We Remember Them

At the rising of the sun and its going down, we remember them.

At the blowing of the wind and in the chill of winter, we remember them.

At the opening of the buds and the rebirth of spring, we remember them.

At the blueness of the skies and in the warmth of summer, we remember them.

When we are lost and sick at heart, we remember them.

When we have decisions that are difficult to make, we remember them.

As long as we live, they too will live, for they are now a part of us, as we remember them.

~Rabbi Simcha Kling

The Tasks of Mourning

By Laura Andersen, LCSW, Midwest Care Center

As much as we may desire it, there is no straight, predictable path through grief. We may still be struggling to cope a year, two years after the death of someone we love. And we may be surprised and frustrated that time in fact hasn't healed all wounds.

Rather than following a step-by-step progression, grief is experienced in waves. Amid these ups and downs, it is the things we do rather than the passage of time that helps us heal.

According to J. William Worden, PhD, a leader in the field of grief counseling for more than 40 years, we must fulfill four "tasks of mourning" as we integrate the loss into our lives. Completing each task requires commitment and participation from grieving individuals and the people supporting them.

Grief is a fluid, ever-changing process, Worden contends. Each person may complete the tasks below in a different way, and we may go back and forth between tasks. As you go through this process, remember to be patient and gentle with yourself. Try to treat yourself with compassion rather than judgment. You will get there when you get there.

**TASK #1: ACCEPT THE REALITY OF THE LOSS**

This task involves acknowledging a loved one’s death in your mind and heart. Even when the death is expected, such as after a long illness, you may feel as though the death didn't happen. And sudden death can make accepting the loss very difficult. Traditional rituals, such as funerals and wakes, can help you with this task.

(Cont’d on page 7...)

Visit iuhealth.org/patient-family-support/bereavement or call your local IU Health Hospice.

See pages 3 – 6 for phone numbers.
The Holidays

Rituals can be a comforting way to include those you have lost in the season. Here are some ideas:

- Bring your loved one’s favorite food to share at a holiday meal.
- Light a candle, having a moment of silence or proposing a toast honoring your loved one.
- Have everyone tell a funny story about your loved one.
- Wrap a favorite belonging of your loved one to give to a family member or friend.
- Volunteer at a food pantry or donate a gift to someone in need.
- Have a prayer said at your place of worship.

Remember the Children

With all the hustle and bustle of the holidays, children are often the forgotten grievers. While learning to live without a beloved family member, they’re likely also worrying about how the holidays will go: Will we still go to Grandma’s for Thanksgiving? Will we put up decorations this year? How can we celebrate when everyone’s so sad?

We know that children often grieve very differently than adults. They grieve in “spurts,” often crying for a lost loved one and then, the next minute, returning to being happy and normal. Because kids don’t show their grief like adults, we sometimes assume they aren’t grieving and don’t need support. What’s really going on is that most children can only endure intense feelings of grief for a short period of time. It’s not uncommon for kids to seem to be doing pretty well with a death and then have a hard time months after the loss. It’s possible that it takes a child longer to realize the meaning and impact of the loss, or the child waits to express their grief until their environment seems more stable and safe.

Children sometimes act out their feelings because they aren’t able to talk about them. When they do, they aren’t behaving badly on purpose; they just may not have the words for what they are feeling. This might look like moodiness, irritability, whining, clinging, being demanding or throwing tantrums.

Try to find a way to understand your children’s thought process about the holidays. Because you seem sad, they may think they should feel the same way and may be worried when they don’t or guilty about looking forward to a holiday. It’s important that kids have the opportunity to experience and express all their feelings of grief – sadness, anger, relief, confusion, etc. Particularly during holidays, they need support in understanding what happened and remembering their loved one.

Some suggestions to consider are:

- If you can, spend extra time with your children. If you can’t, ask someone else in the family to do so.
- Watch for unusual behavior or physical symptoms and make time to talk and monitor what they are thinking and feeling.
- Give them outlets for talking about their grief, fears, and anything else without judging. Allow all feelings to be expressed and accepted.
- Make sure your children are getting the right amount of sleep, exercise, and nutrition.
- Stay physically close to your children to reassure them that they’re still loved and safe. Extra hugs and cuddling may help.

Read a book or watch a movie together:

**The Invisible String**, by Patrice Karst: a story book for ages three and up that talks about the unseen connection with those we love.

**Tear Soup**, by Pat Schwiebert and Chuck DeKlyen: a story for all ages about the many different ingredients that go into the grief process and how comfort can result.

**“It’s a wonderful Life”:** Frank Capra’s 1946 movie starring Jimmy Stewart and Donna Reed spins a heart-warming tale about overcoming despondency and realizing that each life is important, intrinsically woven into the fabric of other’s lives.

“And you would accept the seasons of your heart just as you have always accepted the seasons that pass over your fields. And you watch with serenity through the winters of your grief.” ~ Kahlil Gibran
2019 Fall Hospice Bereavement Support

The following support is offered free of charge to hospice families and the community.

**Lafayette:**
For more information, contact Marcy Hintzman at 765.838.5784 or mhintzman@iuhealth.org

### Yoga for Grief Workshop:

During this workshop, led by registered yoga teacher Lisa Banu, participants will learn how to incorporate breathing exercises and meditation with gentle poses to calm the mind, ease anxiety, manage mood, promote relaxation, and increase feelings of self-efficacy and control. No mat is necessary.

**Registration and a 4 person minimum is required.** To register, please contact Marcy Hintzman at 765.838.5784 or mhintzman@iuhealth.org.

- **Dates:** Sunday, October 6
- **Time:** 2 – 4:30 pm
- **Location:** IU Health Arnett Hospital, 5156 McCarty Lane, Lafayette, Room AG411 (lower level of the hospital hallway past the Banyan cafeteria).

### Adult Grief Support Group:

On-going informal grief support group for adults who have experienced the death of a loved one.

- **Dates:** Every other Tuesday of each month. Oct. 8 and 22, Nov. 5 and 19, Dec. 3 and 17. **(NO group on 12/31)**
- **Times:** 11:30 am – 12:30 pm
- **Location:** IU Health Home Care Office, 3900 McCarty Lane, Lafayette, Suite 102, Conference Room #105.

### Understanding Your Grief Group:

When someone you love dies, it can be hard to understand your often complex — and painful — thoughts and feelings. During this closed and structured group, we will utilize *Understanding Your Grief: Ten Essential Touchstones of Finding Hope and Healing Your Heart* by Alan D. Wolfelt, Ph.D. to discuss how to help yourself heal and better understand grief. Participants will receive a copy of Wolfelt’s book and companying journal. Additionally, participants will be asked to read a chapter each week and complete the corresponding journal chapter.

**Pre-registration is required** for this weekly group and a commitment to attend all 12 sessions is important to receive the most benefit. **Space is limited to 10 participants.** To register, please contact Marcy Hintzman at 765.838.5784 or at mhintzman@iuhealth.org.

- **Date:** Tuesday’s: Oct. 29, Nov. 5, 12 and 19, Dec. 3, 10 and 17, Jan. 7, 14, 21, and 28, Feb. 4 **(NO group on 11/26, 12/24 & 12/31)**
- **Time:** 2 pm – 4 pm
- **Location:** Faith Northend Community Center, 2000 Elmwood Ave., Lafayette, Monon A Community Room

### IU Health Hospice & IU Health Arnett Hospital Remembrance Celebration:

To honor your loved ones and celebrate their life lived. **For planning purposes, please RSVP to Marcy Hintzman at 765.838.5784 or mhintzman@iuhealth.org.**

- **Dates:** Sunday, Oct. 20, 2019 (An invitation will be mailed out)
- **Time:** Meal begins at 1:00 pm followed by a celebration at 2:00 pm
- **Location:** Battle Ground United Methodist Church, 201 Tipton St., Battle Ground, IN 47920
Grief and the Holidays Workshop:

Holidays can be very stressful and are extremely difficult when grieving. During this open workshop, we will explore ways to cope during the holiday season. No registration is necessary.

Offered Twice:

- **Date 1:** Friday, Nov. 15
  - **Time:** 6 pm – 8 pm
  - **Location:** Faith East Community Center, 5572 Mercy Way, Lafayette, Community Room 1

- **Date 2:** Wednesday, Dec. 11
  - **Time:** 3 pm – 5 pm
  - **Location:** Faith West Community Center, 1920 Northwestern Avenue, West Lafayette, PBF Room

Other Area Bereavement Support in Tippecanoe and Surrounding Counties:

**Camp Angel Day Camp:**

A free day camp for grieving children in K-5th grade to teach them healthy ways to grieve and remember their loved ones, all while having fun, as children need to do. To request an application, call 800.338.4043 or visit gahfoundation.org.

- **Dates:** Nov. 2
- **Time:** 10 am – 3 pm
- **Location:** New Life Assembly of God, 2025 Washington Ave., Frankfort

**Mourning and Dancing:**

Grief support group for adults and young adults. Contact Sally Downham Miller at 765.447.2662.

- **Dates:** First Thursday of every month.
- **Time:** 7 pm
- **Location:** Bethany Presbyterian Church, 3305 Longlois Drive, Lafayette

**Franciscan Hospice care: Understanding Your Grief**

A 10 week course. For information, please call Ann Pigman at 765.423.6911 or 765.423.6224.

- **Dates and Times:** Tuesday’s from 6 pm - 7:30 pm OR Friday’s from 9:30 am - 11 am

**Senior Support Groups:**

Grief support led by Theresa Fischer of Hippensteel Funeral Home. Call 765.742.7302 for information.
GriefShare:
A Christian-based grief group. To learn more about GriefShare, visit griefshare.org. Contact the following locations to learn more about their current offerings and possible fees:

- **Faith Church:** 5526 State Road 26 East, Lafayette - Contact Dale and Gail McGinty at 765.366.2302.
- **Crossroads Christian Church:** 6435 State Road 43 North, West Lafayette - Contact Stephanie Guin at 765.490.4463.
- **Faith Family Ministries:** 508 West Green Street, Frankfort - Contact Christin Blacker at 765.659.3011.
- **First Baptist Church:** 515 6th Street, Covington - Contact Marsha Wilkinson at 765.793.7164.
- **Tipton Trinity Wesleyan Church:** 3021 West State Rd. 28, Tipton - Contact Nancy Poer at 765.438.1624.
- **Second Church of Christ:** 3350 East Voorhees St., Danville, IL - Contact Linda Abbott at 217.474.2453.
- **Attica-Williamsport Presbyterian Church:** 300 East Main Street, Attica - Call 765.762.6382.

2019 Fall Hospice Bereavement Support
The following support is offered free of charge to hospice families and the community.

**Indianapolis:**
For more information, please contact Bonita Stone at 317.962.1797.

Hospice Remembrance Celebration
To honor your loved ones and celebrate their life lived. Invitations will be sent out in October. RSVP to bstone2@iuhealth.org or call 317.962.1797 by October 29.

- **Date:** Tuesday, Oct. 29, 2019
- **Time:** A light meal will be served at 6 pm and the ceremony will begin at 7 pm.
- **Location:** North United Methodist Church, 3808 N. Meridian St. *(Corner of Meridian & 38th St.)*

Grief Support Groups:

**Westside Evening Grief Support Group:**
Open and informal adult support group.

- **Date:** First and Third Wednesday of each month.
- **Time:** 7 pm
- **Location:** Lakeview Church, Room #101. 47 Beachway Dr. *(Near I-465 and West 10th St.)*

**Westside Morning Grief Support Group:**
Ongoing support group for older adults. Please register by contacting Bonita at 317.962.1797 or bstone2@iuhealth.org.

- **Date:** Third Thursday of each month.
- **Time:** 10:30 am
- **Location:** The Bridge at Westside Garden Plaza 8816 W. 10th St.
Southside Afternoon Grief Support:
Ongoing adult group. Please register by contacting Bonita at 317.962.1797 or bstone2@iuhealth.org.

- **Date:** Second Thursday of each month.
- **Time:** 2 pm
- **Location:** Greenwood Public Library, 310 S. Meridian St., Greenwood

Grief and the Holidays Workshop
Holidays can be very stressful and are extremely difficult when grieving. During this open workshop, we will explore ways to cope during the holiday season. No registration is necessary.

**Offered Twice:**

- **Date 1:** Wednesday, Nov. 20
  - **Time:** 7 pm
  - **Location:** Lakeview Church, 47 Beachway Drive, room #101, Indianapolis

- **Date 2:** Wednesday, Dec. 18
  - **Time:** 7 pm
  - **Location:** Lakeview Church, 47 Beachway Drive, room #101, Indianapolis

Other Indy Area Support Groups:

Eastside and Northside Grief Support Groups:
Drop in meetings and six week groups. Sponsored by Community Home Health.

For more information or bereavement support, call InTouch Bereavement and Grief Services at 317.621.4646 or toll free at 800.404.4852. You can also e-mail InTouch@eCommunity.com.

IU Health Methodist Hospital Adult grief groups:
Facilitated by Chaplain Michael Gilbert; Open-ended, no registration required.

Parking is free and there is no fee for being part of the group. For additional information, please contact Chaplain Michael Gilbert at 317.217.3195 or mgilbert1@iuhealth.org. If you will be attending your first meeting and have trouble finding the meeting, you may text Chaplain Gilbert at 317.432.4135.

- **Date:** Held twice weekly on Thursdays.
- **Time:** 4:30 pm – 6:30 pm and 7 pm – 9 pm
- **Location:** IU Health West Medical Center, Cancer Center, 1111 Ronald Reagan Parkway, Building B1600, Avon

Compassionate Friends:

- **Dates:** Third Thursday of the month.
- **Time:** 7:30 pm
- **Location:** 6450 Allisonville Rd., Indianapolis, IN 46220

“At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.” ~ Albert Schweitzer
2019 Fall Hospice Bereavement Support

The following support is offered free of charge to hospice families and the community. Since many people feel alone in their grief, it can be reassuring to talk with others experiencing a similar loss.

Bloomington:
For more information, contact us at 812.353.9818 or 800.206.5200

Monthly Support Meetings

Loss of a Child of Any Age:
The death of a child is always unthinkable and untimely. Adjusting to such a loss is ongoing and challenging. Talking with others who are experiencing similar grief, can be very helpful, no matter how the child’s death occurred. Call or email Cindy at cmolthan@iuhealth.org with questions.

- **Dates:** Second Wednesday of each month: October 9, November 13, December 11
- **Time:** 5:30 – 7 pm
- **Location:** Noodles & Company Restaurant, 2560 E. Third St., Eastland Plaza, Bloomington, IN. Held in a private conference room.

Spouse Loss:
Although many participants appreciate having a meal with others, this gathering also provides the opportunity to talk deeply about the challenges faced in the first years of transition. Contact Pat for more information at pmuyskens@iuhealth.org.

- **Dates:** Third Tuesday of each month: October 15, November 19, and December 17
- **Times:** 5:30 – 7:00 pm
- **Location:** Noodles & Company Restaurant, 2560 E. Third St., Eastland Plaza, Bloomington, IN. Held in a private conference room.

Healing Hearts:
For children ages six through fourteen Healing Hearts offers a safe place to process the loss of any special person through talking, stories, crafts and videos. Participants share their stories, ask questions or just listen. Please call or email Pat at pmuyskens@iuhealth.org if a child in your life might be interested.

- **Date:** Fourth Tuesday of the month: October 22, November 26, December date to be determined
- **Times:** 5 – 6:30 pm
- **Location:** Bloomington Hospice Office, 619 W. First St., Bloomington, IN

Understanding Grief: A Gathering of Support
IU Health Hospice will now be offering “Understanding Grief” as a monthly bereavement group. Join us in exploring different topics around grief, to share your story, and to gain ideas for coping from others. Contact Cindy to reserve your spot: cmolthan@iuhealth.org

- **Dates:** First Wednesday of the month: October 2, November 6, and December 4
- **Time:** 4:30 – 6 pm
- **Location:** Bloomington Hospice Office, 619 W. First St., Bloomington, IN
Six Week Bereavement Support Groups

Pre-registration is required for these weekly groups and a commitment to attend all weekly sessions is important to receive the most benefit. Call 812.353.9818 for more information and to register.

Spouse Loss Support Group

The death of a long-time partner stirs strong emotions about one’s identify and future. This group provides a safe place to talk about your own experience and learn how others are coping. For information and to register, contact Pat at 812.353.9818 or pmuyskens@iuhealth.org.

- **Dates:** to be determined. Usually held on Thursdays.
- **Time:** 4:30 – 6 pm

Other Support in Bloomington and Surrounding Areas:

Resolve Through Sharing

A support group for those who have had a miscarriage, stillbirth, or infant loss. No registration is required and refreshments are provided. Call or email Samantha with questions or for more information at 812.353.5482 or ssweatman@iuhealth.org.

- **Dates:** Second Monday of every month
- **Time:** 7:30 – 9 pm
- **Location:** IU Health Bloomington Hospital Chapel, 601 W. Second St., Bloomington, IN

GriefShare

A Christian-based grief group. Contact the following locations to learn more about their current offerings:

- **Sherwood Oaks Christian Church** in Bloomington - registration is required: 812.334.0206
- **In Morgan County:** Rhea at 317.544.9185 or rheam0813@yahoo.com
- **Solsberry Christian Church** in Greene County: 812.825.5222

Grief Support Group

In Greene County, sponsored by Greene County Hospital Foundation and The Smithville Foundation, a Grief Support Group is led by Nichole Hawkins who is the Aftercare Representative of Welch & Cornett Funeral Homes. Ms. Hawkins is trained by the Center for Loss & Life Transition in Colorado. Please contact her at 812.847.2986 to express interest in this no-cost group.

Survivors of Suicide

Two meetings per month in Bloomington. To attend the meeting held on the second Monday of each month, email Michelle at mmartincolman@gmail.com with questions.

- **Dates:** Second Monday of every month
- **Time:** 7 – 9 pm
- **Location:** The Venue Art Gallery, 114 S. Grant St., Bloomington, IN

The meeting held on the fourth Sunday of each month is facilitated by Ron Masters, LCSW. No registration is required, but calling Ron to confirm attendance and room number is helpful at 812.335.8555 or 812.336.0649.

- **Dates:** Fourth Sunday of the month (expect for holidays)
- **Time:** 12:15 – 2 pm
- **Location:** Monroe County Public Library, 303 E. Kirkwood Ave., Bloomington, IN
Fall Service of Remembrance and Hope

The Fall Service of Remembrance and Hope will be held on Sunday, November 3, 2019 at 2:00 pm in Wegmiller Auditorium at IU Health Bloomington Hospital. This inter-faith service is open to anyone in our community who is grieving the loss of a loved one. Through words, prayer, and music the Spiritual Care staff offer consolation and encouragement. Hospice staff and volunteers will also be present for support. During the service, there will be a slide show displaying pictures of your loved ones. If you would like a picture of your loved one included in the slide show, please email a digital copy to sgerber4@iuhealth.org or mail a copy of your picture to Spiritual Care at IU Health, 601 W. Second Street, P.O. Box 1149, Bloomington, IN 47402. The deadline to submit photos is Friday, October 18.

Note: clocks need to be turned back 1 hour early Sunday morning!

Light Up A Life:

Bring your family to join Hospice staff and volunteers at the annual lighting of the Hospice Christmas tree on Bloomington’s Courthouse Square the evening of Friday, November 29th. A community tradition for nearly 30 years, Hospice’s annual Light Up A Life Campaign helps support patient care and bereavement services. Donations to sponsor a light may be made to IU Health Foundation online at iuhealth.org/foundation or by calling 812.353.9297.

New to the Hospice Library:

IUH Bloomington has a small lending library at the office in the medical arts building at 619 W. 1st Street. Thanks to a generous donation the following new books are available for you to check out: After the Darkest hour: How Suffering Begins the Journey to Wisdom by Kathleen A Brehony, PH.D.; A Broken Heart Still Beats: After Your Child Dies, by Anne McCracken and Mary Semel; Healing After Loss: Daily Meditations for Working Through Grief, by Martha Whitmore Hickman; After the Darkest Hour, the Sun Will Shine Again: A Parents’ Guide to Coping with the Loss of a Child, by Elizabeth Mehren; The Art of Losing: Poems of Grief & Healing, edited by Kevin Young.

2019 Fall Hospice Bereavement Support

The following support is offered free of charge to hospice families and the community.

Muncie:

For more information, please contact us at 765.747.4273 or 800.458.2255.

IU Health Ball Memorial Hospice Adult Grief Group

Registration is required for this weekly group and a commitment to attend all sessions is important to receive the most benefit. For more information and to register, please call hospice at 765.747.4273.

- Dates: Wednesdays, November 6 through December 18, skipping the Wednesday before Thanksgiving.
- Time: 6 – 7:30 pm
- Location: To be determined.
- Facilitators: Anurita Sarin, Counselor & Abbie Guthrie, Hospice Chaplain

Pre-Holiday Grief Support Group

Registration is required for this single session focused on coping with grief and the holidays. For more information and to register, call 765.747.4273. Facilitator: Abbie Guthrie, Hospice Chaplain.

- Date: Wednesday, October 30
- Time: 6 – 7:30 pm.
- Location: The Kennedy Library, 1700 W. Mc Galliard Road, Muncie
**Adult Grief Support Group:**
Facilitated by Andrea Duckworth, Hospice Social Worker. For more information, please call 765.649.5255.

- **Dates:** Every Tuesday
- **Times:** 6 – 7:30 pm
- **Location:** Loose Funeral Home, 200 W. 53rd St., Anderson, IN (In the Carriage House)

**Glowing Memories:**
Glowing Memories gives you and your family the opportunity to honor and remember loved ones or special occasions. Your loved one’s name will be displayed on the registry at IU Health Ball Memorial Hospital for a minimum donation of $25 made by November 1. For a donation of $200 or greater, your loved one’s name will be placed on a stone on the hospital campus. Please join Hospice and Palliative Care for a reception beginning at 6:30 pm and remarks with lighting of the tree at 7 pm on Thursday, December 5 at the South Tower Atrium of IU Health Ball Memorial Hospital.

**Other Support in Muncie and Surrounding Areas:**

**Hope in Spite of Grief Support Group:**
For more information, please call, 765.284.6445.

- **Dates:** Mondays, starting September 9
- **Times:** 6 pm
- **Location:** Old Town Hill Baptist Church, 3000 S. Burlington Dr., Muncie, IN

**Hearts of Hope Grief Support Group**
Monthly ongoing group. For more information, call Deb Saxon at 765.760.4800

- **Dates:** Fourth Tuesday of every month
- **Times:** 3:30 - 5 pm OR 6:30 – 8 pm
- **Location:** St. Agnes Hall at St. Lawrence Catholic Church

**GriefShare Groups:**
A Christian-based grief group. Weekly participation is not required. Feel free to attend any of the meetings.

**The Jar Community Church - Facilitated by Deb Rolli, 765.744.7920:**

- **Dates:** Every Monday, September 9 – December 2
- **Times:** 6 pm
- **Location:** 920 W. Main St., Muncie, IN

**Additional offering at Jar Community Church - Facilitated by Nancy Barrett, 765.686.1561:**

- **Dates:** Every Tuesday, beginning September 10 – November 26
- **Times:** 2 pm
- **Location:** 920 W. Main St., Muncie, IN
- **Special meeting:** Surviving the Holidays on Sundays, November 17 or December 8 at 12:30 pm

**Union Chapel Ministries - Facilitated by Greg and Angie Posey, 765.288.8383, ext. 215:**

- **Dates:** Every Sunday, beginning August 18 – November 17
- **Times:** 5 pm
- **Location:** 6422 N. Broadway, Muncie, IN

**Grace Baptist Church - Facilitated by Greg and Angie Posey, 765.716.0661:**

- **Dates:** Wednesdays, August 21 – November 13
- **Times:** 7 pm
- **Location:** 6401 W. River Road, Muncie, IN
Calvary United Methodist Church - Contact Susan Durovey-Antrim, Pastor, at 765.499.0368:
- **Dates:** Sundays, September 15 – December 15
- **Time:** 5 pm
- **Location:** 301 N. Main Street, Dunkirk IN

Spiceland Friends Church - Facilitator Janet Putnam at 765.571.0192:
- **Dates:** Thursdays, September 5 – December 12
- **Time:** 6:30 pm
- **Location:** 401 W. Main Street, Spiceland, IN
- **Special meeting:** Surviving the Holidays on Thursday, November 14 at 6:30 pm

The Tasks of Mourning, continued

**TASK #2: WORK THROUGH THE PAIN OF GRIEF**

The intense emotions of grief and the ways they are expressed are different for everyone. After the death of a loved one, you may feel not only sadness but also anger, guilt, despair, shame and loneliness. You may try to avoid feeling the pain of grief by avoiding reminders of your loved one, relocating or quickly involving yourself in a new relationship. Try not to dodge your emotions; let them come... attempt to experience them as fully as possible.

**TASK #3: ADJUST TO LIFE WITHOUT YOUR LOVED ONE**

The nature of your relationship and the roles he or she filled in the relationship impacts how you adjust to life without your loved one. On a practical level, you may need to focus on living alone, raising children alone, facing an empty house, managing home maintenance and finances. On an emotional level, you also may notice changes in your self-esteem and self-efficacy – your belief in your ability to deal with life's challenges. You may search for meaning and question spiritual beliefs, e.g., "Why did this happen to me?" and "Where is God in all of this?"

**TASK #4: FIND ENDURING CONNECTION AND EMBARK ON A NEW LIFE**

For many grieving individuals, this may be the most difficult task to complete. This task involves continuing the connection with your loved one, keeping him or her part of you through memories and thoughts. You do not forget or let go of the relationship, but find an appropriate place for it in your life – a place that allows you to go on living in the world and experience joy. You begin to redefine yourself and recreate a meaningful, purposeful life.

*Article informed by J. William Worden's Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner (Brunner-Routledge, 2003).*

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**Wild Geese**  
*By Mary Oliver*

You do not have to be good.
You do not have to walk on your knees for a hundred miles through the desert, repenting.
You only have to let the soft animal of your body love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain are moving across the landscapes, over the prairies and the deep trees, the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air, are heading home again.
Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese, harsh and exciting - over and over announcing your place in the family of things.
Along the Way, Fall 2019

A LOOK INSIDE:
- We Remember Them
- The Tasks of Mourning
- Remember the Children
- The Holidays
- Local Support Groups and Events
- Wild Geese, by Mary Oliver