

See the Good in Grief

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Good Grief!

Our grief program has grown so much since 1999, and that is because of both you and the needs of our community. We continue to listen and work to find ways to provide comprehensive grief support to Tennessee, Arkansas, Mississippi and Southeast Missouri. Recently, we met with a few clients for a brainstorming session. These clients echoed many wishes we have heard before: “I think the Center should write a book to help those who are grieving,” “I really wish the Center had a podcast that covered the many aspects of grief.”

We have heard you. We are working on these two ideas, but we need your help.

Are you willing to share your story?

Are you willing to pay it forward and help someone learn from your experience?

Are you willing to honor your loved one and your life together in this way?

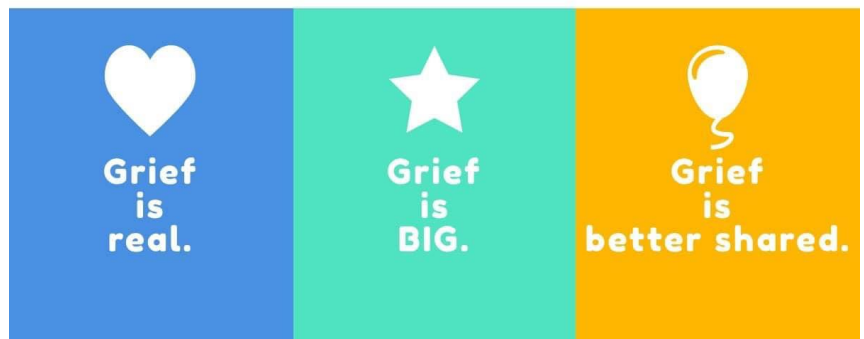
You do not have to be a writer. You do not have to be outgoing. You do not have to know how to do this. Leave that to us. We want to help you share your love story. Are you willing to share?

If so, email me at angela.kelly@bmhcc.org. Thank you in advance for being the good in grief to someone else.

Sincerely,

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

Baptist Centers for Good Grief



Grief Expectations Versus Reality

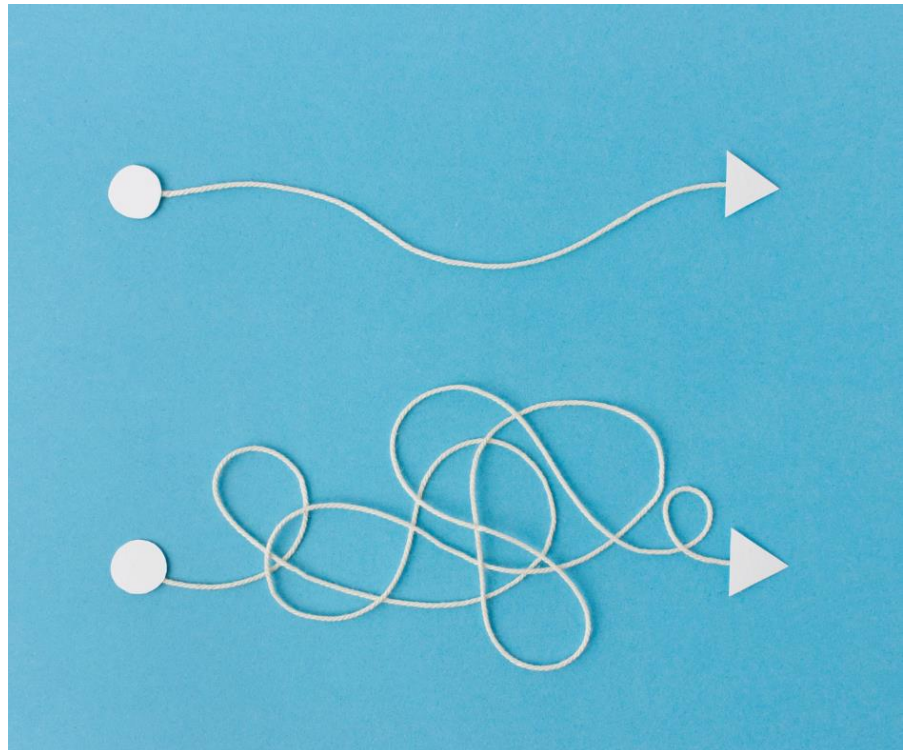
If you were to stop the average person on the street and ask them about the grief process, aside from the fact that they'd likely be pretty surprised, they would probably regurgitate some pretty predictable generalizations: It lasts a few months, and there's some steps that you need to get through to finish it.

Actually, grief tends to last longer and follow a less organized course than what people may think.

Contrary to popular belief, grief isn't done after a few weeks, a month, three months, a year. It is a profound life change. So how long does it last? In a sense, it lasts a

lifetime. That doesn't mean that the anguish and distress that come with early bereavement last forever. It just means that once you are fundamentally changed by a death, you don't just forget or "move on." Instead, you take the time needed, learn to cope with a very different-looking life, and carry the love that remains for your loved one into this "new normal."

But what about the steps? Everyone knows about the steps, right? Something about anger, depression, acceptance? Ask any bereaved person and they'll tell you – you can experience all of those things in one day, sometimes in 15 minutes. Then, you can experience them all again. Some people come into the Center and ask what's wrong with them because they don't feel angry. It turns out that there is nothing wrong with them. Not all grieverers feel the same things, and they certainly don't feel them in any sort of predictable order. Instead, the process is a roller coaster, a spiral within a spiral, an ocean in all kinds of weather. If there were a true pattern, this would be easier. Instead, the griever is forced to muster all the coping skills they can in order to endure both the predictable and the unpredictable waves of grief.



Common Myths and Facts About Grief

Grieving is a highly individual experience; **there's no right or wrong way to grieve**. Whatever your grief experience, it's important to be kind, gentle, and compassionate with yourself, and to allow the process to naturally unfold. For many people, grieving looks and feels like chaos. Recognizing that feeling chaotic is normal when you are grieving will help you realize you're *not* going crazy—you just *feel* crazy. Understanding the difference can bring hope.

Below are some common myths and facts about your grief journey.



Myth: *The pain will go away faster if you ignore it.*

Fact: Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For essential healing, it is necessary to face your grief and actively deal with it. Acknowledging your pain will help loosen its grip on you.

Myth: *Time heals all wounds.*

Fact: It's what you do with the time that counts. Healing begins as you acknowledge your true feelings, whatever they are, and find ways to express them.

Myth: *Grieving should last about a year.*

Fact: There is no specific time frame for grieving and no point when you are “done” grieving. Often, people who find peace after a major loss still experience occasional waves or bursts of grief, especially around holidays, birthdays/anniversaries, and other special occasions.

Myth: *Expressing intense grief emotions is a sign of weakness or losing control.*

Fact: Intense emotions are often experienced in grief. Crying doesn't mean you are weak. You don't need to “protect” your family or friends by putting on a brave front. Showing your true feelings can help both them *and* you, and it shows great courage to do so.

Myth: *If you don't cry, it means you aren't sorry about the loss.*

Fact: Crying is a normal response to sadness, but it's not the only one. Those who don't cry may feel the pain just as deeply as others. They simply have other ways of showing it.

Myth: *Moving forward in your life means forgetting about your loss. You can't find joy, laughter, or fulfillment after your loss; laughter or enjoying life means you're “over it.”*

Fact: Moving forward means you've accepted your loss—but that's not the same as forgetting. You can learn to reconcile, or come to terms with your loss. You can move forward in your life and keep the memory of someone you lost as an important part of you. **You still have a relationship with your loved one; it just looks different now.** And laughter and humor can be effective coping skills for pain.

Myth: *Religion and spiritual beliefs always bring comfort during times of loss.*

Fact: Many do find solace in their faith. But it is also normal to experience a spiritual crisis and to question your beliefs. You may find it hard to pray or too painful to attend church. Try to refrain from self-judgment if you experience this.

Growing the Good in Grief

Summer is here! And soon (September!!!) we will be breaking ground for our new addition to the Kemmons Wilson Center for Good Grief, called The Cottage.

The Cottage adds 4,100 square feet of space to our campus adjacent to the Kemmons Wilson Family Center for Good Grief in Collierville, Tennessee. It includes a large multipurpose room, two break out meeting rooms, two private counseling rooms and an outdoor reflective space. Nestled beside our original facility in a welcoming pastoral setting, The Cottage significantly increases our ability to serve more children and families. Construction is anticipated to be complete by March 2022.



Here's a list of just a few programs we will be adding:

- Adult Grief Retreats
- Camp Good Grief – day camps & weekend camps for children & teens
- Monthly Grief Seminars
- Family Gathering Time – creative grief exercises, family movie nights, family grief scavenger hunts, and more
- Putting Emotions Into Motion – grief yoga, grief walking groups, and more
- Grief groups specific for homicide loss, suicide loss and drug related loss
- Grief Bible Study
- Teen specific programming- monthly
- Pre-school age grief support
- And so much more!!!!



Good Grief Cottage
Collierville, TN | 901.908.0000 | 02.23.20
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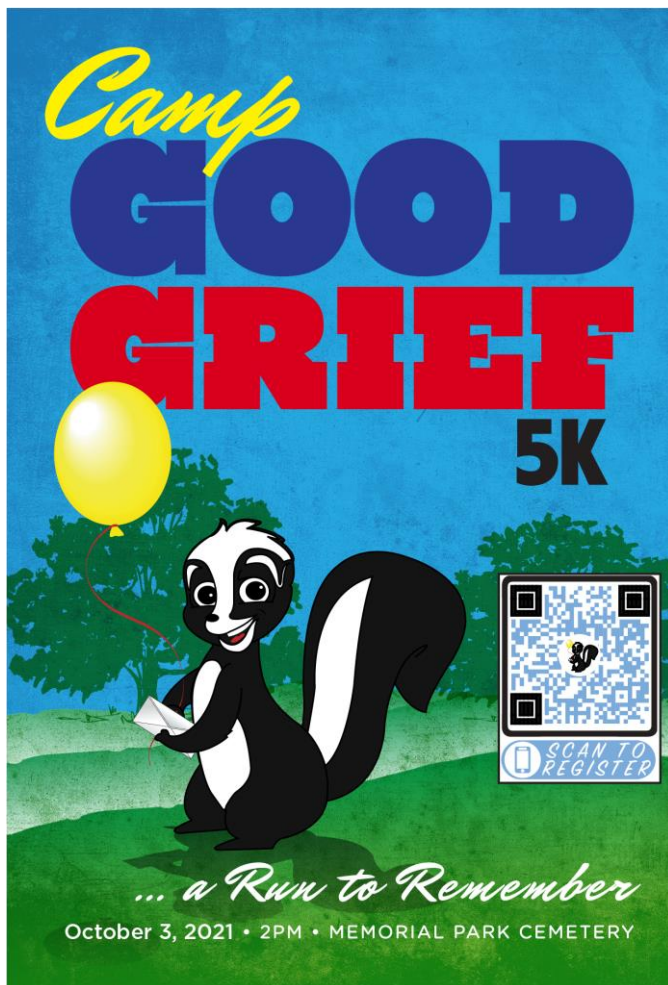
Perspective View at Main Entry

BAPTIST

There are a variety of ways to contribute, including commitments that can be pledged over time, corporate sponsorships, individual contributions and gifts made through estate plans. We will be offering tours and presentations to the community, and we hope that you will consider how you can be a part of this exciting effort. The future is before us, and we hope that you will choose to grow with us. For further information, you may call Jenny Nevels at 901-227-7141. We will also share the construction journey through our social media pages. Stay tuned for more information in our August edition of *See The Good In Grief*.

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

Be the Good in Grief – Camp Good Grief 5K



The Camp Good Grief 5K is October 3!

Join us the weekend of October 3 for this in-person or virtual 5K which benefits Camp Good Grief – the Mid-South’s first bereavement camp designed for children. Since 1999, Camp Good Grief has been a safe place for over 1,500 children ages 6-12 who have lost a loved one. Camp Good Grief is only possible with funding from grants and generous donations from individuals, organizations and partnerships with local businesses like our longtime sponsors of the Camp Good Grief 5K, Pugh’s Flowers and Memorial Park Cemetery.

The Camp Good Grief 5K is truly a family fun event you do not want to miss! When you register, you have the option to include your loved one’s name on the race shirt, and you can also purchase a sign to be displayed on the course in their memory. In addition to a beautiful 5k race course through Memorial Park, we have an experience for everyone in the family with great food and a kid zone complete with bounce houses, games, and more.

This race is so special because it allows our community to run, walk, or simply spend the afternoon together to remember loved ones we have lost. If you are unable to join us in person this year, the virtual 5k is back again. Virtual registration will include packet shipping and virtual results hosting. A few important dates to keep in mind:

- Register by September 13th if you would like to purchase an “In Memory of” sign to be displayed on the course.
- Register by September 16th if you would like your loved one’s name printed on the 2021 race shirt.
- Register by September 22nd if you want to skip packet pickup and would prefer your packet shipped to you.

With a variety of options to participate and support, we hope you will register today:

<https://campgoodgrief5k.raceroster.com/>

You can create or join a team online to help us increase awareness and raise funds to continue making programs like Camp Good Grief possible. We always have sponsorship opportunities available, and our Yellow Balloon Sponsor level starts at just \$500. We think this would be a wonderful way for families, friends, or coworkers to come together to remember someone special. We know with friends and partners like you, we have the ability to make this year’s Camp Good Grief 5K the biggest and most successful yet!

\$500 sponsorship includes:

- Race day signage
- Website logo & link
- T-shirt & sweatshirt
- Handmade Camp Good Grief 5K coffee mug
- Finisher medal
- 2 race entries

Can you support the Camp Good Grief 5K by becoming a Yellow Balloon Sponsor for \$500? Contact Melissa.surles@bmhcc.org for more information!



The poster features a yellow and orange background with a large sun. At the top is a cartoon skunk holding a yellow balloon. Below it is the 'Camp GOOD GRIEF' logo with the date 'October 3, 2021' and 'MEMORIAL PARK CEMETERY 5K' and the tagline '... a Run to Remember'. The main text reads 'October 3, 2021' in large bold letters, followed by '2PM • MEMORIAL PARK CEMETERY' and 'BENEFITING: BAPTIST'S CAMP GOOD GRIEF'. Below that is 'THE MID-SOUTH'S FIRST BEREAVEMENT CAMP FOR CHILDREN AND TEENS'. A red box contains the text 'Register by 9/16 to have your loved one's name added to the back of the race shirt.' Below this is 'PRESENTED BY:' followed by logos for 'MEMORIAL PARK Funeral Home & Cemetery', 'Pugh's FLOWERS', and 'Pugh's EarthWorks'. At the bottom is the website 'www.campgoodgrief5k.racesonline.com' and the tagline '... a Run to Remember' in script.

October 3, 2021
2PM • MEMORIAL PARK CEMETERY
BENEFITING:
BAPTIST'S
CAMP GOOD GRIEF
THE MID-SOUTH'S FIRST BEREAVEMENT CAMP
FOR CHILDREN AND TEENS

**Register by 9/16 to have your
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PRESENTED BY:

MEMORIAL PARK
Funeral Home
& Cemetery

Pugh's
FLOWERS

Pugh's
EarthWorks

www.campgoodgrief5k.racesonline.com
... a Run to Remember

.....

Dates to Remember

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

Coping With Anger & Guilt in Grief – September 20 from 5:30-6:30pm

Registration Required:

TN/MS call 901-861-5656

AR/MO call 870-936-771

Grief Support Groups

Spouse Loss Grief Support Group

- weekly virtual group



August 17, 24, 31 and September 7, 14 & 21 from 10:30-11:30am or 5:30-6:30pm

6 Week Series Grief Group – weekly virtual group

September 2, 9, 16, 23, 30 and October 7 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. *Good Grief: A Film About Love, Death, and Camp* - <https://www.goodgriefdoc.com/> - A documentary about the work we do at the Center.
2. *Helping Kids Grieve* – Sesame Street in Communities https://sesamestreetincommunities.org/topics/grief/?gclid=CjwKCAjwz_WGBhA1EiwAUAXIc_WXDldBXSmBrTVdVKp99r620TJCBriz8G5KvtSuMVR-jkXOpXZjr-BoCUroQAvD_BwE
3. “Shared Grief” - <https://stillstandingmag.com/2019/10/28/shared-grief/> - Article for parents grieving a suicide death.
4. “Helping Dispel 5 Common Misconceptions About Grief” – Dr. Alan Wolfelt – <https://www.centerforloss.com/2016/12/helping-dispel-5-common-misconceptions-grief/>
5. “The Gift of Shared Grief” - <https://www.nytimes.com/2019/02/04/opinion/death-grief-condolences.html> - It is hard to know what to say to someone who is mourning, but say something anyway.



The Next Step

It's time to take inventory again! Review Alan Wolfelt's common misconceptions about grief (see “Take 5”, #4) – review your own thoughts about these misconceptions before you were bereaved versus now. Process your thoughts with a trusted support person or here in this blank space.



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GOOD GRIEF

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