



## **Spring 2011 BEREAVEMENT SERVICES**

Bon Secours Hospice & Palliative Care is committed to help families heal after the death of a loved one. Our Services are open to the community. There is no fee. Services are provided by Bon Secours Hospice & Palliative Care staff and trained volunteers. Our Bereavement Services include:

- Periodic mailing of literature and information about services.
- Grief counseling for individuals of all ages, couples, and families.
- Monthly grief workshops for adults.
- Weekly support groups for adults.

Call Gwen Reed, LCSW at 804/627-5360 for counseling and for additional services for children and teens.

### **Monthly Support Groups**

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Workshops meet at our office on Parham Road East. Call Trish Kush at 804/627-5372 to register.

***“Six Phases of Mourning”***

Tuesday, March 8, 2011, 6:30 – 8:00 pm

***“Aren’t You Over it Yet?”***

Tuesday, May 10, 2011, 6:30-8:00 pm

***“Overcoming Loneliness After Loss”***

Tuesday, April 12, 2011, 6:30-8:00 pm

***“How Grief Affects Us (You’re Not Crazy)”***

Tuesday, June 14, 2011, 6:30-8:00 pm

- **Spouses’ Group**  
 Third Wednesday of each month from 1:30 pm - 3:00 pm, March 16; April 20; May 18; and June 15. Call Gwen Reed or register at 627-5360.
- **Siblings’ Group**  
 First Tuesday of each month from 1:00 pm – 2:30 pm, March 1, 2011; April 5, 2011; May 3, 2011; and June 7, 2011. Call Gwen Reed to register at 627-5360.
- **A Group for 20 – 30 year olds is forming.** Call Gwen Reed for details at 627-5360.

### **Weekly Support Groups**

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- **March Drop-In Group**  
 Monday afternoon from 1:00 – 2:30 pm at our Windsor Park offices  
 Thursday evening from 6:30 – 8:00 pm at St. Luke Lutheran Church
- **Men’s Bereavement Group**  
 Tuesdays from 10:00 am – 11:30 am, April 5, 2011 – May 24, 2011, location TBD. Call Drew Burcher at 627-5371 to register.
- **GLBT Group**  
 Tuesday evenings from 6:30 pm - 8:00 pm, March 1, 2011- April 26, 2011, at downtown Richmond location. Call Megan Stucke for details at 804-627-5360.

Monday and Thursday groups are based on **Understanding Your Grief by Alan Wolfelt**. Books and journals are provided. Groups are limited to 12 participants. Call Gwen Reed, LCSW at 627-5360 to register.

Monday afternoons, 1:00 – 2:30 p.m.  
 At our office on Parham Road, East  
 April 4, 2011 -- May 23, 2011

Thursday evenings, 6:30 p.m. – 8:00 p.m.  
 at St. Luke Lutheran Church  
 April 7, 2011—May 26, 2011

## When You're Grieving at the Easter Season

Excerpts from an article by Kass Dotterweich

Nell stood on her patio holding her 6-month-old granddaughter and watching the rest of her grandchildren scamper around the backyard in a frantic search for Easter eggs. She could see the yellow jonquils and green leaves swaying in the breeze; she could hear the children's squeals of delight when an egg was spotted; she could feel the new-to-life softness of her granddaughter's tiny fist; she could smell the aroma of baked beans warming in the oven, promising a delicious Easter lunch soon to be served.

Easter is the season of renewed life. For those of us who grieve the death of a loved one during this time, however, our inner feelings are in sharp contrast to the reality of what's going on around us. New growth, bright colors, family gatherings, and refrains of "Alleluia" seem to ignore the emptiness that shadows our existence. We need not "get through" this season with stubborn endurance or lifeless tolerance. Rather, we can purposefully take our grief into the season and realize newfound peace.

- **Observe the season in a way that is meaningful to you:** During the last few days before Easter, many faith communities schedule extra services to commemorate the final days and hours of Jesus' life. As these days approach, do not make the assumption that you have to attend or should attend some or all of these services. There are times when not joining our faith community in song and prayer allows our walk with God to be more intimate and meaningful. On the other hand, for a great many, attending Easter services means hearing perhaps the most basic Christian message: that life is more powerful than death.
- **Contribute to the cycle of life:** Rather than struggling with the tension between your sense of loss and death and the promise of life all around you, step into the cycle of life. Become a part of it by contributing to it. Bring your loved one to mind and, with that memory, plant a tree, a flower garden, or a vegetable patch in his or her honor.
- **Perpetuate your loved one's legacy:** Ask yourself "What drew my heart to love that person?" and therein is your legacy to your loved one.
- **Take heart:** The poet, philosopher, and author Kahlil Gibran offered a perfect paradox for those of us who grieve during this season of life: "When you are sorrowful, look again in your heart, and you shall see that in truth you are weeping for that which has been your delight." For, indeed, we love no less in death than in life.

