it in your own way, and that's perfectly fine.**

If you feel pressured to slow down or be reflective, remember you know yourself best. **Some people come to reflect later.**

The main thing is to take care of yourself in whatever way works for you. **Your way of coping is valid. Grief is personal.**

If moving forward means acting instead of thinking, that can work, too. **Grief doesn't follow a schedule. It changes over time, and so will you.**

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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: December 5, January 2

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

Join us from 6:30-8pm: December 16, January 20

Brodheadsville Area Support Group

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

Join us from 1-2:30pm: December 10, January 7

Carbon/Schuylkill Area Support Group

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

Join us from 1-2:30pm: December 3, January 14

Good Grief Workshops

These virtual 90-minute workshops are offered monthly to provide you with a better understanding of what grief is. 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: December 18, January 29

Join us from 6-7:30pm: December 10, January 7

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. **ALL ARE OFFERED WEEKDAYS ONLY.**

- **Anderson, Carbon, Upper Bucks & Warren Campuses – DINNER 4pm-6pm**
- **Geisinger/St. Luke's—DINNER 4:30pm-6pm**
- **Miner's Campus— LUNCH 11:15am –1:30pm; DINNER 4:15pm-6pm**



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.

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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