

# Comfort for the Grieving Heart

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Provided by St. Luke's Hospice Bereavement Program

August 2017

The road through grief is a  
rocky one. Traveling along  
it requires courage,  
patience, wisdom, and hope.

Candy Lightner

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## St. Luke's Hospice

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If you would like to be added  
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fer to receive an electronic  
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Grieving is not for the weak. It is exhausting. It is emotional. It is trying. In addition to all of those things, grieving takes energy. And guts. And a willingness to confront pain. It requires all that and more, but at the heart of it...grieving takes courage.

You may not recognize it as such, but you are choosing to move forward during a time when you have little choice. You make a choice every day to keep moving forward, no matter how hard it is. That in and of itself is courageous! Both small and large acts of courage are involved with grieving. Even the simple act of getting out of bed requires a willingness to face the unknown of an unfamiliar day and a new and different world. The wide array of emotions that accompany grief can be overwhelming and unwanted. For many, the act of crying takes tremendous courage in light of cultural messages that encourage us to "be strong" or "get over it." Experiencing our emotions can feel like a raw, vulnerable place, a place we might want to avoid. Courage gives us the strength to reach for another tissue when our emotions come flooding over us. After our loss, there is a sense of starting over, of beginning a new life. It might mean learning new things and asking for help. Facing change is difficult in the best of circumstances; within the darkness of loss it can feel like too much. Courage pushes us to take that next step, even when we are unsure of exactly where we will land.

So, as you navigate this grief journey, remember that you have courage. Hold your head up high – you are navigating the journey without a GPS or Google maps. You were not taught how to grieve in school and so you are left to grieve without a textbook or guide, *and you keep going*. You find your own trail, your own route and in the process you tap into a deep sense of courage, not always being aware that it exists within you. It is not always a grand gesture or big event; in the words of Mary Anne Radmacher, "Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow." Try again...maybe you will hear your roar tomorrow.

*-Mindy*

*Courage is not the absence of despair; it is, rather, the capacity to move forward in spite of despair.*

*~Rollo May*

## 6 Week Grief and Loss Group

Our 6 week Grief and Loss Support Group will start again in September 2017. This group is for adults grieving the loss of someone significant in their lives and provides an opportunity to come together with others who have experienced the loss of a loved one. The group guides participants in understanding the uniqueness of their grief. Please note that this is not a therapeutic group; this group provides support, resources and education on the healing process. The group will meet on Thursdays from September 14, 2017 through October 19, 2017 from 4:00 to 6:00 pm at St. Luke's VNA Hospice, 240 Union Station Place, Bethlehem, PA 18015. **Registration is required.** Mindy.Watson@sluhn.org or call Mindy at (484) 526-2314

## Newly Bereaved Workshop

This one-time workshop is for those who have a lost a loved one within the past 1-3 months and will provide education on the first few weeks and months of grief following a death. We will cover understanding common grief reactions, coping strategies, self-care throughout the grief process and beyond, and the uniqueness of your grief experience. These workshops are offered on a bi-monthly basis. We will meet on **Wednesday, September 20, 2017 from 6:00 - 8:00 pm** at the Pricilla Payne Hurd Education Center, St. Luke's Hospital, Bethlehem Campus, 801 Ostrum Street, Bethlehem, PA 18015 (building is located in front of Priscilla Payne Hurd annex of the hospital). **Registration is required.** please call Mindy at (484)526-2314 or email Mindy.Watson@sluhn.org.

## Open /Drop-in Support Groups

Our Drop-In groups are designed to offer continued support to bereaved individuals who have already attended grief and loss programs through St. Luke's Hospice. Drop-In groups afford participants the chance to continue with supportive services. This group is facilitated, but directed by group members in terms of content and discussion. We currently offer the following Drop-In Support Groups:

**Easton: First Monday of every month from 4:00 -5:00 pm** at St. Luke's Hospital-Anderson Campus, Medical Office Building (MOB), 1872 St. Luke's Blvd, Easton, PA 18045 in Conference Room A.

**Quakertown: Second Monday of every month from 6:30-7:30 pm** at St. Luke's Hospital-Quakertown Campus, 1021 Park Avenue, Quakertown, PA 18951 in Taylor B Conference room.

**Bethlehem: Fourth Monday of every month from 9:00 - 10:00 am (please note new time)** at St. Luke's Pricilla Payne Hurd Education Center, St. Luke's Hospital, Bethlehem Campus, 801 Ostrum Street, Bethlehem, PA 18015 in Room 111.  
**(NO GROUP AUGUST 28)**

## Lehighton News :

**Lehighton Open Group:** We meet for our Drop In/Open Group on the **Third Monday of every month from 3:00 - 4:00 pm** at Dinkey Memorial Church, 1742 Dinkey Road, Lehighton, PA 18212. All members of the community who are in need of bereavement support are invited to attend.



Thank you to all who came out for our first annual butterfly release! We had beautiful weather and a wonderful day of memory making and remembrance. We look forward to planning this event for next year!



## Resources

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### Courage in the Wake of Loss Affirmation

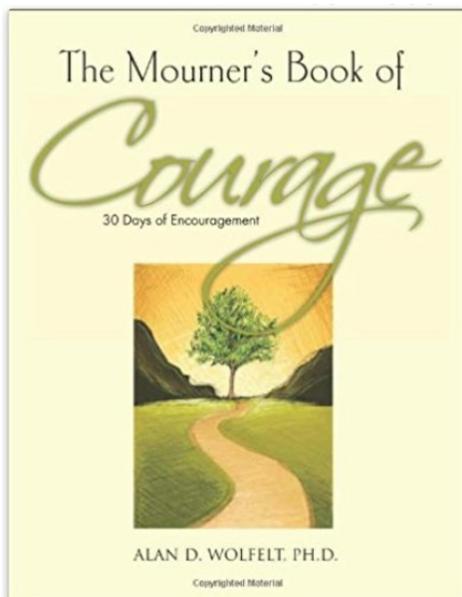


I savor each moment, because I do not know  
exactly when a heavy gust or breeze might blow.  
Should it be today, I'll shed my sorrow in a tear  
while my courage battles the uncertainty I fear.

Dreadful emotions, for which I can't prepare  
will likely taunt me with sporadic despair.  
But I'll be patient amid the highs and lows  
for that is the process by which grieving goes.

I will accept my fate in spite of the stress and strain;  
ignoring should've, could've, would've to rid my pain;  
As will the sun's radiance on my thirsty skin  
restore in due time my contented grin.

~ Maria Dawson



### The Mourner's Book of Courage, by Alan Wolfelt

Written for those times in grief when the strength to do the hard and necessary work of mourning is waning, this book contains inspiring words about finding the courage deep within to embrace the pain and go on living. Presented in a one-reading-a-day-for-a-month format, it features compassionate writings by grief educator Dr. Alan Wolfelt, as well as quotes on courage from some of the world's greatest thinkers. *The Mourner's Book of Courage* provides the needed boost to confront grief directly and allow the process of healing to continue.

Available at :  
[www.amazon.com](http://www.amazon.com)  
[www.centerforloss.com/bookstore](http://www.centerforloss.com/bookstore)

## Additional Places to Find Support and Share Your Story

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This is a listing of free bereavement resources in the area. If you have a need for something and don't see it on this list, please call the Bereavement Office at (484) 526-2499 for referrals to other services.

**Cancer Support Community of Lehigh Valley** is a local non-profit organization providing emotional and social support to family members and caregivers. They offer support groups, educational workshops and mind/body classes in their Allentown, PA office. Programs are free, but registration is required. Call 610-861-7555 or email [info@cancersupportglv.org](mailto:info@cancersupportglv.org) to register or for more information.

**The Compassionate Friends** offers ongoing support groups for parents, grandparents, and adult siblings grieving the loss of a child, grandchild, or sibling. [www.thecompassionatefriends.org](http://www.thecompassionatefriends.org)

**TCF of Lehigh Valley** meets at Sacred Heart Hospital, 2<sup>nd</sup> floor, 421 W. Chew Street in Allentown. The group meets the 2<sup>nd</sup> Monday each month at 7pm. For more information, call 484-597-0240.

**TCF of Quakertown** meets at St. Luke's Hospital, ground floor, 1021 Park Ave in Quakertown in Taylor Conference Rooms A&B. This group is held the 2<sup>nd</sup> Tuesday each month from 7:30 – 9pm. For more information, call 267-380-0130.

**TCF of Easton** meets the 2<sup>nd</sup> Thursday each month from 7-9pm at Good Shepherd Lutheran Church, 2115 Washington Blvd. in Easton. For more information call 610-866-5468.

**Gentle Yoga for Grief, Stress, and Life Transitions** offered by Wendy Littner Thomson, M.Ed., LPC, RYT. First session offered for free to caregivers whose loved one recently received hospice services from St Luke's Hospice. For location, times, or more information, please call 610-730-1992 [www.givinggriefavoice.com](http://www.givinggriefavoice.com)

**Free Spirits** is a group of more than 2 dozen older widows who go out to lunch once a month to keep active and offer support to each other and to newer widows. Most are members of Church of the Manger UCC, Bethlehem. Call 610-866-8223 for more information.

**Soaring Spirits Regional Group Lehigh Valley** social gatherings for widowed individuals to provide opportunities to connect with others in a positive, caring, and supportive environment. For more information, contact Sonja Handwerk at 610-297-0057 or [soaringspiritslvpa@yahoo.com](mailto:soaringspiritslvpa@yahoo.com).

**HALOS - CLC** is for parents, grandparents and adult siblings who have experienced the loss of a child or sibling to suicide. The group meets every 4th Thursday from 6:30-8:30 pm at Hughes Library in Stroudsburg, PA. Register with Alice Keyes at (570) 236-1168, [alicekeys00@gmail.com](mailto:alicekeys00@gmail.com)

**Bradbury-Sullivan LGBT Center** offers an Open Group on the 4th Wednesday of each month from 5:30-7:00 pm. Registration is required, contact Ariel at (610) 347-9988 or [ariel@bradburiesullivancenter.org](mailto:ariel@bradburiesullivancenter.org). The Center is located at 522 W. Maple St., Allentown, PA 18101. There is no charge for the group.

**GriefShare Groups** are a faith-based approach to grief and loss. GriefShare groups are provided at several locations in the Lehigh Valley. To find a location near you, please visit [www.griefshare.org](http://www.griefshare.org).

**St. Francis Retreat House** holds monthly grief support groups on the first and third Tuesday of the month from 9:30-11:00 am. Located at 3918 Chipman Avenue, Easton PA. Please call 610-258-3053 for more information.

**GRASP** - For families who have experienced a death due to substance use. Group meets every 3rd Monday of the month at 1st Presbyterian Church in Allentown, Room 118. Please register with Nancy Howe (484) 788-9440 Or Jenny Kemps 610-442-8490.

**Stepping Stones for Adolescents** is a group for teens ages 11-16 that meets at Lehigh Valley Hospice for teen peer support. Call (610)402-7481 for more information. They also offer Stepping Stones for Children, for ages 5-10 **VNA/**

**Hospice of Monroe County** offers a support group the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday each month at noon. Another group is offered in Tannersville the 2nd and 4th Thursday of the month. Call 570-629-1992 for more information.

**Grand View Hospital Hospice** offers many groups and services that change seasonally. Please call 215-453-4210 for more information.

**Doylestown Hospital Hospice** offers a variety of support groups, including a widow/widower group, a young survivors group, and an adult loss group. Visit [www.dhospice.com](http://www.dhospice.com) or call Celia Blum, 215-345-2079.