

See the Good in Grief

Issue #025 • 05/01/2022



Good Grief!

Hello,

It's hard to believe that spring is almost over and summer is right around the corner. With the change of season coming again, we look forward to exciting steps in the expansion of services and programming for the Baptist Centers for Good Grief. Very soon we are going to be breaking ground on our new Cottage, which will provide much needed space for group programming. We will be able to offer more camp/retreat experiences, educational opportunities, and intensive groups. The additional space will also allow us to provide individual counseling services to more people.

Mark your calendars for Miles for Milla's House on May 21st.

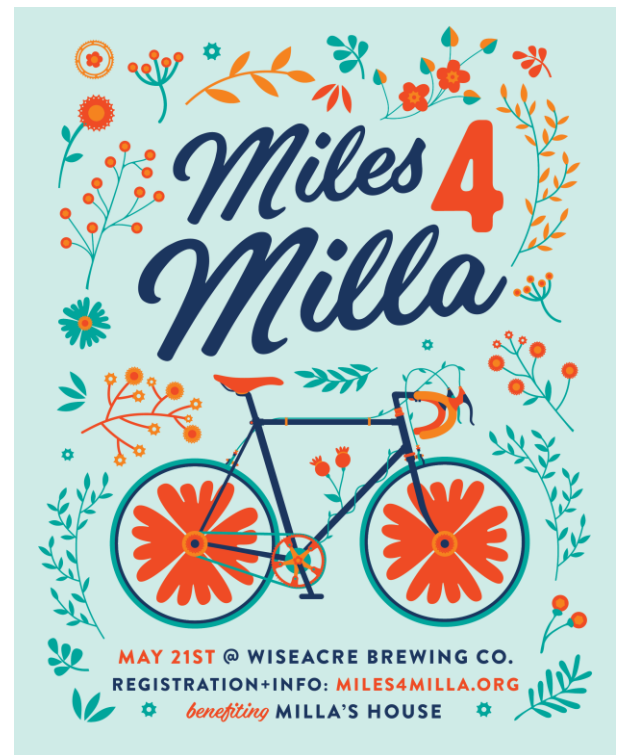
Milla's House, our Midtown Memphis location named in memory of Milla Gieselmann, opened in 2017. Milla's House allowed us to expand access to our comprehensive grief services and programs.

Miles 4 Milla's House is an annual event that was created by Milla's parents and very good friends to help fund Milla's House and to continue our mission of providing free grief support to our community.

The 6th annual Miles 4 Milla's House is Saturday, May 21 at Wiseacre Brewery.

Miles 4 Milla's House is a family-friendly event.

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. Participants can enjoy food, music, and, of course, the softest t-shirt in town.



Register at www.miles4milla.org. The cost is \$25 per person, and this covers your registration, t-shirt and food.

Also, our newest project is something that we are proud to offer at the request of our clients – a podcast and YouTube channel!

Our podcast is named “Grief is...Real. Big. Better shared.” This is the podcast everyone needs to hear, but nobody wants to hear. It will be released monthly along with a YouTube segment called “Coping Skills Toolbox.”

How can you find these new resources?

Podcast: search wherever you get your podcasts. Make sure to subscribe to it so you are notified of new episodes.

YouTube: search and subscribe.

You Tube:

<https://www.youtube.com/channel/UCx37QqT09DneCdspXwYoJ2w>

Apple Podcast:

<https://podcasts.apple.com/us/podcast/grief-is-real-big-better-shared/id1614449324>

Audible:

https://www.audible.com/pd/ITEM_NAME-Podcast/B09VGY5VGK

Spotify:

<https://open.spotify.com/show/0CzI6RvtRHOnyUFFevLeiY>

We say that this is the podcast no one wants to hear because grief is not exactly a fun topic. Grief is hard, and people tend to avoid talking about it. But this is also the podcast everyone needs to hear because grief is one of the most universal experiences there is. Everyone is touched by loss in some way at some point in their life. Those who are grieving can benefit from this opportunity to better understand their grief and to hear that they aren't alone. Others can use this podcast to learn how they can give support to the people in their lives who are grieving.

Sincerely,

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



Special Days Ahead

We are entering a season of special days, full of graduations, weddings, and many other celebrations and gatherings of family and friends. Of particular significance for many grieving people are Mother's Day and Father's Day. These days can present challenges for those who have lost a loved one, 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 in general are 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 of the various reactions people might have to 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 talking, sit instead of giving advice, be a presence, not a pest.

THINKING OF YOU



MOTHERS WHO
HAVE LOST
CHILDREN



THOSE WHO HAVE
LOST MOTHERS



THOSE WITH
STRAINED MOTHER
RELATIONSHIPS



MOTHERS WITH
STRAINED CHILD
RELATIONSHIPS



THOSE WHO HAVE
CHOSEN NOT TO BE
MOTHERS



THOSE YEARNING
TO BE MOTHERS

Coping Skills Toolbox Series – Linking Objects

Linking objects are those physical items that make us feel close to our loved ones. For some people, it is an item of clothing that still smells a little like their person. For others, it is a ring that represents their commitment to each other. It can truly be anything - linking objects are as unique as grief itself. Some people will even use some of their linking objects to create something new and meaningful, such as a t-shirt quilt.

“How can linking objects be a coping skill?” you might ask.

Linking objects help us to feel physically connected to our loved one. That’s one of the main missing pieces for grieving people – the physical presence. While, in body, our loved one is truly gone, some of their things remain. Those remaining things remind us that they were here physically, they were real and a part of our lives. They remind us that even though our person might be gone, bits of them stay behind in our hearts, our minds, and our memories, and we can still touch these things through our linking objects. Being reminded of that helps us cope moment to moment, day to day.



Be the Good in Grief – Miles 4 Milla’s House

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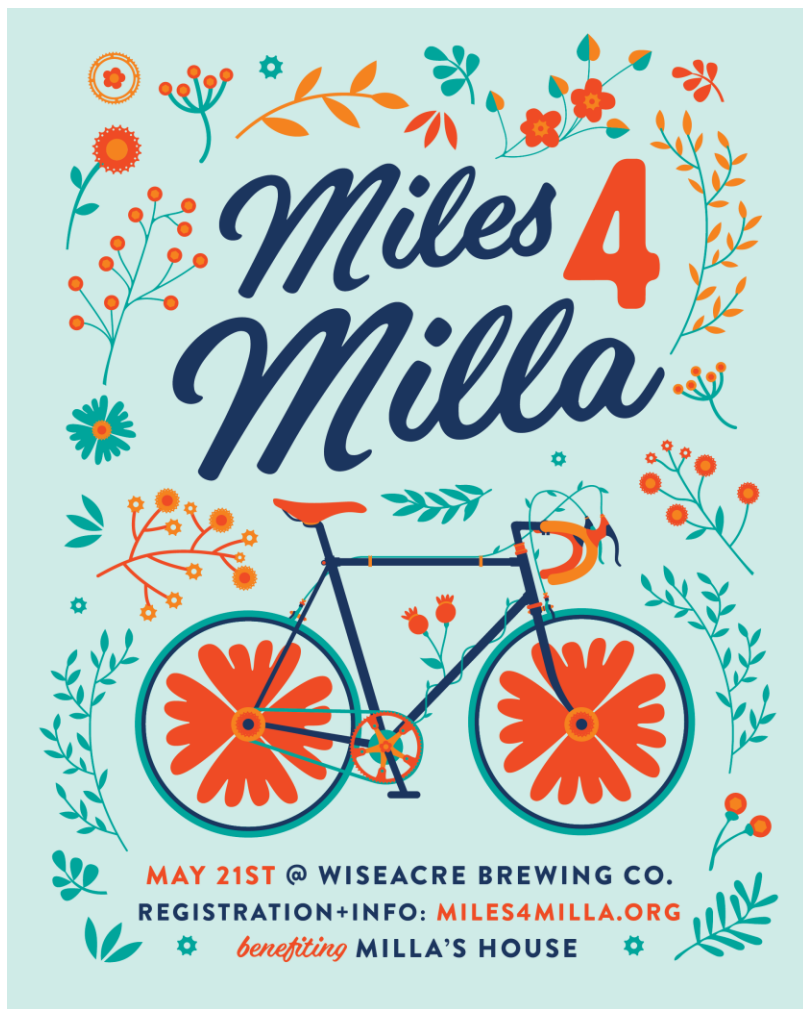
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Register at www.miles4milla.org. The cost is \$25 per person, and this covers your registration, t-shirt and food.

As always, you can like, comment, and share our messages on social media. Follow along on Facebook at *Baptist Centers for Good Grief – Kemmons Wilson Family Ctr & Milla’s House* and *NEA Baptist Center for Good Grief*.

Be the good in grief today: scan the QR code, visit <https://baptistgriefcenters.org/give/>, or call 901-227-7123 to make a gift!



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Dates to Remember: Grief Support Groups

Adult Grief Groups

Monthly Groups

Homicide Grief Support Group– monthly virtual support group - May 17 & June 21 from 5:00 – 6:30pm

Alcohol or Drug Related Death Support Group– monthly virtual support group May 10 & June 14 from 5:00 – 6:30pm

Pregnancy & Infant Loss Support Group– monthly virtual support group May 24 & June 28 from 5:00 – 6:30pm

Suicide Loss Support Group– monthly virtual support group May 19, June 16 & July 21 from 4:00 – 5:30pm

Series Groups

6 week Grief Group- weekly group for grieving adults – May 3, 10, 17, 24, 31 & June 7 from 4:00-5:30pm

Screening and registration required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719

Teen Groups

Teen Support Group– monthly in-person support group

May 10 & June 14 from 5:30-7:00pm

Screening and registration required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719



Grief Bible Study –May 5, 12, 19, 26, June 2, 16 & 23 from 10:30-12:00pm

Spirituality is an important part of each person's grief journey. During this 7-week study together, we will be creating a safe and sacred space for group members to engage in spiritual reflection as it relates to your grief. Each week introduces fresh topics that will allow you to explore the depths of grief and suffering through spiritual lenses using the book *Suffering* by Paul David Tripp.

During this group, you will be given the opportunity to share your own unique experience, as well as engage in meaningful activities that will help foster growth, development, and spiritual connectedness, as we explore our spirituality and grief in an ecumenical/non-denominational environment.

Screening and registration required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719

Dates to Remember: Kaleidoscope Series

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

KALEIDOSCOPE SERIES

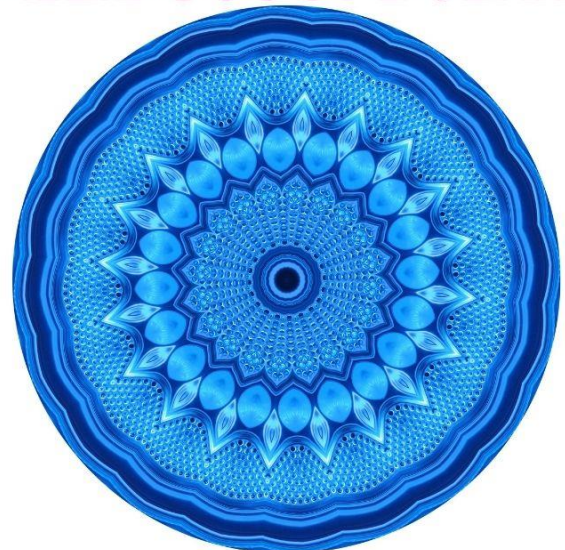
**May: The Importance of Self-Care
in Grief – May 10 from 9:00-
10:30am**

**June: Parenting While Grieving –
June 23 from 12:00-1:30pm**

Registration required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719



GRIEF SUPPORT SEMINARS

Take Five!

Here are five resources to help you along your journey:

1. “17 Posts to Help You Cope With Mother’s Day Grief” - <https://whatsyourgrief.com/12-posts-for-mothers-day-grief/>
2. “5 Ways to Support a Grieving Mother on Mother’s Day” - <https://theeverymom.com/5-ways-to-love-a-grieving-mother-on-mothers-day/>
3. *How to Cope With Grief on Mother’s Day* - <https://www.youtube.com/watch?v=z7LQNwtYqXM>
4. *How and Why You Should Talk to Bereaved Parents* - https://www.ted.com/talks/sharon_delaney_mccloud_how_and_why_you_should_talk_to_bereaved_parents
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

Create!

Say your loved one’s name aloud. Say it again. Now write it in some sort of a creative way – add color to it. Write it big enough to fill a page, and allow yourself to remember your loved one as you do so.



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

**NEA BAPTIST
CENTER FOR GOOD GRIEF**

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Jonesboro, AR 72401

baptistgriefcenters.org