

See the Good in Grief

Issue #012 • 04/01/2021



Good Grief!

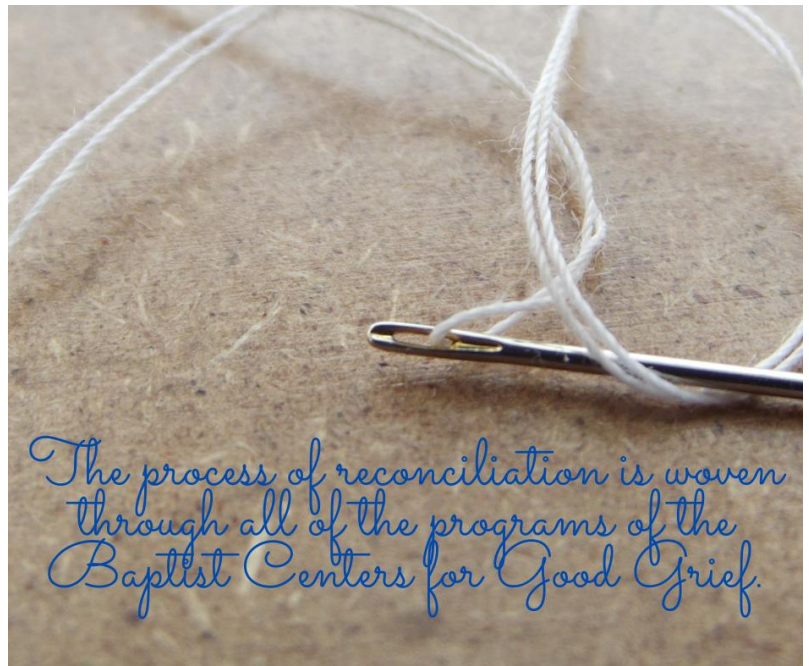
Sometimes I think about the things that well-meaning people say to the bereaved. You all know the things I'm talking about... "He's in a better place," "She wouldn't want you to feel sad," "You can have other children." These are things that people say in a misguided attempt to fix your grief because grief is uncomfortable (for them, for you, for everyone). One of the most harsh and often ill-received is the old "You're going to have to get over it," "It's been a month...a year...three years." However, my question would be, "How do I get over it?"

Grief isn't something we get over because it's not something we are under. Grief is an experience, a process, the cost of loving another human, something that we have to learn to reconcile. The process of reconciliation is woven through all of the programs of the Baptist Centers for Good Grief. Our individual sessions, groups, and camps focus on the tasks of mourning so that our clients may get to a better place with their grief. We are honored to be a part of your journey toward reconciliation.

Remember, the Baptist Centers for Good Grief has three locations to serve our community: Kemmons Wilson Family Center for Good Grief in Collierville, TN; Milla's House in Memphis, TN; and NEA Center for Good Grief in Jonesboro, AR. You can find more information about the centers at www.baptistgriefcenters.org.

Sincerely,

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



What Does Reconciliation Mean?

We spend a lot of time at the Center talking with clients about their goals for counseling - what kinds of things they want to work on, what they hope to get out of their time in counseling, what coping skills they would like to learn. But, what about the goal of grief itself? Sometimes people will tell you that the goal is to “get over your grief.” This has more to do with people’s discomfort with the intensity of your situation than it actually has to do with you. Because, really, how are you supposed to get over the death of a spouse you had for 30 years, a mother you’ve had your entire life, or the baby who didn’t get to live the life her parents dreamed of? You are not supposed to get over it because you cannot (nor would you want to) banish thoughts and memories of these special loved ones from your mind. That’s reserved for middle school romances gone wrong. So if getting over it is not the goal, then what is?

The goal for your grief is reconciliation. By plain definition, this word means the action of making one thing compatible with another. For those of the Catholic faith,

Reconciliation is one of the sacraments and represents being washed clean of sin.

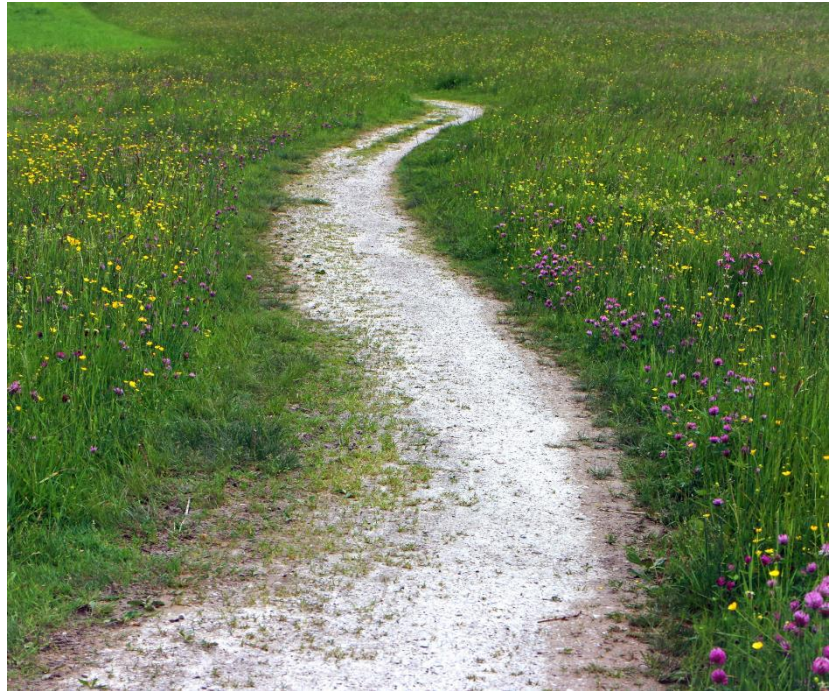
It’s a spiritual rebirth, a chance to start anew. For the bereaved, reconciliation means figuring out how to incorporate your loved one into this new life and then moving forward with that life. This is not what you would have chosen, but it is where you are. You make a

new start, with the strength of your foundations, the love of the person who died, and all of the support and coping skills you can find. Your grief doesn’t actually end; you learn to live with it and manage it.



How to Achieve Reconciliation

Before you get too excited, we're not about to list a bunch of steps that you follow to reach reconciliation in your grief. There is no magic wand, no secret cure that we've been harboring. Your movement toward being able to reconcile your grief depends mostly on you. There is no one path, and it depends on your commitment to doing the work of grief and your level of support. Also, try to remember that the grief journey is not point A to point B – it's more of a meandering path through the woods that goes forward, back and around in circles.



Our friend, Dr. Alan Wolfelt, has identified six needs that the bereaved has to work on in order to get to a place of reconciliation. Again, these are not steps; they do not go in order, and you'll visit these needs on and off more than once. The needs include: acknowledging the reality of the death, allowing yourself to feel the pain of the loss, remembering the person who died, developing a new self-identity, searching for meaning, and receiving ongoing support. You may look at those and think "blech, that's a lot," and it is. Tending to the needs of mourning is the work of grief, and it's not easy - hence the need for on-going support. Remember, reconciliation might be a goal, but it's not truly an endpoint. How can an endpoint really exist when the love doesn't end?

Be the Good in Grief

We hope you will make plans to participate in Art of Caring, our signature fundraiser benefitting the Kemmons Wilson Family Center for Good Grief. Stay tuned for exciting details and announcements about this year's event, which will be held April 27 - April 30!

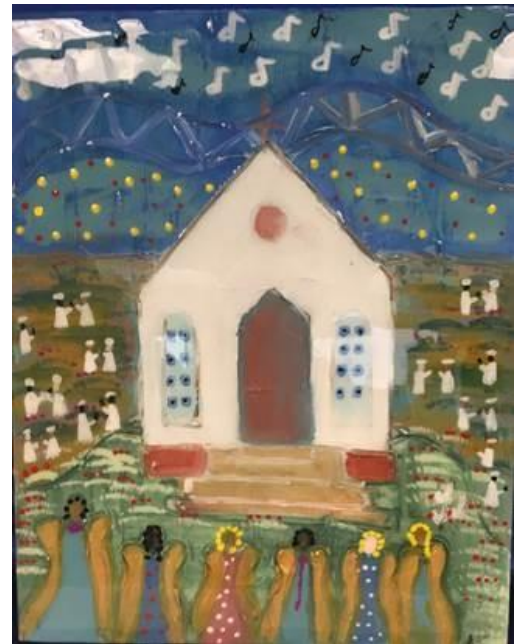
DEDICATED TO THOSE WE LOST IN 2020 AND TO THE ONES WHO LOVE THEM

With 100% of proceeds supporting our Kemmons Wilson Family Center for Good Grief, we hope you will make plans to support this fundraiser!

No need to buy a ticket – visit www.baptistartofcaring.org to view, bid on and win amazing art and collectibles through the silent auction, purchase one of our limited edition Art of Caring keepsakes, and make donations to provide free grief services for Mid-South children and adults. Preview is available now. Auction will go live on Friday, April 23 and close on Friday, April 30.



Artist: NJ Woods



Artist: Amy Carlisle

You can do everything online, but if you would like to come see our auction in person, we would love to have you! We will be open to the public at the Junior League of Memphis Community Resource Center located at 3475 Central Avenue in Memphis, Tennessee on the following days.

Tuesday, April 27 11 am – 5 pm

Wednesday, April 28 11 am – 7 pm

Thursday, April 29 11 am – 7 pm

Friday, April 30 11 am – 5 pm

****All visitors will be required to wear a face mask, practice social distancing and adhere to all COVID-19 safety measures.****

Artist: Agnes Stark



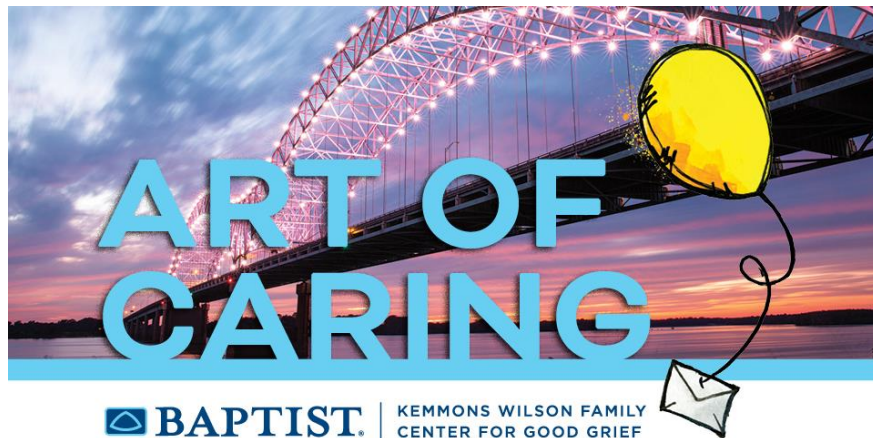
You will want to snag a pair of these limited edition socks specially designed by Memphis' own, Rock Ya Sox! (Available in adult and youth sizes)



Our “BETTER SHARED” brass cuff bracelets are the perfect reminder to keep on your wrist or share with someone special. We will have a very limited quantity of hand-stamped brass cuff bracelets from our friends at Holland & Birch.

This bracelet represents the Baptist Centers for Good Grief and our belief that -
Grief is real.
Grief is BIG.
Grief is better shared.

Help us spread the word and help us make this year's Art of Caring the most successful yet!



Miles for Milla's House

Save the date – the 5th annual Miles 4 Milla's House is happening on May 22, 2021!

Miles 4 Milla's House is a family-friendly event focused on raising funds to support the work done at Milla's House. Typically, there are three options to participate in this event: there is a 40-mile ride; a 6-mile family fun ride; and a post-ride celebration. All of the details are being finalized, and we hope you will make plans to join us! We will update you on details to come.

You may also keep up with the events and register at www.miles4milla.org . The cost is \$25 per person and covers your registration, t-shirt and food.

Miles 4 Milla's House is an essential fundraiser that allowed us to open Milla's House, the midtown location of our Centers for Good Grief, in 2017. With the support of sponsors, donations and participants over the years, this event has raised over \$300,000. To put that in terms of grief services, this event has provided 2,307 individual grief sessions!

Grief is real. Grief is BIG. Grief is better shared.



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Dates to Remember

Kaleidoscope Series - educational and supportive virtual grief seminars provided by grief counselors for grieving adults.

Spiritual Aspects of Grief –

April 14 from 4:00-5:00pm

When Grandparents Grieve –

May 19 from 1:00-2:00pm

Registration Required:

TN/MS call 901-861-5656

AR/MO call 870-936-771

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Take Five!

Here are five resources to help you along your journey:

1. *The Wilderness of Grief* – Dr. Alan Wolfelt
2. “We Don’t ‘Move On’ from Grief. We Move Forward from It” - TED Talk – Nora McInerny
https://www.ted.com/talks/nora_mcinerny_we_don_t_move_on_from_grief_we_move_forward_with_it/up-next?language=en
3. “Ways for a Bereaved Parent to Reconcile Grief” – Harriet Hodgson - <https://thegriefftoolbox.com/article/ways-bereaved-parent-reconcile-grief>
4. Visual representations of grief - <https://www.metmuseum.org/connections/grief#/Complete/>
5. “GriefSteps for Parents” – free app available on Apple App Store. Useful information and activities for bereaved families. Created by the Columbia Center for Complicated Grief





The Next Step

The “next step” this month is a 3-minute write. Set a timer for yourself and write a response to the prompt below. You don’t need to pay any attention to spelling or grammar. This is just a chance for you to allow your thoughts and feelings to flow. You do not have to be a writer to do this activity, just a griever. One of Alan Wolfelt’s tasks of mourning is to remember the person who died. Respond to the following and consider talking to a trusted individual about your response.

“My hardest memory of my loved one is... because...”

If it is too challenging to do the first prompt, consider...

“My favorite memory of my loved one is...because...”



BAPTIST

CENTERS FOR
GOOD GRIEF

**KEMMONS WILSON FAMILY
CENTER FOR GOOD GRIEF**

1520 W. Poplar Ave.
Collierville, TN 38017

MILLA’S HOUSE

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**NEA BAPTIST
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baptistgriefcenters.org