

PATHWAYS

Through the Holidays



**HANDOUTS AND IDEAS
TO HELP YOU COPE
WITH THE HOLIDAY
SEASON**



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Coping with Holiday Stress

“Focus on the central, intrinsic meaning of the holidays”

The holidays mean tradition, family gatherings, the sharing of memories and joyful, but hectic activity. They can also be very stressful. For some families they are a time when the impending death or absence of a loved one is particularly painful. Add to this the common expectation that all should be as it was and many Hospice families find the holiday season to be the most difficult time of the year.

David Mineau, a leader of MidPeninsula’s bereavement support group, encourages the bereaved or those caring for a terminally ill person to think about the holidays ahead of time. “Start with a blank slate,” he suggests. “Accept that you may not have the energy or inclination to accomplish all the things that you or others have come to expect during the holidays. Rather than do things automatically, discuss and think about what you really want to do, what you don’t want to do and what will be difficult but you want to try.” He encourages people not to be afraid to make changes in traditions or start new ones. “Equally important,” says David, “is to acknowledge how you feel. It will be a sad time.” Many recently bereaved worry they will spoil the holidays for others. According to Hospice families David has counseled, the most painful thing is when they try to keep their feelings inside. If friends or family members take the initiative to talk about the person who has died, it relieves the tension and creates an opportunity for sharing.

Families who may be spending their last holiday season together want it to be special but often don’t have the energy to entertain, decorate, or shop for gifts. The Hospice team encourages them to focus on one or two traditions that are the most meaningful. Family, friends, and the Hospice team can then help them carry out their plans.

Reverend Ernle Young once advised, “Distinguish between what belongs to the holidays, their true essence, and what is extrinsic, or the “shoulds”. Then focus on the central, intrinsic meaning of the holidays. For example, Hanukkah is a celebration of courage, the weak over the strong and a miracle. Christmas is an affirmation of the fullness of being human because God became somebody just like me.” We should all take time to pause in the midst of the holiday activity to reflect on the true meaning of the holidays and what we wish to do this season. Don’t be afraid to reach out for support or offer it to others. This is the season of giving.

(Published in “Reflections”. Pathways formally known as MidPeninsula Hospice Care at Home)

THE GRIEVER'S HOLIDAY BILL OF RIGHTS

1. You have a right to say, TIME OUT! anytime you need to . Time out to let up, blow a little steam, step away from the holidays, have a “huddle” and start over.
2. You have a right to TELL IT LIKE IT IS. When people ask. “How are you.....? You have the right to tell them how you really feel, not just what they want to hear.
(P.S. You also have the right to smile and say you're fine, because telling them how you really feel isn't worth your time – some people will never understand anyway).
3. You have the right to SOME “BAH HUMBUG” DAYS.
You don't have to be “JOLLY OLD ST. NICHOLAS” all the time. You are not a bad person just because you don't feel like singing Christmas carols all day.
4. You have the right to DO THINGS DIFFERENTLY.
There is no law that says you must always do Christmas the same way. You can do 10 cards instead of 100 – or no cards at all! You can open presents at somebody else's house. You can do without a tree. You can have pizza instead of turkey! – The list is endless.
5. You have the right to BE WHERE YOU WANT TO BE.
Be at home or at the relatives. Be in any city, any state you choose! NOBODY SAID YOU HAVE TO HAVE SNOW TO HAVE CHRISTMAS. There's no law that says you must stay home!
6. You have a right to SOME FUN! When you have a day that isn't so bad and you feel like doing something just for fun, then do it! Don't be afraid of what someone else will say if they see you laughing and having a good time. Laughter is every bit as important as tears!
7. You have a right to CHANGE DIRECTION MID-STREAM. Holiday grief is unpredictable. You may be all ready to go somewhere or do something and suddenly be overwhelmed. When that happens, it's okay to change your mind. There's plenty of time in life to be predictable. Exercise your right to change when you need to.
8. You have a right to DO THINGS AT DIFFERENT TIMES.
Go to church at a different time.
Open presents at a different time.
Serve your meal at a different time.
Give up and go to bed at a different time!
Don't be a slave to the holiday clock.
9. You have a right to REST, PEACE and SOLITUDE.
You don't need to be busy all the time. Take a nap whenever you need one. Take time to pray and to meditate, to recharge your spirit, it may do you much more good that eating another huge meal!
10. You have the right TO DO IT ALL DIFFERENT AGAIN NEXT YEAR. Just because you change things one year: try on something different, does not mean you have written it in stone. Next year you can always change it back or do it in yet another new way.

1992 Bruce H. Conley

Surviving the Holidays When Someone You Love Has Died

Getting through the holiday season is tough for many of us, but those living with the loss of a loved one have the hardest time. The gap left by a loss is felt most poignantly during this traditional time of celebration, family reunion and family closeness. Holidays, like anniversaries, are by nature nostalgic, and even the happiest of memories are painful, not joyous, when we are grieving.

We may need extra help for surviving the holiday season if we are in the midst of grief. Following are a number of survival strategies. Using these suggestions won't necessarily take your grief away, but they can help you manage your grief at a time of the year when the world is supposed to be joyous.

Be kind to yourself: This is a time when it is important to take good care of yourself. Nothing you do will make a bigger difference than respecting yourself, your needs and your feelings. Handling your emotions may be the only job you can manage right now. Because no one knows your needs as well as you do, you need to notice them and honor them. Don't overwhelm yourself just because it is the holiday season. Instead, do only as much as you can comfortably manage. Get the rest and nourishment and affection you need. Choose what's best for you - to be with people or to spend time alone, to be immersed in the holiday spirit or not.

Express your feelings: The surest road through grief is to feel it, not deny it. If you are hurting, the best advice is to allow your feelings. Cry if you need to cry, rage if you need to rage. Admit the longings, the loneliness or whatever you are feeling. Don't suppress yourself. Feelings expressed ultimately disappear, but when you suppress yourself, nothing changes.

Ask for what you need: Other people do not know how you feel unless you tell them. Don't just go along with people or plans that are not for you. Tell people what would help you most. Speak up!

Friends and relatives may think you will feel better if you do not talk about your loss, or they may be afraid to upset you by mentioning the missing person. If you want to talk about the person who is gone, say so. If you want your privacy respected, if you need companionship or if you want a shoulder to cry on, say so. People outside your grief may feel awkward and not know what to do. As much as they want to help, they need you to direct them.

Don't be afraid to ask for help with planning, shopping, entertaining or just getting through today. As hard as it may be to ask, force yourself. Ultimately, asking will make your life a little easier. If you cannot shop or decorate this year, ask a friend, relative, hospice or other social agency volunteer to help. What looks arduous to you may be a lot of fun for someone else. As hard as it may be to imagine, remember that serving you can be very satisfying and rewarding for the other person.

Create support for yourself: Sharing your pain eases it. Be sure you have people with whom you can talk. Most of us can cope best with tough times if we have a loving presence – a relative or friend to walk with us through this painful time. When spouses or family members hurt as much as you do and cannot be a support, find an alternative. Look for a short-term support partner, perhaps a friend, another person in grief, a relative, and a counselor. Or, create a small group of people who have similar concerns with whom you can stay in touch daily or frequently through the holidays or beyond. Support people and support groups really help.

Help another person in need: Contributing to someone else gets your attention off yourself. Helping another can be a very effective way of healing after a loss, because when you are immersed in someone else's needs, you can be free of your own distress and pain. If you have the energy, there are many people who need you. Some possibilities are to volunteer to be with older folks or children, to help in a hospital or a soup kitchen, or to help a friend in need over the holidays.

Appreciate your other loved ones: Enjoy the people you love. It is natural to feel alone in your grief and to want to isolate yourself, yet that closes off all chances for closeness and nourishment from other people. Don't deprive your children, spouse, other loved ones or yourself. As hard as it may be to get your attention off your loss, they need your love too. And in return, their love can nourish you and help you begin to heal.

Don't compare your life with other people: Feeling jealous of intact families and feeling deprived are natural reactions after a loss – as if other families are happier than yours, as if other people have what you do not. We have a lot of illusions about how other people live.

Actually, for many intact families, reunions can be stressful and upsetting. Contrary to our illusions, holiday times are often not ideal times for families, intact or not. Don't try to compare lives, it only adds to your misery. Embracing what you have gives you much more power than regretting what is missing.

Resolving how or where to spend the holidays: Choosing how or where to spend the holidays may be your biggest dilemma. There is not perfect solution. Holiday time may be hard no matter what you do or where you are. In fact, it may seem as if you are trying to pick the best from some rotten alternatives. The choices: celebrate as usual, avoid the holidays altogether, or do something brand new.

Celebrating as usual: Many people wish to keep their holiday traditions intact, to celebrate as usual. This way is bound to be painful, accentuating the gap left by the loss. It is fine to follow family traditions as long as you know they cannot be the same as before your loved one died. Pretending you can recreate the past will only cause you more grief. Just remember to allow any feelings as they occur. If you have the energy to do so, following old traditions may enhance your self-esteem and may help you manage the holidays successfully.

Avoiding the holidays: It is not wrong to want to avoid Christmas or other holidays entirely. If celebrating seems too difficult to bear, you can choose not to observe the holidays and go somewhere else - skiing, a cruise, a resort, a different city. If you cannot afford to travel, go to the zoo or the movies or some other distracting place. There is no guarantee that this will erase your pain, but it may lessen it some.

Doing something new and different: If NOT celebrating would deeply disappoint or deprive children or other family members, you probably cannot run away from Thanksgiving or Christmas. Yet, you can avoid repeating your traditional ways and perhaps observe your holidays more simply than before. People often work too hard cooking, decorating, planning, shopping and entertaining at holiday times, so you can at least ease up.

Often, the more we try to recreate the past, the more obvious is our loss, so changing traditions can be a freeing and satisfying way to spend the season. You can celebrate Thanksgiving, Hanukkah or Christmas in a brand new way by going to the home of a different relative or friend, having a family reunion away from home, or eating in a restaurant. You can do anything that will make your holiday experience new rather than a memory with someone in it missing.

If it is too hard for you, personally, to think up a new way to do the holidays, give the job of planning to a creative friend or relative. Again, most important in taking care of yourself is not to feel you have to do it all - whatever the circumstances.

You will survive the holidays: You may hurt, but you will survive. The holidays may be the worst of your grief time. Eventually, you will heal, and your memories will persist without pain. Meanwhile, it's OK not to have a good time. There may be no way you can make this holiday fun and nothing you want to do. Allow that you may not enjoy the parties, reunions and events of the season. If you are hurting and unable or unwilling to have your attention on anything else, let yourself be.

It is also OK to have a good time, even though you have experienced a loss. You do not have to deny pleasure to yourself or your family. While grieving, we often feel guilty about having fun, as if we should be miserable all twenty-four hours of a day. That is not necessary. Often, we think it is how much we grieve that signifies how much we care about the one who died. Not true! Our love is not measured by the extent of our grief. We can love forever without having grief as our testimonial to that love. Remember, few of us would want others to be forever bereft because we were gone.

Perhaps the best testimonial we can give to our missing loved ones in how we live our lives. Don't deny yourself life because someone has died. If you can do so, enjoy the holidays and every day; for death teaches us, more than anything, that every day of life is precious and worth living to the fullest. The best gift we can give others and ourselves for the holidays and every day is to live our lives wholeheartedly.

Bereavement Magazine - November/December 1991



Ann Landers on
HOW TO COPE WITH HOLIDAY LONELINESS

Dear Ann Landers: I am sending on some suggestions that might be helpful for families who will be facing an empty chair at a holiday table. I hope you will print them. J.H.L., Mothers Against Drunk Driving (Hurst, Texas)

Dear J.: Your time was perfect. Thank you for your thoughtfulness.

You are facing the holidays and someone you love will be missing. You see intact families everywhere – on TV screens, in magazine ads, on holiday cards, joyfully celebrating. You may be overwhelmed with grief as you face an empty chair at your table. The following suggestions may help you to cope:

1. **Change traditions.** Have Christmas dinner at a different house this year. It is a paradox that the more you try to make it the same as it was before, the more obvious your loved one's absence will be.
2. **Balance solitude with sociability.** Solitude can renew strength. Being with people you care about can be equally important. Plan to attend some holiday parties. You may surprise yourself by having a good time.
3. **Relive the happy memories.** Pick three special memories of past holidays with your loved one. Recall them often, especially if outbursts of grief seem to occur at an inappropriate time.
4. **Set aside "letting go" time.** Schedule specific time on your calendar to grieve. When you know you set aside this time it will be easier for you to postpone your flow of grief in public.
5. **Counter the conspiracy of silence.** Because family or friends love you, they may think they are doing you a favor by not mentioning your loved one for fear you will be upset. Break the ice by mentioning him or her yourself. Tell your family and friends that it is important for you to talk about your loved one during the holiday season when that missing person is very much on your mind.
6. **Find a creative outlet.** Write a memorial poem or story about your loved one and share it. Contribute to or work with a group that your loved one supported. Use the money that you would have spent for a gift for that special person to buy something for someone he or she cared about.
7. **Don't forget the rest of the family.** Try especially hard to make it a good holiday for the children. Listen to them. Talk to them. If decorating the tree or buying Christmas gifts is too difficult for you to do this year, ask a friend to do it for you.
8. **Utilize available resources.** If your faith is important to you, participate in the holiday church services. Some veterans of the faith have serenity, a kind of healing wisdom. They can help you. Seek out a support group of other victims. Or start your own short-term support group to help you through the holidays.

It is tempting to conclude that life is awful during the holidays. Yes, you will have some difficult times, but you can also experience some joy. Having a good time does not mean that you have forgotten your loved one or that you loved him or her any less. Let yourself go.

Above all, remember that you cannot change the past. You can, however, take care of the present. Total recovery may never come. But what you kindle from the ashes of your tragedy is largely up to you.

Los Angeles Times Syndicate



IDEAS FOR HELP THROUGH THE HOLIDAYS For the Bereaved

Holidays, anniversaries, and special family occasions, such as weddings or graduations are often overwhelming events for the bereaved. For many, the most difficult holiday of the year is Christmas. This day, more than any other, means "family together." It is at this time that we are so acutely aware of the void in our lives.

Listed below are some ideas and suggestions that others have found helpful in coping with the holiday season when newly bereaved.

1. Family get-togethers may be painful. Sit down with your family and decide what you want to do for the holidays. Be honest with each other about your feelings. Avoid setting expectations too high for yourself or the day. If you wish things to be the same, you will be disappointed.
2. There is not right or wrong way to handle the day. You may want to do things a little differently than you have in the past. One possibility the first year is to plan to spend the holidays in another setting. Keep in mind the feelings of your children or family members. Be careful of "shoulds." There is not need to feel obligated to follow tradition. Only put up holiday decorations if you wish to do so. It is better to do what is most helpful for you and your family.
3. You may be receiving Christmas cards from those who do not know about the death of your loved one. Receiving cards mentioning the name of the one who died or addressed to him/her can be distressing. Consider sending cards out very early informing them of the death. You may also have the information printed or enclose cards used at the funeral service. Writing cards can be therapeutic, but you may wish to have someone help you. If you choose not to send any cards, that is all right too.
4. If Christmas shopping seems too hard, think about having a friend or relative go with you or do it for you. Share your concerns, feelings, and apprehensions, etc., with a relative or friend. Accept help. Let him/her know that this is a sensitive time for you. You may even choose to shop by catalog or by phone.
5. Holidays often magnify feelings of loss. It is important and natural to experience sadness. If you let go and cry, you will probably feel better and provide family members with the same freedom. Some people fear crying in public. It is usually better not to push the tears down at any time. Be gentle to yourself and don't expect too much of yourself.
6. Anticipation of any holiday or anniversary is usually so much worse than the day itself. For those who are newly bereaved, it is important to know that grief will soften and eventually the holidays will not be so difficult.

Hospice of Contra Costa

IDEAS FOR THE HOLIDAY SEASON

Here are several suggestions for getting the most out of the upcoming holidays. We suggest that you try one or two of them, or use these to spark some other ideas that will be personal and meaningful to you. Even though there may be some emotional pain connected with doing activities like these, we believe there will also be a special kind of healing in them.

1. Give a *SPECIAL GIFT* in memory of your loved one. Join the gift-giving emphasis of the holidays by giving a gift of some kind, e.g., a flowering plant to a favorite institution like a nursing home, church or temple.
2. Give a *GIFT OF MONEY*, if you can afford it, to others who are disadvantaged and having a hard time of it. Make it clear that the gift is in memory of your loved one. You might choose a cause that was important to your loved one.
3. *ENGAGE IN AN ACTIVITY* that you and your loved one especially enjoyed. You might choose to do this alone, or with other family or friends. An example of this would be going to a play, or taking a little trip.
4. Have a *SPECIAL GATHERING* with family or friends during the holiday season. During the time together have a "sharing of memories" about your loved one. Some of you might speak of the gifts they received from the loved one in times past, with emphasis on gifts of the mind and heart --things your loved one said or did that meant a lot to you.
5. During the holidays begin some kind of *NEW TRADITION* or *RITUAL* that is meaningful to you. An example of this is going to a restaurant on Thanksgiving Day rather than preparing a big meal at home. Another example: light a special candle for part of the holiday season. The candle could symbolize both the one you lost, and light for the path ahead of you into the future.
6. To rephrase an old saying, "It is just as blessed (and appropriate!) to receive as to give." In that spirit *GIVE YOUR SELF SOME KIND OF SPECIAL GIFT* during the holidays. You might try to imagine something which your loved one would have given you or done for you if he or she were here, and do that for yourself.
7. *HAVE SOME PHOTO ALBUMS OUT*, including pictures of holidays past. Talk With others about the past, and about what you are going through now. This will bring healing, and help you to become free to move into the future.

Gerald K. Hill, Coordinator, Bereavement Committee
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Grief and the Holidays Guideline Publications

Holidays Activities	Did you enjoy this activity?	Are you up to doing it the same this year?	Would you like to do it but with changes?	What type of changes?
1. Decorating inside the house				
2. Decorating outside the house				
3. Decorating the tree				
4. Baking cookies				
5. Exchanging cookies				
6. Shopping for presents				
7. Having a holiday party or dinner				
8. Annual special day party or event				
9. Exchanging gifts with family				
10. Exchanging gifts with friends				
11. Sending Cards				
12. Doing house cleaning				
13. Attending religious service				
14. Listening to holiday music				
15. List any personal holiday activities				

Loss During the Holidays - About This Year

Please take a moment to answer the following questions pertaining to the Holiday season as to how this year is different for you:

1. If I had not experienced the loss of someone very dear to me, I would normally be anticipating the holidays with feelings of:

2. This year, however, I feel: _____

3. One specific thing that is particularly difficult for me right now, at this time of the year: _____

4. Looking back over the recent weeks, three specific things that have helped me personally cope: _____

5. One discovery I am asking: _____

6. One strength that others see in me and/or that I can see in myself is:

WHAT DO WE NEED DURING GRIEF?

TIME – Time alone and time with others whom you trust and who will listen when you need to talk. Months and years of time to feel and understand the feelings that go along with the loss.

REST – RELAXATION – EXERCISE- NOURISHMENT – DIVERSION

You may need extra amounts of things you needed before. Hot baths, afternoon naps, a trip, and a “cause” to work for –helping others – any of these may give you a lift. **HOPE** – You may find hope and comfort from those who have experienced a similar loss. Knowing some things that helped them and realizing that they have recovered (time does help) may give you hope that sometime in the future your grief will be less raw and painful.

SECURITY – Try to reduce or find help for financial or other stresses in your life. Allow yourself to be close to those you trust. Getting back into a routine helps. You may need to allow yourself to do things at your own pace.

CARING – For a while, it will seem that much of life is without meaning. At times like these, small goals are helpful. Something to look forward to, like playing tennis with a friend next week, a movie tomorrow night, a trip next month, helps you get through the time in the immediate future. Living one day at a time is a rule of thumb. At first, don’t be surprised if your enjoyment of these things is not the same. This is normal. As time passes, you may need to work on some longer-range goals to give some structure and direction to your life. You may need guidance or counseling to help with this.

SMALL PLEASURES – Do not underestimate the healing effects of small pleasures, as you are ready. Sunsets, a walk in the woods, a favorite food – all are small steps toward regaining your pleasure in life itself.

PERMISSION TO BACKSLIDE – Sometimes after a period of feeling good, we find ourselves back in the old feelings of extreme sadness, despair or anger. This is often the nature of grief, up and down, and it may happen over and over for a time. It happens because as humans, we cannot take in all the pain and the meaning of death, all at once. We let it in a little at a time.

DRUGS AND ALCOHOL ARE NOT HELPFUL – Even medication used to help people get through periods of shock, under a physician’s guidance, may prolong and delay the necessary process of grieving. We cannot prevent or cure grief. The only way out is **THROUGH**.

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“HOW TO HELP OURSELVES THROUGH THE HOLIDAYS”

In our lives there are many holidays or “special days”, such as weddings, birthdays, graduations, anniversaries, Easter, Thanksgiving and Hanukkah, to name a few. These are all difficult days for the bereaved, but for many the most difficult holiday of the year is Christmas; this day more than any other means “family together”. They are synonymous and it is at this time we are so acutely aware of the void in our life.

For many the wish is to go from Dec. 24 to Dec. 26. We continually hear Christmas Carols, people wishing everyone “Merry Christmas”, see the perfect gift for our dead child, spouse or relative, and suddenly realize they will not be here. Listed below are some ideas and suggestions that others have found helpful in coping with anniversaries and holidays. Choose the ideas that appeal to you.

- Sit down with your family and decide what you want to do for the anniversary or holiday and what each family member can handle comfortably.
- There is no right or wrong way to handle the day. Some may wish to follow family traditions, while others may choose to change and do things differently.
- Once you have made the decision on the role you and your family will play let your relatives know. They won't know unless you tell them.
- Don't take on too many responsibilities. Find your way a little at a time.
- Do something for someone else, such as volunteer work at unity kitchens, or visit the lonely and shut-in. Ask someone who is alone to share the day with your family. Provide help for a needy family.
- Don't set your expectations too high. If you wish things to be the same you are going to be disappointed.
- Realize that it isn't going to be easy. Just do the best you can.
- If you feel like crying go ahead. It will not ruin the day for other family members, but will provide them with the same freedom.
- Set limitations. Do the things that are very special and important to you.
- Emotionally, physically and psychologically it is draining. You need every bit of strength. Try to get enough rest.

Cracked Pot (by an unknown author)

A water bearer in India had two large pots, one hung on each end of a pole which he carried across his neck. One of the pots had been dealt a blow and had a crack in it. While the other pot was perfect. It always delivered a full portion of water at the end of the long walk from the stream to the master's house, while the cracked pot always arrived only half full.

For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his master's house. Of course, the perfect pot was proud of its accomplishments... perfect to the end for which it was made.

But the poor cracked pot was embarrassed about the crack, and miserable that it could accomplish only half of what it was designed to do.

After two years of what it perceived to be a bitter failure, the pot spoke to the water bearer one day by the stream. "I am ashamed of myself, and I want to apologize to you."

Why? Asked the bearer. "What are you ashamed of?"

"I have been able, for these past two years, to deliver only half my load because this crack in my side causes water to leak out all the way back to your master's house. Because I leak, you do all of this work, and don't get full value from your efforts," the pot said.

The water bearer felt for the cracked pot, and with compassion he said, "As we return to the master's house I want you to notice the beautiful flowers along the path."

Indeed, as they went up the hill, the cracked pot took notice of the sun warming the beautiful wild flowers on the side of the path, and this cheered it some.

But at the end of the trail, it still felt bad because it had leaked out half its load, and so again it apologized to the bearer for its failure.

The bearer said to the pot,
"Did you notice that there were flowers only on your side of the path, but not on the other pot's side?
That's because of your leak. The water you shed watered the wild flower seeds on your side of the path... every day while we've walk back from the stream. Because you've watered them for two years I have been able to pick these beautiful flowers to decorate my master's table. Without you being cracked we would not have this beauty to grace his house."

The moral of the story is that...
Each of us, through our losses, is a cracked pot.
But it's the cracks we each have, and the water we leak that bring unexpected and beautiful "flowers" along our paths.
We just need to pause a moment and look at them.
Our grief and tears are nothing to apologize for!
We may be watering seeds that we never knew were there.
And we never know what parched ground we may be nourishing, or whose life we're gracing with beauty wherever we go.

Those new gifts are a remembrance and celebration of those we've lost in our lives, and a reminder to not expect ourselves to carry a full load while we're grieving.

So thank you all my crackpot friends.
Our lives wouldn't be as beautiful without each other.

On the Death of Someone You Love

Someone you love has died,
and everything is changed
by this event.

You are painfully aware that
your life can never be the same again,
that yesterday is over,
and a relationship once rich has ended.

If life went on the same without
the presence of the one who has died,
you could only conclude that person's life
made no contribution,
filled no space,
meant nothing.

The fact that this individual has left behind
a place that cannot be filled
is a high tribute to that person.

Life can be the same after you lose a trinket,
but never after you lose a treasure.

Adapted from "In Memoriam," by Paul Irion

*We are honored to be
a part of your healing.*



PATHWAYS



Thank You for joining us!

*May the memories of
your loved one comfort you
during this holiday season.*