

See the Good in Grief

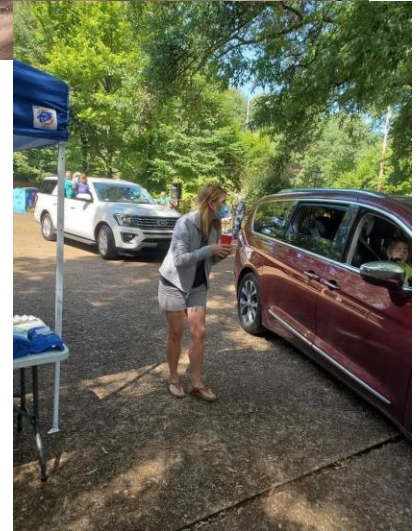
Issue #006 • 10/09/2020



Hello!

September and October have been busy months for our three Baptist Centers for Good Grief locations. During these months, we have provided over 1,300 free grief counseling sessions. We have also had a lot of “socially distanced” fun as we have worked to raise money to support our mission of providing free grief counseling.

The Miles 4 Milla’s House virtual event was September 19. Over 150 people registered, and we raised nearly \$75,000. We are so thankful to Frazer and Dana Gieselmann, as well as our sponsors: Green Mountain Technology, Blake Solutions, Inc., Memphis Title Company, Evangelical Christian School, Memphis Boat Center, FedEx, Jim's Place Grille, Harris Madden & Powell, City Construction & Development LLC, Harris Shelton Hanover Walsh PLLC, First Horizon Foundation, Boll Weevils Charity Foundation, Lipscomb & Pitts Insurance, Biomarin Pharmaceutical, Inc., Huey's, John P. Jones, Stanley & Rainey, P.C., Mahaffey USA, 901 Physical Therapy, McCabe Construction, Forrest Spence Fund, David M. Spence, SiteOne Landscape Supply, Christ Methodist Day School, Baxter Read Realty and CdV.



The Camp Good Grief 5K virtual event was Oct 4. Over 200 people registered, and we raised over \$25,000. We are so thankful to our sponsors: Pugh’s Flowers, Pugh’s Earthworks, Memorial Park Funeral Home & Cemetery, Paulsen Printing, Noah’s Gift, Insight Risk Management, Bank 3, Team Waste, 1910 Frameworks and Sweet LaLa’s.



The NEA Center for Good Grief is working with 50 Kentucky Fried Chicken and Taco Bell restaurants, along with 20 other local Jonesboro businesses, to raise awareness and money through the Tuga project. If you are in Jonesboro, stop by the following businesses and help support your local Center for Good Grief: Andy's, Bono Family Pharmacy, Demos, Double B Vintage, Food Giant, Gambles Home, Hilltop Family Pharmacy, Honey Baked Ham, JGA, Medicine Shoppe, Nirvana Yoga, PakMail, Refinery, RPM, Salt Fitness, Sonic, Sue's Express, Tacos for Life, Truck Patch and Woodspring's Pharmacy.

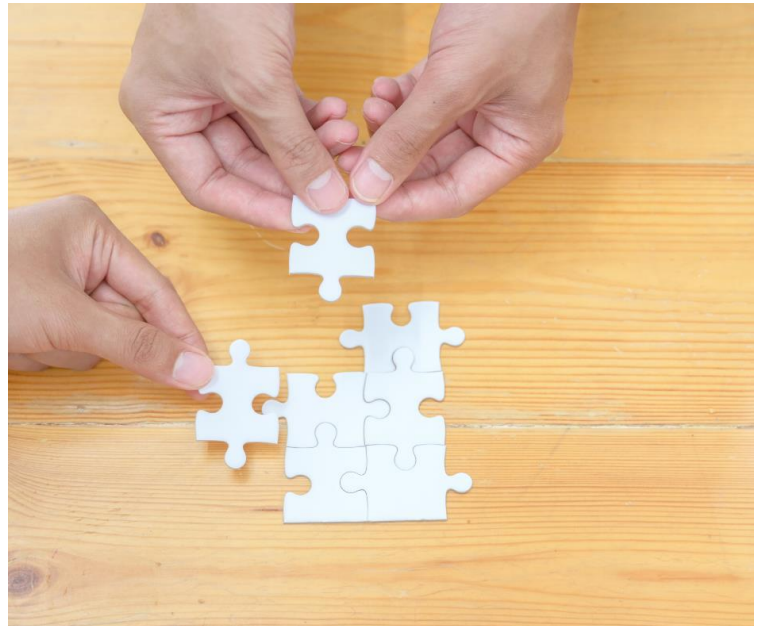


Thank you to all of our supporters!

Sincerely,
Angela Hamblen Kelly, LCSW
Executive Director
Baptist Centers for Good Grief

Helping Someone Who is Grieving

Death is a subject that makes many people uncomfortable. It is not a subject that most people will readily discuss, but for those who are grieving, there is a great need to express and share their pain. Grief from the loss of a loved one is not something that can be fixed. There are no magic words or magic wand that will make everything better again, but the support the griever receives does impact their grief journey. One of the best things that you can do to support a grieving person is just be present. Simply letting someone know that you are there for them - to listen, to grieve with them and to bear witness to their pain - can be very helpful. It is really more about what you do than what you say. Many bereaved report that in the early days of grief, they don't really remember what people said to them, but they do remember who was there for them. It is also important to keep in mind that grief does not go away; we just learn to integrate it into our lives and cope with it better. Many people grieve in silence when their support system moves on with life. Those who are grieving need continued support, not just in the first weeks or months after the loss.



Grief Checklist for the Griever and Those Who Are Helping the Griever

For the Griever

- Allow yourself to acknowledge your feelings.
- Spend time on self-care (eating right, exercise, sleep, reducing stress).
- Share your feelings and thoughts with someone.
- Express your emotions through journaling, art, or music.
- Ask for the help that you need.
- Remember and memorialize your loved ones.
- Give yourself grace and acceptance to be right where you are.



Those Helping the Griever

- Be present.
- Be ok with silence.
- Avoid clichés.
- Avoid saying, “I know how you feel,” because of your own grief experience. Everyone grieves differently.
- Don’t be afraid to talk about their loved one or use their loved one’s name.
- Listen.
- Learn about grief and grief resources.
- Be prepared to respond when they ask for help.
- Show compassion.

Dates to Remember: Kaleidoscope Series

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

Grieving After Overdose

October 23 9:00-10:30pm

Coping with Grief During the Holidays

November 2 12:00-1:30pm

November 4 9:00-10:30am

3:30-5:00pm

November 5 12:00-1:30pm

6:00-7:30pm



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

November 12 and December 17 from 11:00am-12:00pm

Teen Grief Groups

Monthly Virtual Support Group for
13-17 year olds.

October 15, November 19 and

December 17 from 5:30-7:00pm

Registration Required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719



Children's Grief Groups

8-12 year olds Bi-weekly Virtual Support Group

October 19, November 2 & 16 and
December 7 from 4:00-5:00pm

Registration Required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719



Be The Good In Grief

One of the most frequent questions people have about grief is what to say to someone after they have lost a loved one. It is hard to see people we care about in the depths of their grief, and we often feel helpless. Naturally, we may long for something to say or to do that will take away that pain.

There is not a fix for grief, but there is something you can do to help.

Every dollar you donate to the Baptist Centers for Good Grief directly supports someone's grief. We have master's level counselors who walk alongside and guide children, teens and adults through grief every day. You can positively impact those you care about and those you may not even know by supporting them on their grief journey. We know that grief is real, BIG, and much better shared – and this is a way you can acknowledge these truths, too.



The next time you offer words of encouragement or sympathy to someone who has lost a loved one, we hope you will also remember that a financial donation to support our centers is a great tribute to honor the memory of a life lost and to support those learning to thrive in a world without their special person.

18th Annual Duck Classic to be held December 10-11

The NEA Baptist Duck Classic is a 2-day event that kicks off with a charity dinner, raffles, and both silent and live auctions, followed by a morning of competitive duck hunting. This distinguished hunt consists of four-person teams and a host. Hosts are randomly paired with registered teams, and the groups are taken to their designated land where they spend the morning hunting. Teams then return to a central location for scoring and an awards ceremony. The event, hosted by the NEA Baptist Charitable Foundation, is the single largest fundraiser in Northeast Arkansas and funds the six programs of the Foundation, including the *NEA Baptist Center for Good Grief*.

Be the Good in Grief! Want to get involved with this year's Duck Classic? There are many ways you can support the event and the services of the Center for Good Grief:

- **Donate an auction item** – Items that consistently receive high bids are sports tickets, gift certificates, jewelry, artwork, weekend getaways, power tools and outdoor gear. Please consider donating an item or contact us for a “Wish List.”
- **Hunt** -There are a limited number of 4-person teams available.
Hunt for Fun. Compete for Good. Win for NEA.
- **Donate Land** - Each team is randomly given a prime, duck-hunting location within Northeast Arkansas for the morning hunt. If you have land that you would be willing to donate for the hunt on December 11, please contact us.
- **Purchase Banquet Tickets** – The 18th Annual Duck Classic Banquet will be held the evening of December 10. Dinner, raffles, and silent and live auctions are the highlight of this exciting event.
- **Purchase Raffle Tickets** – The Grand Classic Raffle Ticket is the hottest ticket in town! Limited to only 600 tickets, the winner has his/her choice of the Duck Truck, a tricked out Ford F-150 loaded with accessories to be the ultimate duck hunting vehicle *OR* a new Can-Am Defender Pro XT!

DUCK CLASSIC

NEA BAPTIST 
CHARITABLE FOUNDATION

We would be honored for you to join us in this event as we raise the funds necessary to continue to meet the needs of the grieving people in our community. If you have any questions, would like to donate or purchase tickets, please feel free to call us at 870-936-7719 or CFGG@bmhcc.org or visit www.duckclassic.com

Take Five!

Here are five resources to help you along your journey.

1. *The Wilderness of Grief*, Alan Wolfelt, Ph.D.
2. Baptist Centers for Good Grief Facebook Page
3. Article on Listening:
<https://www.psychologytoday.com/us/blog/understanding-grief/202001/how-listen-those-in-mourning?amp>
4. Article on Helping a Grieving Teen:
<https://whatsyourgrief.com/helping-a-teenager-deal-with-grief-2/>
5. *Healing Your Grieving Heart, 100 Practical Ideas*, Alan Wolfelt, Ph.D.



The Next Step

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

After reading this newsletter, take a few moments to think about those in your circle of friends and family who may be grieving. Think of a way to support them today through a simple act, such as a text message, sharing a memory of their loved one, doing a personal task that would help them or simply sitting with them quietly while they cry. Let those in your life who are grieving know that they are not alone. Grief shared is grief diminished.

If you are grieving, please think of who you can reach out to for what you need. Then follow through with reaching out. Grief shared is grief diminished.



CENTERS FOR
GOOD GRIEF

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

MILLA'S HOUSE
326 Ellsworth
Memphis, TN 38111

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

baptistgriefcenters.org