

Journey

Summer 2017

A grief community publication
from Northern Illinois Hospice



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Someone Dear And Beautiful Gave Destiny Attention

By Chaplain Roland Brown

Have you ever wondered if there could be a class, everyone had to take, one that taught us how to “get through” the death of a loved one? We all need something to explain what we’re going through, what we all will eventually “go” through. I feel every child by the age of 8 could be taught Dr. Elisabeth Kübler-Ross’s 7 stages of grief. The 7 stages of grief are: Shock, Denial, Anger, Bargaining, Guilt, Depression, and Acceptance. These stages can be remembered in a mnemonic phrase, “Someone-Dear-And-Beautiful-Gave-Destiny-Attention.”



After someone we love dies, the grief stages do not come to us in order, but identifying the stages helps us navigate the process - Someone Dear And Beautiful Gave Destiny Attention. From Shock to Someone, from



Bill of Rights

This "Bill of Rights" was created by a group of teenagers who brainstormed things they would like others to know regarding grieving teens. Below is a small sample of what they would like us to know. With that in mind, these also are very applicable to anyone's grief journey...

- Don't let anyone tell you how to grieve.
- If I'm angry, depressed, _____ let me be that way.
- Don't put a time limit on grief.
- Allow me time to remember.
- I have the right to re-grieve.
- Never be afraid to talk about them [the person who died].
- YOU ARE NOT ALONE.
- Grief bursts happen. It's okay.
- I'm not breakable.
- We can share our pain.
- I don't have to explain to you.
- Don't laugh at my pain. Grief is real.
- My pain is not funny, but I can have fun in my pain.
- You have the right to get help.
- There are many different kinds of grief.
- Friends and family mend broken hearts.
- We have the right not to be treated or looked at differently for the way we grieve.
- Never underestimate a person who might be grieving.
- We have the right to have our own space.
- We have the right to be heard.

What other things would you add to this list? I'd love to hear from you. Drop me a note at avitale@niha.org or call me at 815.398.0500.

Referenced from C. Fox, Ted E. Bear Hollow, Omaha, NE.

From the Bereavement Coordinator

"We're Going on a Bear Hunt..."

Summer Greetings! I hope this newsletter finds you doing well in your grief journey.



During the first week of June, I presented at the 2017 International Death, Grief and Bereavement Conference in La Crosse, Wisconsin. The theme was "Caring for the Grieving," which is something I try to do in my daily ministry here at Northern Illinois Hospice.

The title of my presentation began this column, "We're Going on a Bear Hunt..." The theme celebrates the children's song which celebrates the 25th anniversary of its writing. In the song, those on the trail encounter many different things: grass, a river, mud, a forest, a snow storm, a cave – and we find "one shiny wet nose! Two big furry ears! Two big goggly eyes! IT'S A BEAR!" At each of these things, we sing "we can't go over it, we can't go under it... we'll have to go THROUGH it!" Once we find the bear in the cave, we have to run back through all our things, in reverse order, to get home, safe and sound. "We're not going on a bear hunt again" is how we end the song.

Grief is like that bear hunt, where we have to go THROUGH a lot of things (the memories of the death, the visitation, funeral, returning to work and friends, remembering items of our beloved who died, dealing with loneliness, birthdays, anniversaries, holidays, etc.). We can't go over them and we can't go under them. The ONLY way to deal with grief is to go THROUGH it! Yes, it may hurt and bring up memories, but it is by sharing those memories and stories that we are able to make it through our grief and keep our loved one's memory alive. Tears cleanse the soul and are a natural part of grief. Although we may feel alone, we are social beings and it is through COMMUNITY that we are able to heal. Family, friends, work colleagues, church friends, civic and social groups, etc., all can walk our grief journey WITH us – if we let them.

It is my hope and prayer that each of you are healing within the community you choose to be your family; if you find yourself questioning yourself or having trouble or doubts along the way, please know that we remain a part of your journey – give us a call. We're here to help.

Peace.

A handwritten signature in black ink, appearing to read "Andrew Vitale". The signature is fluid and cursive.

Andrew J. Vitale, CT
Bereavement Coordinator/Spiritual Counselor
Email: avitale@niha.org | Office: 815.398.0500

2017 Bereavement Support Groups & Workshops

Open to anyone who has experienced the death of someone close to them, our groups and workshops focus on learning, healing and encouragement. Conversation topics include: understanding grief and mourning, common myths about grief, available resources, the importance of community, helping others to heal ourselves, and self-care. All are welcome. Pre-registration is required for groups and workshops. Call 815.398.0500 or email: avitale@niha.org for more information. Locations of groups and workshops will be shared during pre-registration.

Please note: new members may join during the first and second meetings of any 6-week session. Sessions less than 6-weeks are open to anyone who would like to join; however, sessions build upon themselves, so it is best to attend all of them.

Healing Community Grief Support Group (6-weeks)

Tuesdays mornings, 10-11:30 a.m.
Beginning on September 12

Wednesday evenings, 5:30-7 p.m.
Beginning on September 13

Children and Teens Grieve Too! Workshop

(open to ages 6-17)
Saturday, September 16
9:00 a.m. – Noon

Saturday, November 18
9:00 a.m. – Noon

Coming soon

In November we will offer a “Living Through the Holidays” Workshop for individuals and families... watch for the next *Journey* newsletter and www.northernillinoishospice.org for more information!

We will also hold a memorial service in November — a natural time of the year that reminds us to slow down and remember our loved ones. Dates and times will be forthcoming.

Someone Dear And Beautiful Gave Destiny Attention

Continued from page 1

Denial to Dear, from Anger to And, from Bargaining to Beautiful, from Guilt to Gave, from Depression to Destiny and from Acceptance to Attention, knowing what to expect makes the journey through grief more manageable.

Everyone will have moments that make them feel shocked, denied, angered, bargained with, guilty and depressed. Yet, there is an important stage that should remind us that it doesn't just end there: acceptance. For “Someone Beautiful And Dear Gave Destiny Attention”...

A Song by Edgar A. Guest

*None knows the day that friends must part
None knows how near is sorrow;
If there be laughter in your heart,
Don't hold it for to-morrow.
Smile all the smiles you can to-day;
Grief waits for all along the way.
To-day is ours for joy and mirth;
We may be sad to-morrow;
Then let us sing for all we're worth,
Nor give a thought to sorrow.
None knows what lies along the way;
Let's smile what smiles we can to-day.*

Collected verse of Edgar A. Guest, copyright 1934



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TEARS

Let tears flow.
Tears are a release.
Humans tear up when we
are sad, happy, confused,
scared, or even angry. Tears
are a sign that you care.
What do your tears convey?

— Jennifer Collins Taylor
“living life dying death”