

See the Good in Grief

Issue #035 • 03/01/2023



Good Grief!

Hello,

There is something inherently hopeful about March. As we start to experience more light in our days, we feel a little lighter in our hearts too. Spring is not the cure for grief. There is no cure, no easy fix. But it is hard to continue to feel as weighed down when you smell that first warm, fresh day. We are really looking forward to more of those.

At the Baptist Centers for Good Grief, we have lots of reasons to be hopeful this spring. Dorothy's Cottage will be opening on April 4, and we will host a Community Open House on April 15. It's hard to believe that what began as a little idea has grown into something so big and beautiful. We can't wait to get started with all of the plans that we have for this new space. We have so much gratitude for all of our generous donors who have helped to make this dream a reality!

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

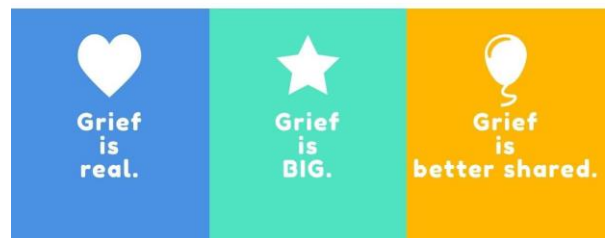
Follow us on Facebook for the latest updates at *Baptist Centers for Good Grief – Kemmons Wilson Family Ctr & Milla's House and NEA Baptist Center for Good Grief*.

Sincerely,

Angela Hamblen Kelly, LCSW
Administrator

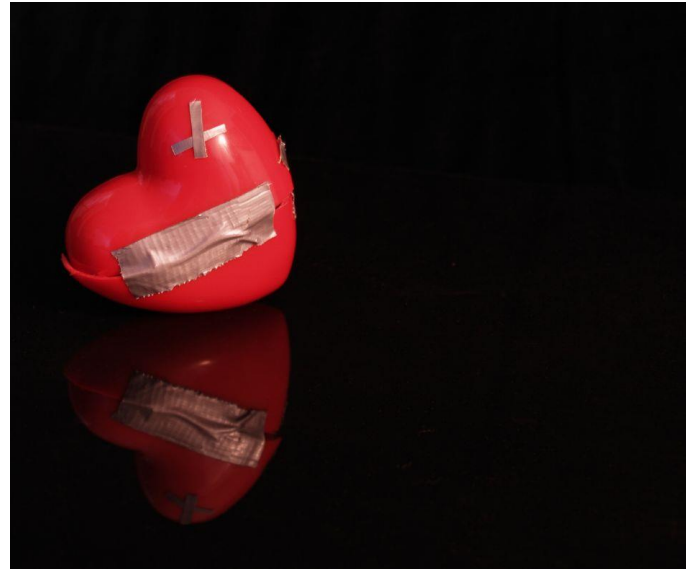
& Lauren Strini, LPC/MHSP
Clinical Director

Baptist Centers for Good Grief



Grief and Trauma

Grief and trauma can be very closely tied to one another. We define grief as all the things that we think, feel, and experience when someone we love dies. Trauma is a response to a terrible event or life-threatening experience. Often one of the main trauma responses that people report is a feeling of overwhelming fear or horror. Perhaps you can glean from this information that many grieving people experience trauma responses from the death of their loved one.



The general approach from a counseling perspective is to try to treat the traumatic symptoms first. If you are experiencing traumatic responses such as fear, flashbacks, nightmares, crippling anxiety, sleep disturbances, or hypervigilance, you may be struggling with trauma associated with your loss. The counselors at the Baptist Centers for Good Grief can help you process your loss experience and learn ways of coping with your traumatic reactions so that you can effectively work on the tasks of mourning. To a certain extent, trauma is in the eye of the beholder. If it feels like a trauma for you, then it is one and should be treated as such.

Coping Skills Toolbox Series – Letter Writing

Way back when, before the world of easy communication, letter writing was a necessity. It was the only way to communicate across distance and time. Historically, we have famous love letters between Henry VIII and Anne Boleyn, John and Abigail Adams, Elizabeth Barrett and Robert Browning. (Some of those romances are more ill-fated than others.) The writing of love letters can be a useful tool for the grieving person to externalize both their feelings of love and grief. Love letters do not



have to be romantic, so this can be a helpful coping skill, regardless of relationship.

Try not to dismiss letter writing out of hand merely because you think you are “not a writer.” This looks a little different than free writing in a journal, although that can be useful as well. Writing letters is a more targeted exercise. This is simply an opportunity to say what needs to be said. You can tell your loved one about your day as you would if they were alive, you can tell them about your struggles and triumphs with grief, or you can tell them about how much you love the start of spring (even though they already know that). This gives you a way to express that you love them, that you miss them, and that they still hold a place in your heart and life. Do The Next Step and give it a try.



Be the Good in Grief

Art of Caring – April 20



The 24th annual Art of Caring will be April 20, 2023 at the Children’s Museum of Memphis! This will be an exciting night of art, live music, food, and festivities!

In addition to our local artists’ work, our silent auction will offer opportunities to bid on experiences such as an African safari trip for two and tickets to various local attractions. Don’t miss out on all of the fun things you could bid on! For only \$40, you will be entertained by our live jazz quartet, Tickled Pink photo booth, and delicious food from Hog Wild!

If you would like to donate a piece of artwork or any other item, or if you need more information, please reach out to Laura.Cantrell@bmhcc.org or call (901) 227-7002.



Miles 4 Milla's House



The 7th annual Miles 4 Milla's House will be May 20, 2023! 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 four options to participate in this event: there is a 43-mile ride; a 20-mile ride; a 5-mile family fun ride; and a post-ride celebration. All options cost \$25 and include the softest shirt this side of the Mississippi!

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. 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 \$600,000. To put that in terms of grief services, this event has provided 4,615 individual grief sessions! Would you consider joining us this year to remember your loved one at our 7th annual Miles 4 Milla's House?

Our services are only available because of donations and dollars raised by wonderful friends and supporters. If you would like more information about ways you can help, reach out to Laura.Cantrell@bmhcc.org or visit <https://baptistgriefcenters.org/give> to donate today!



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.*

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



.....

Dates to Remember

Adult Grief Groups

Monthly Groups

Monthly virtual support group:

- Homicide Grief Support Group
March 21 from 5:00 – 6:00pm
April 18 from 5:00-6:00pm
- Alcohol or Drug-Related Death Support Group
March 7 from 4:00-5:00pm
April 5 from 4:00-5:00pm



Screening and registration required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719

Series Groups – In-person

Memphis: Grieving Parents Support Group: April 3, 10, 17, 24, May 1, & 8. 4:00-5:00pm at Milla’s House. Call to register.

Jonesboro: 6- Week Support Group for Grieving Adults: April 11, 18, 25, May 2, 9, & 16. 3:30-4:30pm. Call to register.

Dorothy’s Cottage/Hybrid Option: Spiritual Book Study: May 9, 16, 23, 30, June 5, 13 & 20. 10:30am-12pm. Call to register. 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



Take Five!

Here are five resources to help you along your journey:

1. “What is Child Trauma?” - The National Child Traumatic Stress Network - <https://www.nctsn.org/what-is-child-trauma/trauma-types/traumatic-grief>
2. “Untangling Trauma and Grief After Loss” - <https://ct.counseling.org/2021/05/untangling-trauma-and-grief-after-loss/#>
3. “The Lost Art of Letter Writing” - Lakshmi Pratury - https://www.ted.com/talks/lakshmi_pratury_the_lost_art_of_letter_writing?language=en
4. “Richard Feynman’s Love Letter to His Wife, Sixteen Months After Her Death” - <https://fs.blog/richard-feynman-love-letter/>
5. “Dear Love: Healing Through Writing Letters” – *What’s Your Grief* - <https://whatsyourgrief.com/healing-through-writing/>



The Next Step

Love Letters

Write a series of letters, one per day, to your person who died. Say all the things that have been unsaid while you have been grieving. After the 10th letter, take some time to reflect. How has this felt for you? Do you feel closer to your loved one? Is this a coping skill that might work for you? Talk to a trusted individual about this process.



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.



**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**
1717 Executive Square
Jonesboro, AR 72401

baptistgriefcenters.org