

See the Good in Grief

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Good Grief!

Hello,

Have you ever really sat back and thought to yourself, “What is grief anyway? What is this thing that I think about so often, that can dissolve me into a puddle, make me feel hardened like a rock or angry like a volcano? What is this?” Well, dear friends, grief is a lot. At the Baptist Centers for Good Grief, we tell children that grief is all the thoughts and feelings that run around inside our bodies because someone we love died. That’s exactly true, and the operative word there is love. Without love, there is no grief. It is the price that we pay to truly allow ourselves to connect with other people. Because we love, we hurt for their absence and look for ways to stay connected with them. The Center is proud to help those in the Mid-South connect, remember, and honor those they love.

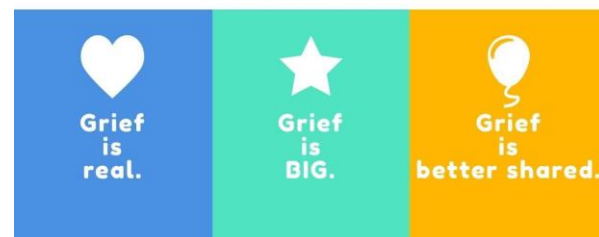
In order to serve our community in this way, we have welcomed new staff members to the Baptist Centers for Good Grief! We are proud to introduce our three new therapists: Maria Griffo (Collierville), Christie Walker (Milla’s House), and Stevie Harmon (NEA). They are great additions to our team!

Make sure you read the “Save the Date” section of the newsletter. We have so many exciting things planned this year.

Also, the construction of Dorothy’s Cottage continues on schedule! Stay tuned for more information regarding the Grand Opening in April.

Follow us on Facebook for the latest updates at *Baptist Centers for Good Grief – Kemmons Wilson Family Ctr & Milla’s House and NEA Baptist Center for Good Grief.*

Baptist Centers for Good Grief



Sincerely,

Angela Hamblen Kelly, LCSW
Administrator

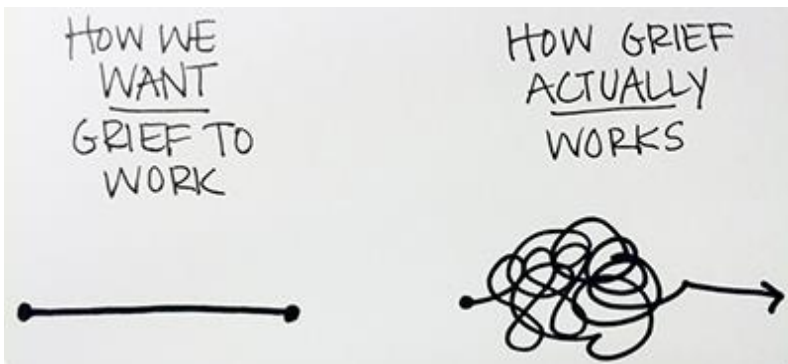
&

Lauren Strini, LPC/MHSP
Clinical Director

The Chaos of Grief

Most of us are comfortable with some sort of order in our lives, some measure of predictability. Our loved ones may play a significant role in stabilizing that order. In the wake of their absences, what remains is often chaos. This disorder hits every aspect of our lives – our home life, our jobs, our retirement, our finances, our emotions, our cognitions, everything. Chaos is hard to manage for any length of time.

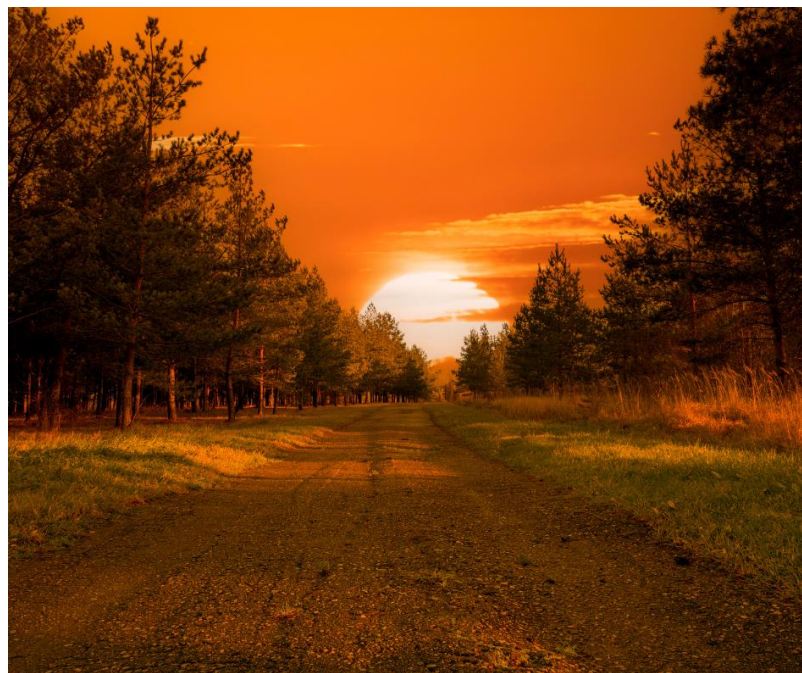
Sometimes, simple as it sounds, acknowledging that grief is chaos can help to normalize it and make us feel a little more that it's the process that is a mess and not us. That's the truth. You are not the problem. The grief is the problem with no simple solution. It's not linear – you don't move through steps toward some sort of magical completion. Instead, your process is your own. We like to think of it more like a spiral on which you can move forward and backward. Sometimes it's such a mess that you can feel lost in it. Take heart because that's what grief feels like. Grief is chaos itself, and your job is to figure out how to weather it, make some order from it, and cope with it.



Coping Skills Toolbox Series – Acknowledging the Spiritual Aspects of Your Grief

There is some mystery surrounding death. We know what happens to the body, but what about all the other things that make someone who they are? If you have ever seen the body of a loved one after they die, then you know that they look somehow like a shell. The spark and sense of unique person is no longer in that empty vessel. There can still be benefit from viewing or spending time with the body, but we can all acknowledge that there is a huge difference between an alive body and a dead one.

So what happened to the spark, that sense of unique person, the soul (whatever you prefer to call what makes a person who they are)? Death and spirituality go hand in hand, and grief necessitates that we take a look at our spiritual beliefs. Sometimes we grow stronger in faith and resolve, and sometimes we lose what we once believed. This too is part of the grief process and the chaos therein. Spending a little time deliberately exploring the spiritual aspects of your grief can be another useful tool in your toolbox of coping skills. You don't necessarily have to have answers – the work is in exploring the questions.



Telling Your Love Story

As supporters of grieving people, we know that there is incredible power in storytelling. Each and every counselor at the Center has experienced this in our work. These are the times that we don't do anything more than bear witness to the love that struggles to find its place after death. Love stories connect us to other people, help us to cultivate compassion and empathy, and sustain us when there are no new memories to be made. Sharing your story with other people can allow them to try to imagine what it is like to be in your shoes and then take it a step further and support you better.

“Every death deserves a hundred tellings.” This is a quote that we use regularly at the center. You may say, “That says death. The death story is not my love story.” Well, dear

griever, the death story is forever linked and connected to the love story because your love story is not actually over with the death itself. Telling your love story (including the death piece) can go a long way toward internalizing the love that you feel for the person who died while externalizing some of the more difficult emotions that come with grief. Full healing cannot happen without some sort of externalization. Full healing cannot happen if you never tell your story. Consider sharing your love story with family, friends, church support, and/or your counselor.

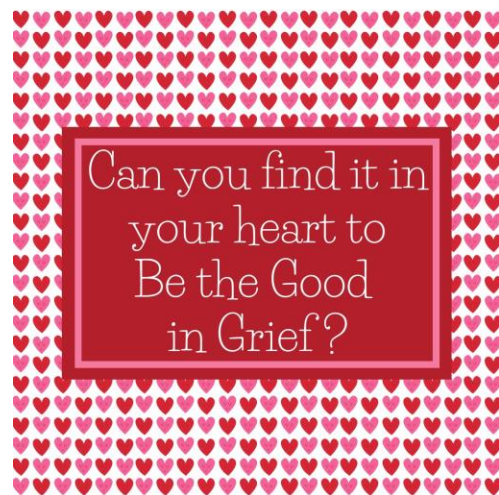


Be the Good in Grief

With February comes the presence of colorful hearts in every direction. Sometimes it feels like the whole world is celebrating – a holiday, milestone, birthday, anniversary, or even just making it to another weekend. And we may not feel like celebrating as much (or at all) because we are missing our special person. Oftentimes, it feels like the world wants us to get on with being happy again, to go back to normal. But our normal has changed.

Love doesn't go away because a person isn't physically with us. In fact, we grieve because we love. Exploring and expressing that love, as well as the grief that comes with it, enables us to learn to thrive again. So, with hearts everywhere, this is a good opportunity to remember that love, be grateful for that love, and even celebrate that love!

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



Save the Date

Painting With A Purpose – February 9

JOIN US TO BENEFIT THE
BAPTIST CENTERS FOR
GOOD GRIEF AT
**PAINTING WITH
A PURPOSE**
FEBRUARY 9, 2023
7-9 PM
PAINTING WITH A TWIST
3116 VILLAGE SHOPS DR
SUITE 22
GERMANTOWN, TN 38138



WE WILL BE PAINTING THIS
PAINTING!


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Memphis Grizzlies – February 25



Join the Baptist Centers for Good Grief in celebrating their 25th anniversary of providing the Mid-South with free grief care.

\$10 from each ticket sold through this exclusive link offer will be donated to the Baptist Centers for Good Grief.

Visit <https://grizzlies.spinzo.com/memphis-grizzlies-vs-denver-nuggets-2023-02-25-TGVUB?group=baptist-grief-centers-pe5v&affiliate=baptist-grief-ueeg> and purchase tickets for the February 25 Memphis Grizzlies game!

Stay tuned for more exciting opportunities if you join us for the game!

Art of Caring – April 20

Join us at the Children's Museum of Memphis on April 20 for a night of art, music, food, and of course the carousel! Local artists will be donating their artwork for auction. All proceeds benefit the Baptist Centers for Good Grief.



Miles 4 Milla's House

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 7th annual Miles 4 Milla's House is Saturday, May 20 at Wiseacre Brewery.

Miles 4 Milla's House is a family-friendly event. More details to come.



A NEW 5K for Good Grief – October 2023

More details to come!!!!

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.*

Dates to Remember

Adult Grief Groups

Monthly Groups

Monthly virtual support group:

- **Homicide Grief Support Group**
February 21 from 5:00 – 6:00pm

This group will change to in-person March 21
from 5:00-6:00pm

- **Alcohol or Drug-Related Death Support Group**
February 7 from 4:00 – 5:00pm
March 7 from 4:00-5:00pm



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.

Virtual:

February 23 – Enneagram & Grief – 5:30-7:00pm

Screening and registration required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719

KALEIDOSCOPE SERIES



GRIEF SUPPORT SEMINARS

Take Five!

Here are five resources to help you along your journey:

1. “Types of Grief: Yes, There’s More Than One” – <https://whatsyourgrief.com/types-of-grief/>
2. *Loving from the Outside In, Mourning from the Inside Out* – Dr. Alan Wolfelt
3. *First Aid for Broken Hearts* – Dr. Alan Wolfelt
4. “28 Ways to Remember a Loved One on Valentine’s Day” – <https://www.funeralhelpcenter.com/28-ways-to-remember-a-loved-one-on-valentines-day/>
5. “Grief and Spirituality” – <https://hospicefoundation.org/End-of-Life-Support-and-Resources/Grief-Support/Journeys-with-Grief-Articles/Grief-and-Spirituality>



The Next Step

A Two-Minute Write

Set the timer for 2 minutes. Write freely using the prompt below. Do not worry about grammar. Don’t even worry about content. Just respond and see what emerges. Process with a trusted support person.

After you died, this is what I think happened to you (and all the things that made you the person you were)...



Podcast & YouTube Channel

Tune in to our podcast, *Grief is... Real. Big. Better shared.* There you will hear brave people sharing their grief in order to work toward healing and to support one another. You can find our podcast wherever you get your podcasts. We also have a YouTube channel, *Baptist Centers for Good Grief.* Here you can find a variety of “Coping Skills Toolbox” segments, which offer practical tips for coping with grief.



Buddy Update

Buddy, the almost 100% official facility dog for Dorothy’s Cottage, is 8 months old. He’s doing great and learning so much about being a facility dog. He’s excited to join our child and adolescent grief groups soon. Right now he spends his days supporting the grief counselors, eating treats, napping, and watching the daily progress of Dorothy’s Cottage. Stay tuned for more Buddy support!!



 **BAPTIST** | CENTERS FOR GOOD GRIEF

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