

GOOD GRIEF

A Bereavement Newsletter



Winter and Waiting

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Bereavement Coordinator

*Speak to the earth,
and it shall teach
thee. Job 12:8*

Winter is upon us. The earth is resting and in a neutral zone. The nights are long and the days are short. This time of year can be challenging for people who are grieving. The darkness can feel overwhelming. William Bridges says, "While we are in darkness, we do not have what we had and we have not yet received what we will have. So we are in a neutral zone

where we wait. We are not sure what is happening to us or when it will be over. Nothing feels solid anymore."

For people in grief, feeling solid is not a common feeling. Life is no longer what it once was. And, it's hard to know what lies ahead.

Can we learn from the earth as she rests? She is in a time of gestation and waiting. Can we give ourselves permission to allow for a time of waiting through the barrenness of this

season? Waiting can be one of the harder challenges of life. Especially when a person is grieving. Waiting is not something our culture supports. It is a lost art in the hurried pace of life. And it's essential in the grief process. Grief takes it's own time, it can't be rushed.

As the earth rests and darkness prevails, may this be a time of rich darkness. The kind of darkness that eventually gives birth to new life.

Horizon Hospice & Palliative Care

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Our Mission:

Horizon Hospice and Palliative Care, Chicago's first hospice, is a not-for-profit, community-based organization whose mission is to provide comfort for the dying, to preserve dignity at the end of life for all who need services, and to educate the community.



*Help us to be the always
hopeful gardener's of the spirit
who know...
that without darkness nothing comes to birth
as without light nothing flowers.*

May Sarton

Horizon Hospice and Palliative Care depends on the generosity of the community to continue providing high-quality care and programming to all in need, regardless of their ability to pay.

If you'd like to become a Horizon supporter, please mail your donation to Horizon or contact the Development Department at 312-733-8900.



This article is written by Ruth Ultmann. Ruth is one of our hospice volunteers. Horizon Hospice provided care to her husband in 2000.

In June of 2000, my husband was diagnosed with stage IV Lymphoma. Three cycles of chemotherapy proved ineffective. When the pain returned and the CT scan showed that the disease had wildly run away, my husband who was an oncologist, said, "Let's go home and call hospice." We called Horizon Hospice; I was professionally involved with them in the 1980s. We needed help for only three weeks. I formed a bond with the Hospice staff who cared for my husband.

After he died, I joined the Bereavement group offered by Horizon. There, you were not alone in your loss. We comforted and

learned from each other. One of the greatest understandings I walked away with was "that you have to allow yourself to go through grief, not around it and not to run away from it."

After a certain amount of time, I felt drawn to go back and get training to be a Hospice volunteer. As I've volunteered over the years, I've found more emotional satisfaction than I ever thought possible.

It has been six years since the death of my husband. I would like to share with you one thought and one quotation I still find very helpful. The thought is, the wound left by the

death of our loved one will heal over time, but will always leave a scar. I am glad for this scar as it reminds me of the forty-eight and a half years we had together, to love each other and to raise our family. The quotation which I carry with me at all times is from Mitch Albom's Book, *The Five People You Meet in Heaven*. It states, "Lost love is still love. Memory becomes your partner. You nurture it; you hold it and you dance with it. Life has to end, but love doesn't."

We would like to thank Ruth for her wisdom and the reflection she shared with our readers.

Support Groups at Horizon Hospice and Palliative Care

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| Sharing Loss, Rebuilding Life | A 10 week group for those who are grieving the loss of a spouse or significant other. Mondays, Starting February 12th | Location: Horizon 6:00 p.m. - 7:30 p.m. |
| Sorrow to Wisdom | A 10 week group for adult children who have experienced the loss of a parent. Tuesdays, Starting February 13th | Location: Horizon 6:00 p.m. - 7:30 p.m. |
| General Grief Support Group | Open to family and friends who have experienced a loss. A 4 week daytime group. Fridays, Starting February 16th | Location: Horizon 11:00 a.m. - 12:30 p.m. |
| Southside Hyde Park Sharing Loss, Rebuilding Life | A 4 week group for those who are grieving the loss of a spouse or significant other. Thursdays, Starting April 5th | Location: Hyde Park 4:00 p.m. - 5:30 p.m. |
| Groundwork | A workshop for those who have had a recent loss (under 4 months). Thursday, March 15th | Location: Horizon 6:00 p.m. - 7:30 p.m. |

**All programs require registration.
Please call the Bereavement Department at 312-733-8900.**

Creative Programming

All programs require registration.
Please call the Bereavement Department
at 312-733-8900.



February

Poker and Pizza Night

Come join us for a fun night out. Open only to the bereaved. We'll provide the food, chips and some tips and strategy.

Location: Horizon
Thursday, February 8th
6:00 p.m. - 8:30 p.m.
Donation \$15

March

Scrapbooking and picture framing workshop.

In this workshop, we will make a small memory book or a picture frame. Please bring pictures or mementos you would like to work with. Offered in day or evening session.

Location: Horizon
Thursday, March 22nd
1:00 p.m. - 2:30 p.m. OR
6:00 p.m. - 7:30 p.m.
Donation \$20

April

Horizon Social

A casual dinner. A time to meet others who are also bereaved. Each person covers their own cost of the dinner. Call Terra for time and place.

May

Touchstones

A creative bead workshop for reflection and prayer.

Location: Horizon
Wednesday, May 9th
6:00 p.m. - 7:30 p.m.
Donation \$15

Writing to Remember

A creative writing workshop for the bereaved. No writing experience necessary. Writing is an excellent tool to tell the stories of loved ones. In this informal 2 week workshop we create and remember through the use of narrative. This program will be offered in the day and evening.

Location: Horizon
Monday, May 7th and May 14th 6:00 p.m. - 7:30 p.m.
Friday, May 11th and May 18th 11:00 a.m. - 12:30 p.m.
Donation \$15

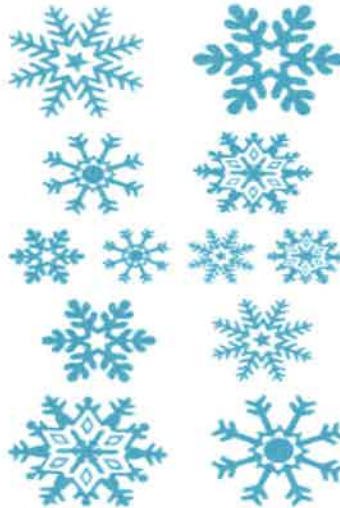


UPCOMING EVENTS AT HORIZON HOSPICE AND PALLIATIVE CARE

**All programs require registration.
Please call the Bereavement Department at 312-733-8900.**

| February | |
|----------|---|
| 8th | Poker and Pizza Night 6:00 p.m. - 8:30 p.m. |
| 12th | Sharing Loss, Rebuilding Life 10 Week Group 6:00 p.m. - 7:30 p.m. |
| 13th | Sorrow to Wisdom 10 Week Group 6:00 p.m. - 7:30 p.m. |
| 16th | General Grief Support Group 4 Week Group 11:00 a.m. - 12:30 p.m. |

| March | |
|-------|---|
| 15th | Groundwork 6:00 p.m. - 7:30 p.m. |
| 22nd | Scrapbooking and Picture Framing Workshop 1:00 p.m. - 2:30 p.m. OR 6:00 p.m. - 7:30 p.m. |



**For detailed information,
see Pages 2 and 3.**

| April | |
|-------|--|
| 5th | Sharing Loss, Rebuilding Life South Side Hyde Park Group 4 Week Group 4:00 p.m. - 5:30 p.m. |
| TBA | Horizon Social Date and Location to be announced. |

| May | |
|----------------|---|
| 7th & 14th | Writing to Remember 2 Week Workshop 6:00 p.m. - 7:30 p.m. |
| 9th | Touchstones 6:00 p.m. - 7:30 p.m. |
| 11th & 18th | Writing to Remember 2 Week Workshop 11:00 a.m. - 12:30 p.m. |

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