

H.O.P.E.

Sent to you by

BROWN-PENNINGTON-ATKINS

306 W. Home Ave.

Hartsville, SC 29550

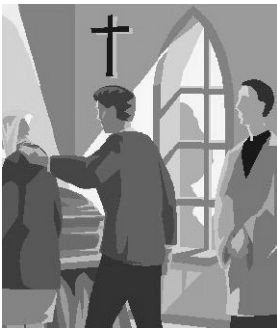
843-332-6531

www.bpafuneralhome.com

March 2006

H.O.P.E.

Helping Overcome and Provide Encouragement



WAYS FAITH COMMUNITIES CAN HELP THE GRIEVING

- Training ministry teams to visit the ill and bereaved.
- Providing referral to agencies and organizations in the community which assist the bereaved.
- Sponsoring or starting self-help groups for the bereaved.
- Creating a bereavement library made up of books, tapes, videos, CDs, etc. to inform and assist grieving individuals.
- Offering education to the community about loss and grief.

Dear Friends,

In the mid 19th century a boy named Alvah was living in Lafayette, Indiana. His father, a farmer, died when he was 12. Out of necessity, his mother took over the running of the family farm. Alvah pitched in - working long hours. He had a natural ability for things mechanical, and by the time he was 16, Alvah was a gifted, self-taught watchmaker. Soon he was building and repairing watches for a jewelry store in Hammond, Indiana.

At the same time, a man name Richard was living and working in Minnesota. He had been running an ad in Midwestern newspapers seeking a good watchmaker. Like Alvah, Richard had been forced to work at a young age to help his financially struggling family.

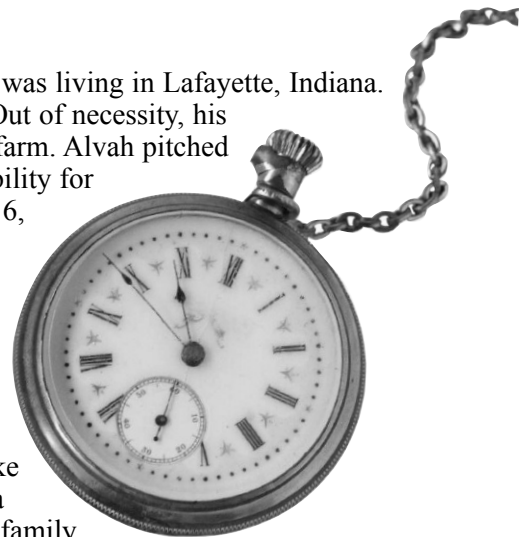
A unique opportunity came his way when a consignment of watches arrived at the railroad station where he was an agent. When the shipment was refused by the local jeweler, Richard seized the opportunity to make some extra money. He asked permission from the watch company to sell their timepieces rather than ship them back. The company agreed, and in a short time, Richard sold them all. He knew very little about the internal workings of a watch but discovered he had a talent for selling them. Within six months he had his own mail order watch company. What he needed to expand his business was a competent watchmaker. So he ran newspaper ads.



RICHARD SEARS

Alvah saw one of the ads in a Chicago newspaper and responded. The two men, Richard Sears and Alvah Roebuck, began an association which would become one of the world's best-known business partnerships. Their firm was incorporated as Sears, Roebuck and Company in 1893. The great success of their company resulted from their awareness of their strengths and weaknesses. Alvah had no interest or talent in being a watch salesman, and Richard had no interest or talent in being a watchmaker. But together, they could succeed.

There is this important lesson for grief recovery from these two men. Sometimes going it alone means going nowhere. When it comes to better managing bereavement, the best path lies in partnering with another. Reach out to a trusted friend, confiding your fears and hopes, disappointments and dreams. Reach out and participate in a grief support group. There you can connect with others who are on the same path. The sharing of experience and information will be a powerful catalyst for adjustment and healing.



ALVAH ROEBUCK

A complicating factor about grief recovery is that there are many myths connected to issues of loss and grief. Many of these myths are deeply ingrained in our culture and, left unchallenged, can undermine a healthy grief adjustment. Here are five of the most common damaging myths about loss.

Myth #1 • Grieve alone.

When it comes to grief, going it alone usually means going nowhere. While grief is an intensely personal experience, the burden of grief must be shared with others. People who recover from grief are those who have grieved with others. That means joining a support group, or speaking regularly with compassionate friends, or spending time with a trained grief counselor.

Myth #2 • Just give it time.

By itself, time does not heal. It is what you do with the time that leads to healing. Those who have the most healthy recovery from loss are people who have explored their pain; sought out information about grieving via books and magazine articles; and have tended to their physical, emotional and spiritual needs. All of this takes effort and work.

Myth #3 • Replace what is lost.

Some well meaning people try to rush you through grief. They will encourage you to move on - quickly suggesting you fill the void with something or someone else. Replacement is not the answer to loss. A better approach is to deal with the pain and explore the issues. Only when that is done can you move on and embrace the new phase of your life.

Myth #4 • Grief is not normal.
You may have to remind yourself

frequently that because you are grieving you are not weak, mentally ill, too emotional, unable to cope, etc. Grief is painful because you have cared and loved someone. It is a normal, human aspect which will enter every life.

Myth #5 • Grief ends between three months and one year.

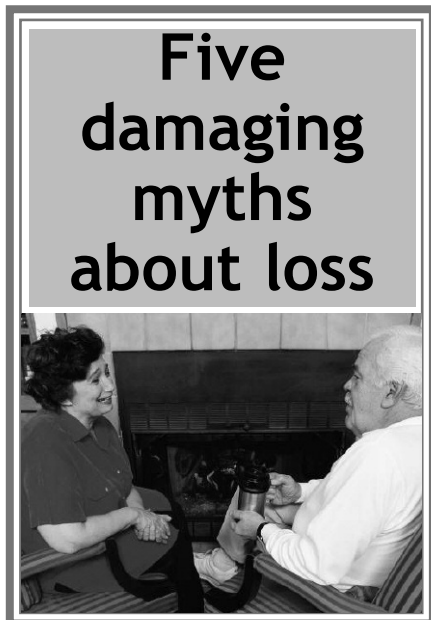
Our culture is very impatient with grievors. The emphasis is placed on pushing people through grief as quickly as possible. Don't let people pressure you into premature recovery. Take the time you need to adapt and adjust. The majority of grievors report it took them between three and five years before they felt their grief was fully resolved. If you are feeling the pressure of family and friends to "get over it," then you should find more sympathetic people who can allow you to

mourn openly and freely and who will not label you as "weak" or "feeling sorry for yourself."

Myth #6 • Repressing your feelings.

Grievors are often and wrongly encouraged to do this when they hear: "Don't cry," "You must be strong," or "You need to move on." Rather than repress your feelings, a better approach includes the following:

- Allow yourself to cry. The tears are healing.
- Permit yourself to feel and express your deepest emotions to a trusted, compassionate friend or two.
- Eliminate completely, any stoic attitudes.
- Accept that sadness is a valid emotion and a normal part of life.
- Turn outward and open up to those who love, care and want to be part of your healing.



TWO SUGGESTIONS FOR HELPING CHILDREN WITH GRIEF

1. Spend some time one-on-one with each of your children expressing your sadness about the loved one who has died. Allow the child to see some appropriate emotional expressions of grief from you.
2. Allow your children to ask questions about the death. Reassure them of their non-involvement in this event - death happens, no one causes it. (from the book *Getting to the Other Side Of Grief* by Susan J. Zonnebelt-Smeenge and Robert C. De Vries)



WORTH THINKING ABOUT...

You have tremendous power within you. You can take charge of your own life. You can shift gears. You can change. You can choose to endure the night of mourning and behold the dawn of a new morning.

- William Silverman and Kenneth Cinnamon in "When Mourning Comes"

