

See the Good in Grief

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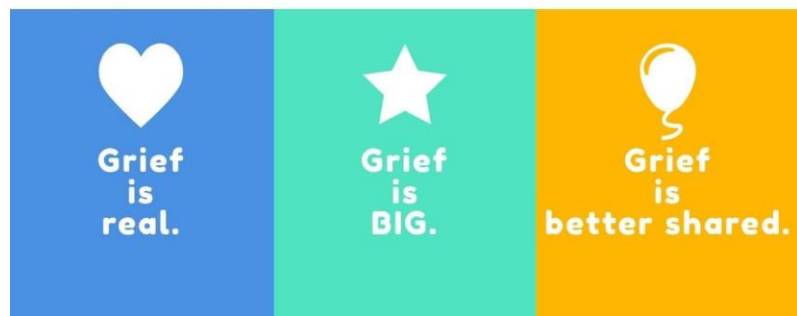
Good Grief!

Seasons are starting to shift once again. There's a lot to think about this time of year – the special days, like Mother's and Father's Days, but also some "marking of time" events, such as graduations. Keep in your mind and heart the unique challenges that these "marking of time" events present to the grieving individual. An occasion that is a pure celebration for many people can give the griever mixed feelings. Yes, they are proud to graduate, but they can also be sad, that their parent or sibling isn't there to bear witness. Let's remember that for our grievers, all the stuff is hard – the good, the bad, and the "every day." These special events often bring about a time of "regrieving," when the painful thoughts and feelings become more intense again because of the reminder that their loved one is really gone. During an episode of "regrief," the grieving person needs support and the space to mourn just as much as they did in the beginning. We need to continue to be there for them through it all.

Sincerely,

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Executive Director
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Baptist Centers for Good Grief



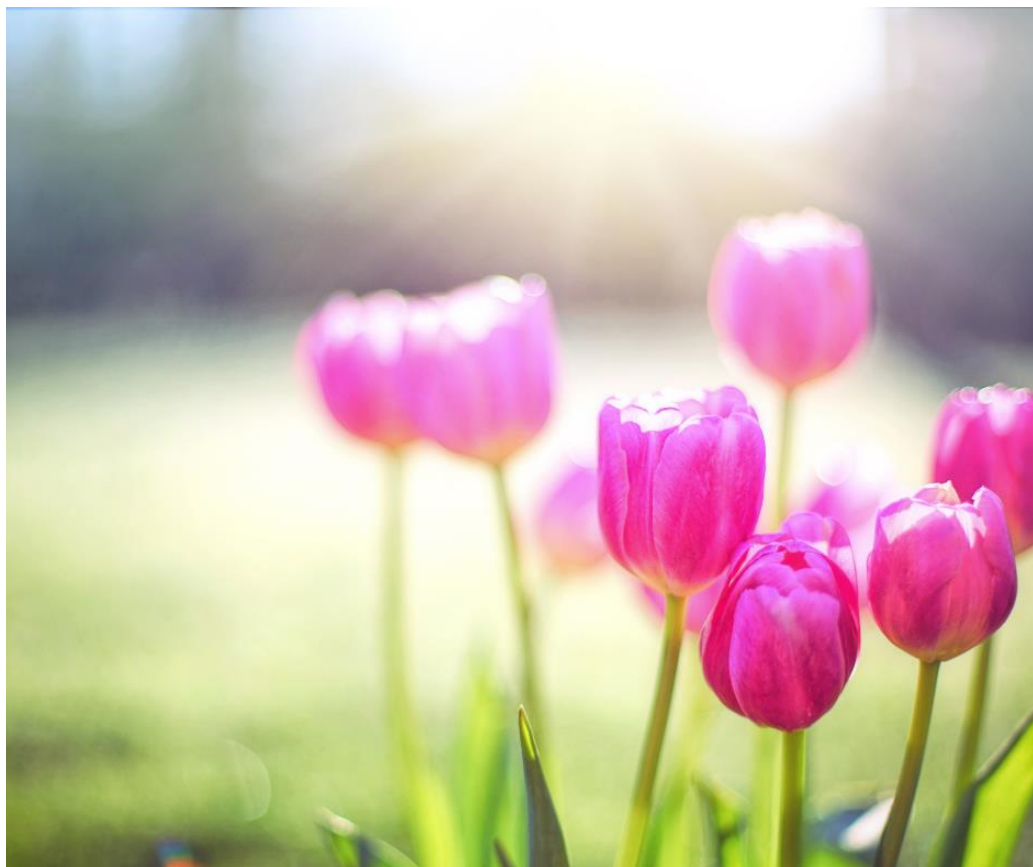
Honoring Mother's and Father's Days

We are entering a season of special days. Mother's Day and Father's Day are approaching in May and June, respectively. These holidays can present challenges for grieving people, but they also offer some opportunities for memorialization. At their heart, these days are meant to be about relationships – the relationships of nurturing that we have in our lives. Keep in mind that

this can look any number of ways for people. Generally, these days are hard for griever, even if the loss wasn't a parent or a child. For grieving people, special days are just hard. These holidays may evoke fond memories of growing up with siblings, painful memories of dead parents or children, or even a sense of bitterness that these relationships were not what they were supposed to be. We need to be sensitive to all the various possibilities that might come from these types of special days.

So what can be done?

As a griever, the task is to acknowledge your grief and the memories of your loved ones in a way that feels fitting for you. If the best you can manage is to just survive through the day, do that. If you feel drawn to visit the cemetery or commune with the remains, do that. Make a plan for the day, but make it flexible because we cannot always predict what our grief will look like. You have the right to do this any way you see fit. You might take some time to be with



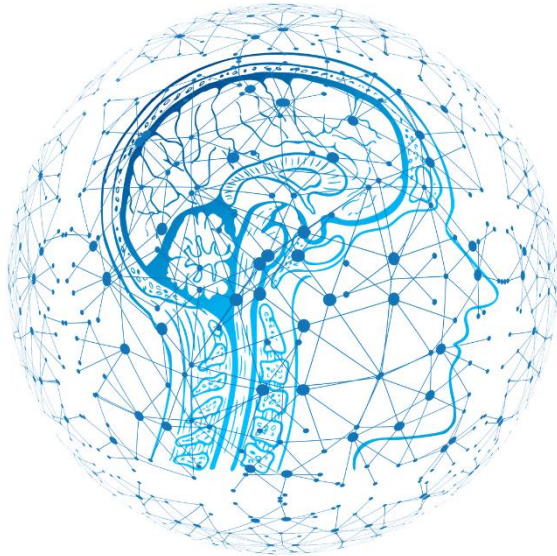
family or friends and then also reserve some time to be alone and reflect on your thoughts and feelings. If your relationship with your loved one was not what it should have been, take this opportunity to mourn for what you wanted versus the reality. Focus on self-care as a priority here. As a supporter of a grieving person, respect grieving people's rights to honor their loved one or not. Listen rather than talk, sit instead of give advice, be a presence, not a pest.



What Type of Griever are You?

Did you know that there are different types of griever? Of course there are! We have talked at length before about how your grief is unique to you because of the unique relationship that you had with your loved one. But there are patterns. Our friends Ken Doka and Terry Martin identified these patterns in *Grieving Beyond Gender: Understanding the Ways Men and Women*

Mourn. Beyond gender, dear reader, beyond....that means that there is no singular way that men mourn and no singular way that women mourn.



Instead, there are two unique styles of expression – instrumental and intuitive. The instrumental griever mourns through action and task-oriented movement. This is the man who chops wood to construct the casket for his dead father or the woman who runs the marathon and dedicates it to the memory of her dead sister. The intuitive griever mourns predominately through emotional expression. This is the father who wails and rages at the funeral of his dead child or the woman who cries so much for her dead husband that she worries that she will dehydrate herself. As individuals, we exist on a continuum between being an instrumental griever and an intuitive griever, with some people

leaning heavily one way or another. Both styles are useful, valid and appropriate. In fact, most grievers benefit from attempting to access both. Knowing who you are and what might challenge you can help you grow from your grief journey.

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. 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.



Dates to Remember

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

When Grandparents Grieve –
May 19 from 1:00-2:00pm

Coping With Grief Through Journaling – June 24 from 5:30-6:30pm

Coping With Anger & Guilt in Grief – July 13 from 12:00-1:00pm



Registration Required:

TN/MS call 901-861-5656

AR/MO call 870-936-771

Grief Support Groups

Adult Grief Groups

6 Week Series Grief Group – weekly virtual group

June 15, 22, 29, July 6,13, and 20 from 12:00-1:00pm or 5:30-6:30pm

Registration Required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719

Take Five!

Here are five resources to help you along your journey:

1. [Grieving Beyond Gender: Understanding the Ways Men and Women Mourn](#) – Terry Martin and Ken Doka

2. “I Am Still Your Daughter... You Are Still My Mother ” –

<https://whatsyourgrief.com/relational-identity-in-grief/?fbclid=IwAR0wijeNqiySVEa8mIDEX6F9Ermw4UmbyK2AfyhgrxWNeIbY4ceZhOP-fcc>

3. “17 Posts to Help you Cope with Your Mother’s Day Grief” - <https://whatsyourgrief.com/12-posts-for-mothers-day-grief/>

4. “Surviving Father’s Day Grief: When Sadness Meets Storytelling” –

<https://whatsyourgrief.com/fathers-day-grief-storytelling/>

5. “A Mother’s Day Meditation” (can easily be adapted to Father’s Day or any other special person in your life) - <https://gratitudetobliss.com/mothers-day-meditation/>





The Next Step

The Rainbow Jar

For this activity you need some sort of container (like a mason jar) and some scraps of colored paper. This is an activity you can do with other loved ones or by yourself. On red and orange paper, write some of your favorite memories. On yellow paper, write the reasons that you love the person who died. On green paper, write the things that you want to say to your loved one. On the blue paper, write songs that make you think of your loved one. On the purple, write quotes that speak to your relationship. Put all the scraps in the Mason jar, and you have a visual representation of a rainbow of love. If you do this activity with others, share what you've written and be prepared to laugh and cry.



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