

# See the Good in Grief

Issue #004 • 08/14/2020

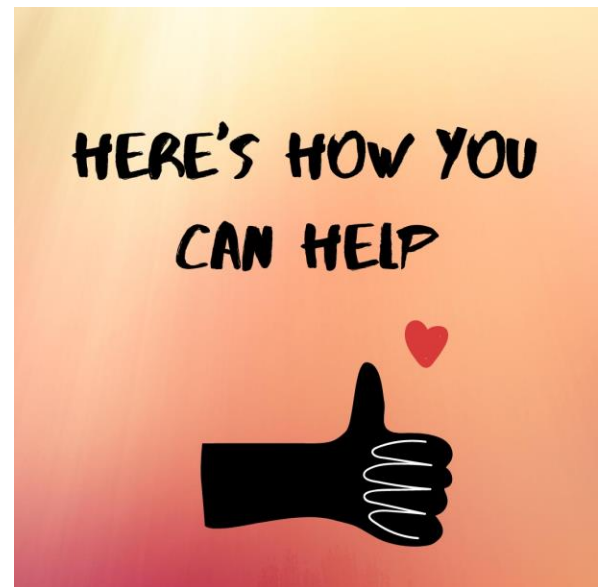


## Good Grief!

Hello.

We get questions sometimes about how someone can actually “Be the Good in Grief,” and the answers are probably simpler than you think.

- Raise or spread awareness about our resources, programs and services available for FREE to ANYONE in our community who has lost a special person.
  - Tell everyone about the Centers for Good Grief (work, church, gyms, etc.).
  - Talk about the work we do with friends, family, and others who may have lost a loved one.
  - Join our online social media communities – like, comment, and share our posts to boost our presence to people who may not yet know about us.
- Financially support the life-changing work we do in our communities available for FREE to ANYONE in our community who has lost a special person.
  - Make regular donations when you can – after a counseling session, a special birthday or anniversary, to honor or remember special people in your life.
  - Encourage others to donate when they can – businesses and organizations looking for sponsorship opportunities or offering matching donations.
  - Participate in fundraisers and events that benefit our Centers for Good Grief (and encourage others to do so, too)!



We especially love when we can “Be the Good in Grief” with our favorite people – YOU! Please join us for two fantastic events to give back to the Centers for Good Grief this fall.

**The 4<sup>th</sup> annual Miles 4 Milla’s House and the 11<sup>th</sup> annual Camp Good Grief 5K will be in September and October.** We are so proud of these events and how much awareness they bring to our community of the services we provide. They also raise a substantial amount of money to

help keep our programs going! They are super fun and a great way for our clients and families to participate in something together as a way to honor their loved ones and honor the progress they have made on their own grief journeys.

Like everything else this year, these events will look a little different from years past. One thing remains the same – they directly support the work we do with those grieving in our community. We hope that you will join us in supporting these special 2020 events and tell your friends and families, too.

Visit [www.miles4milla.org](http://www.miles4milla.org) and [www.campgoodgrief5k.raceroster.com](http://www.campgoodgrief5k.raceroster.com) for more information and to register.

These fundraisers are really great ways to come together as a community to support the work we do in a way that honors both your grief and your love. You can always visit [www.baptistgriefcenters.org/give](http://www.baptistgriefcenters.org/give) at any time to make a donation.

Sincerely,  
Angela Hamblen Kelly, LCSW  
Executive Director

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## Grief and Your Spirituality

Just as each person's grief is unique, each person's spirituality is also unique. We each have a set of values and beliefs that define what gives meaning to our life. Our spirituality encompasses our connection to other living things and the world around us. Death and the changes that come from loss can bring about a reorganization of one's spiritual beliefs. This is very normal, but it can be distressing if you have always had a firm set of beliefs that is now being challenged. Grief can also impact your spirituality through feelings of anger. You may feel angry at God and question

why bad things can happen to good people. One aspect of spirituality, your faith, can be a source of comfort and hope. We must intentionally nurture our spirit by making time for stillness, solitude, and reflection. Activities such as listening to music, reading, praying, yoga, and spending time in nature are excellent ways to focus on your spirituality as a way of healing in grief.



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## The Why's of Grief

Experiencing the loss of a loved one can bring about a number of questions. Many times, these are questions that you may never know the answer to, but asking them is still a very important and therapeutic piece in the processing of your grief. Often, the griever can have questions regarding God and what happens after death. There may be questions about how the person died or what they were feeling before the death. Grievers may question the meaning of the loss. It is essential that the grieving person have the opportunity to consider

each of their questions and allow time to reconcile them with their own experience. Sometimes, this means coming to a point of acceptance that you don't have an answer.



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## Dates to Remember: Kaleidoscope Series

Educational and supportive virtual grief seminars provided by grief counselors for grieving adults.

### **Parenting While Grieving**

August 27 from 9:00-10:30am

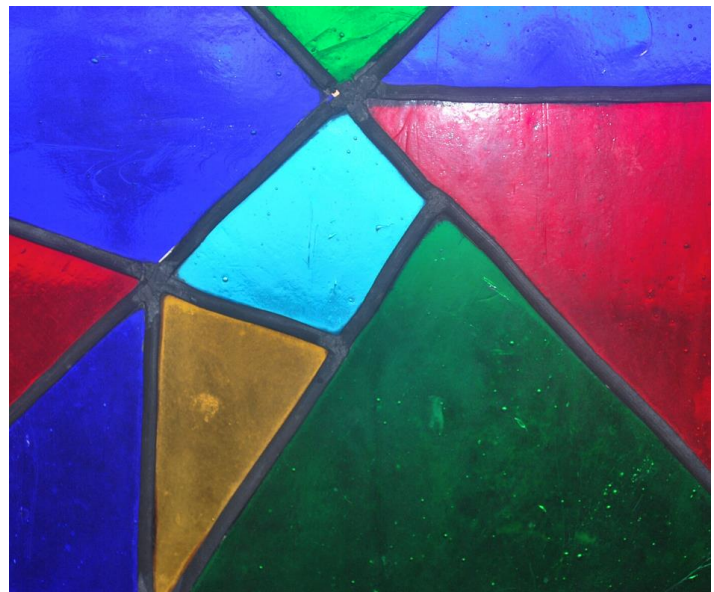
### **Grieving After An Illness**

September 24 3:30-5:00pm

### **Registration Required:**

TN/MS call 901-861-5656

AR/MO call 870-936-7719





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## Dates to Remember: Grief Support Groups

### **Adult Grief Groups**

**Pregnancy and Infant Loss –**  
Monthly Virtual Support Group  
August 13, September 10 &  
October 8 from 11:00am-  
12:00pm

**Child Loss Grief Group –**  
Weekly Virtual Support Group  
September 1, 8, 15, 22 & 29  
from 3:30-5:00pm



### **Registration Required:**

TN/MS call 901-861-5656  
AR/MO call 870-936-7719

### **Teen Grief Groups**

Monthly Virtual Support Group for 13-17 year olds.  
August 20, September 17, October 15, November 19 & December 17 from  
5:30-7:00pm

### **Registration Required:**

TN/MS call 901-861-5656  
AR/MO call 870-936-7719

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## Children's Grief Groups

### 8-9 year olds Bi-weekly Virtual Support Group

August 18, September 22,  
October 6 & 20, November 3 &  
17 & December 1 from 4:00-  
5:00pm

### 10-12 year olds Bi-weekly Virtual Support Group

August 17, September 21,  
October 5 & 19, November 2 &  
16 & December 7 from 4:00-  
5:00pm



### Registration Required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719

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## Thoughts from Baptist Centers for Good Grief Clients

- ❖ Thank you so much for everything. This has been life changing for not only myself but for my family as a whole. I truly do not know where I would be without you all. Thank you.
- ❖ I tell many people about the services offered here. The staff is amazing and so safe.
- ❖ The Center is doing a good job with my kids. My youngest expresses herself a lot more. The oldest is learning to release some of her anger. The counselors are doing a great job helping me and my kids to understand and deal with our grief.
- ❖ I don't have adequate words to accurately and completely convey how impressed I am with the Center for Good Grief. Our community is blessed to have this service. The counselors are outstanding.

- ❖ I am so grateful on many levels, emotionally this has been a source of comfort and not having to worry about another medical bill has reduced my stress level .
- ❖ I can't imagine how I would have gotten along after my grandson's death without my counselor's help and guidance. God bless her and Camp Good Grief.
- ❖ My son was comfortable with his counselor and enjoyed talking to her. He says he was open and honest with her. He feels that the counseling has helped him cope with the loss of his father some. As his mother, I really appreciate the feedback that I received about his counseling sessions. I learned that my son was very open to talk to others but not so much myself because he just wanted to deal with things in his own way without causing others to become sad. I do believe his time here has given him great insight on dealing with death.

## Take Five!

Here are five resources to help you along your journey.

1. *A Grief Observed* by C. S. Lewis
2. *Gratitude Happiness Journal* in your app store
3. Restorative Yoga/Chair Yoga - YouTube
4. <https://www.griefshare.org/>
5. Meditation app – *Calm* - available in your app store



## The Next Step

This is an activity to complete on your own as a way of expressing your grief and coping.

Try to stay in the present moment by practicing this grounding activity.

Take a moment to take some deep breaths. Then look around and name five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste. This exercise will help with anxiety and help you to focus on the present instead of looking into the future or back to the past.



**KEMMONS WILSON FAMILY  
CENTER FOR GOOD GRIEF**  
1520 W. Poplar Ave.  
Collierville, TN 38017

**MILLA'S HOUSE**  
326 Ellsworth  
Memphis, TN 38111

**NEA BAPTIST  
CENTER FOR GOOD GRIEF**  
1717 Executive Square  
Jonesboro, AR 72401

[baptistgriefcenters.org](http://baptistgriefcenters.org)