

Grove Park GriefLine

Winter 2016

Our Grove Park Family is faithfully dedicated to restoring dignity, offering hope and providing comfort

Welcome to 2016!



The Grief Recovery Method®

Join us for New Beginnings at our MONTHLY GRIEF SUPPORT GROUP

on the third (3rd) Tuesday at 3:00 or 6:00.

The sessions will focus on processing grief, particularly the grief that comes from losing a loved one and/or friend.

Each session will last approximately 1 1/2-2 hours.

Please call 536-6644 to register by January 15th.

We look forward in hearing from you soon!!!

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What is Hope?

Trust Your Strength



Pick more wildflowers

SURRENDER YOUR FEARS



Find Beauty in the Small

Unleash your JOY



Teach kindness

CELEBRATE THE GIFT OF TODAY

Keep being brave



## Grief Resolutions for the Happy New Year

There comes a time in every griever's journey when we decide that we will no longer simply let grief happen to us. No longer will we continue to be the battered victims of our losses.

We determine instead to do intentional grieving. We don't try to control our circumstances because we know that in life control is an illusion. We never really control our situation, but we can make decisions and changes to control how we respond in a healthy way to coping with the loss of a loved one.

If you have reached that point in your grief journey, please consider the following resolutions to make 2015 a truly Happy New Year filled with healthy grief, hope and healing:

- **I will take time to heal. This means when I feel grief coming on, I will not fight it.** I will take time to grieve in places and with people who make me feel safe, supported and cared for. And when I grieve, I will move towards healing from my emotional wounds.
- **I will confide in others when my grief is too much for me to handle.** I will allow others to help and support me without worrying about being seen by others as weak. I will not try to do my grief all alone.
- **I will keep the memory of my loved one alive in healthy, meaningful ways.** I know my loved ones and their lives are valuable and need to be remembered and honored always.
- **I will keep an open mind and heart to the on-going changes that the death of my loved ones bring to my life.** I know that my loved ones would want me to progress in healthy grief. They would not want my life to be destroyed by their deaths.
- **I will maintain a daily routine and take care of myself physically, mentally, emotionally, spiritually and socially.** I know this is part of healing in grief.
- **I will deal with difficult grief emotions in healthy ways.** I know that I cannot control the emotions I feel, but I can choose how I respond to those emotions.
- **I will pamper myself during my grief journey.** I will take care of myself and reward myself for grief endured and done well.
- **I will not self-medicate myself in an attempt to avoid grief.** I will have the courage to face my grief and the fears it brings.
- **I will be patient with my grief and myself.** I will not punish myself for not progressing in my grief faster. I know that grieving and healing take time. I will remember that grief is a process, not an event
- **I will surround myself with uplifting people and circumstances.** I will work toward more positive thoughts and circumstances in my life.
- **I will practice my faith and make use of all my spiritual resources.** *"...I will turn their mourning into gladness; I will give them comfort & joy instead of sorrow." Jeremiah 31: 13b*
- **I will work toward waking up every morning knowing that there is something good to anticipate.** I understand this is the basis for hope during grief.

**WE'RE ALWAYS IN NEED OF NEW VOLUNTEERS.  
PLEASE CALL 536-6644 AND ASK FOR PAULA..**

## CHAPLAIN'S CORNER



I am available to discuss with you and your family the process of spirituality in healing from grief and loss. If I can assist you, please call 803-536-6644 or email me at [groveparkhospiceken@gmail.com](mailto:groveparkhospiceken@gmail.com)

Ken Hay, Chaplain  
Bereavement Care Coordinator



Grief is the last act of love  
we have to give to those we  
loved. Where there is deep  
grief, there was great love.

FB/Blowing Kisses to Heaven

**I recently read Dr. Ira Brock's book;  
"The Four Things That Matter Most."  
It's message is one of how to live!  
It's central theme is listed below.**

Making things right with those I care about.

Consider first your God. Second, your spouse.  
Third, your family. Fourth, your friends.

1. Thank You - who do I need to say thanks to?
2. Please Forgive Me - who do I need to ask this?
3. I Forgive You - who do I need to forgive?
4. I Love You - who needs to hear this?

You can't control the length of your life,  
but you can control its width and depth.

You can't control the contour of your face,  
but you can control the expression.

You can't control the weather, but you can  
control the atmosphere of your mind.

Why worry about the things you can't control,  
when you can keep yourself busy controlling  
the things that depend on you.

Author Unknown



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## Helpful Bereavement Websites:

<http://www.aarp.org/family/lifeafterloss/>  
<http://www.hospicenet.org/html/bereavement.html>  
<http://www.hospicefoundation.org>  
<http://www.griefnet.org>  
<http://goodgrief.org/grief>  
<http://www.hospicehelp.org/events.htm>  
[http://www.tributes.com/grief\\_recovery\\_center/index](http://www.tributes.com/grief_recovery_center/index)  
<http://www.griefrecoverymethod.com/about-us>

If you have comments, suggestions, or would like to submit a poem or article, please  
contact Ken Hay, Bereavement Care Coordinator at Grove Park Hospice Care  
"No one ever told me that grief felt so like hell."  
C.S. Lewis 803.536.6644