

# See the Good in Grief

ISSUE #039 JULY 2023



## Good Grief!

At the Baptist Centers for Good Grief, we are blessed to be able to provide services to grieving individuals and families. Another significant part of our mission is to engage in community outreach - we have responded when called in for community crisis, we provide educational seminars, and we offer grief camps, all free of charge.

What we have found over time is that the individual need is overwhelming, and it has truncated our ability to do more of these community engagement activities that we feel are vital to the greater Memphis area. With our recent expansion of staff and space, we hope to better be able to engage in these services as well as continue to provide our high quality micro-focused services. We couldn't do it without our generous supporters and the clients who make the Center what it is.

Many thanks to you all as we continue to grow.

Grief is real, grief is BIG, and grief is better shared.

Sincerely,

Angela Hamblen Kelly, LCSW  
Administrator

&

Lauren Strini, LPC/MHSP  
Clinical Director

### Baptist Centers for Good Grief



Grief  
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# Collective Grief: The Experience of Loss for the Whole

Collective grief is a creature unto itself. Simply put, it is the grief that the greater community feels after a significant loss. This can affect communities of all sizes, from neighborhoods, to cities, to the entire country or even the world. It can affect us in the same general ways as individual grief – we can feel cognitive, emotional, spiritual, physical and behavioral effects from community grief. Let's explore some of these experiences of collective grief.

One of the most glaring examples of collective grief for the world was the COVID-19 pandemic. Regardless of your own personal feelings about the pandemic itself, it is not debatable that those years were full of heightened emotion and loss. Even when the world could not agree on anything else, it could agree that things changed drastically. When things change, people grieve. Sometimes the grief was personal with the loss of life or functionality, and sometimes the grief was global with the inability to be close to our loved ones or travel freely. Not all of these things are considered equal, but they are loss nonetheless, and there is commonality in that.

As a nation, we experienced collective grief on September 11th, 2001. There was a huge, unexpected loss of life on that day. There continued to be loss of life after that due to first responder's getting sick from the debris. The effects can still be felt today. If that was an experience that you lived through, you may remember the feelings – fear, confusion, and the strange quiet that fell over everyone. People quieted because it was impossible to know who all was directly affected, how and why.

As a city, we continue to experience the collective grief brought on by loss of life here in Memphis. There is a high rate of murder, a high rate of poverty, and a high rate of drug and alcohol abuse. If you love this community as much as those of us at the Center do, you feel that collective grief, and you look for ways to make change.

## KALEIDOSCOPE SERIES



## GRIEF SUPPORT SEMINARS

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

### Virtual Seminars:

**Anger & Grief**  
July 17 from 4:00-5:30pm

Hybrid - Dorothy's Cottage or virtual:

**Learning to Communicate While Grieving**  
August 28 from 4:00-5:30pm

Registration required.  
TN/MS call 901-861-5656  
AR/MO call 870-936-7719

# Active Mourning: Community Engagement and Public Memorial

When we look at experiences of collective grief, it feels too big – mostly because it is too big. What could we have done about the pandemic, 9/11, or the homicide rate in Memphis? Active mourning for collective grief is not about one individual fixing the problem. Instead it is about working toward change as a community, whether that is a community of grievors, like-minded people, a neighborhood, or a city. One of the ways to work toward real change is to work toward community engagement. This just means being more active in the community that means the most to you. Be more socially active, volunteer, write letters to your politicians, vote, or give time or money to the causes that mean the most to you. One of the ways that the Baptist Centers for Good Grief practiced community engagement after 9/11 was to help start a grief camp in New York for the families affected.

In addition to community engagement, public memorial is another way of actively mourning collective loss. Luminaries were lit at the White House to acknowledge those Americans who died from COVID-19, the twin towers became Freedom Tower, and families of those killed by homicide gather in Memphis yearly for a time of remembrance. These types of public events/memorials, while wrenching, help us to express our collective grief. In order to heal it, we must feel it.





## Dates to Remember

### Virtual:

#### Adult Grief Groups - Monthly

##### Homicide Grief Support Group - virtual

July 18 from 4:00-5:00pm

August 15 from 4:00-5:00pm

##### Alcohol or Drug-Related Death Support Group - virtual

July 11 from 4:00-5:00pm

August 1 from 4:00-5:00pm

Registration required.

TN/MS call 901-861-5656

AR/MO call 870-936-7719

### Arkansas:

#### 6 Week Spouse Loss Grief Support Group

August 18, 25, September 1, 8, 15 & 22  
from 10:30-11:30am

Registration required.

TN/MS call 901-861-5656

AR/MO call 870-936-7719

### Tennessee:

#### 6 Week Grief Group for Adults

August 14, 21, 28, September 11, 18 & 25 from 4:00-5:00pm

#### 6 Week Spouse Loss Grief Support Group

August 17, 24, 31, September 7, 14 & 21 from 10:30-11:30am

Registration required.

TN/MS call 901-861-5656

AR/MO call 870-936-7719



Call us at  
901-861-5656 for more  
information on upcoming  
groups and camps for  
children and teens.

## Be the Good in Grief

As the warm rays of summer are upon us, we invite you to join us in bringing brightness to the lives of grieving children and teens. Camp Good Grief is a vital program that provides free grief support to those who need it most during these challenging times.

Would you consider making a \$25 donation to help us continue this important work?

Camp Good Grief offers a safe and nurturing space for young hearts to heal and find community. Your contribution will directly impact the lives of these children and teens, providing them with opportunities for grief expression and memorialization with a supportive community of peers who share similar experiences.

Together, let's make this summer a season of healing and renewal for grieving children and teens. Your generosity can make a tremendous difference in their lives. Please consider making a \$25 gift today to support Camp Good Grief by scanning the QR code below.

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.



**This year we are celebrating  
25 years of Camp Good Grief.  
Will you donate \$25 to help us  
continue this important mission?**



**Camp Good Grief fact: Over 3,000  
campers have been served.**



# Be the Good in Grief

## Art of Caring

The Art of Caring event held on April 20, 2023 at the Children's Museum of Memphis was a resounding success. The event raised nearly \$117,000 in support of the Kemmons Wilson Family Center for Good Grief. A total of 52 artists generously donated their work, while numerous local businesses contributed valuable items and experiences. We extend our heartfelt thanks to everyone involved for their generosity and commitment to helping grieving families.



# Be the Good in Grief

## Miles 4 Milla

The 7th annual Miles 4 Milla event, the signature bike ride benefiting Milla's House, took place on May 20, 2023 at Wiseacre Brewery. With the dedicated efforts of Frazer and Dana Gieselmann, this event raised over \$177,000 for Milla's House, providing vital support to grieving families. We extend our sincere thanks to Frazer and Dana for their unwavering commitment in making this event a success.

Participants, sponsors, and volunteers came together at the event to celebrate community spirit and raise funds for Milla's House. The generous contributions received will enable Milla's House to continue providing essential counseling services and care to those navigating the difficult journey of grief. We express our heartfelt gratitude to all the individuals and organizations who donated their time, resources, and enthusiasm to support this worthy cause.

The 7th annual Miles 4 Milla event stands as a testament to the power of community collaboration and compassion. Through their generosity, participants and supporters have made a lasting impact on the lives of countless individuals and families. As we reflect on this remarkable achievement, we look forward to future endeavors and continued partnership in furthering the mission of Milla's House.



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!



## Save the Date

### **Painting with a Purpose benefitting Milla's House!**

Join us on **August 3** from 7-9 pm at Painting with a Twist in Germantown. A portion of proceeds will go to Milla's House to help fund counseling services at our Midtown location. More details to come!

### **Share the Love 5k**

It's official! The first annual Share the Love 5k in memory of Collins Leach will be **October 14**! Following the 5k will be a family reunion for all families who have received services at the Baptist Centers for Good Grief. We are so excited to bring this event back! It will be a super fun day with bounce houses, games, food trucks, and even the 901 Goats! More details on registration to come!



As always, you can like, comment, and share our messages on social media.

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Episode 18

# NEW EPISODE



Listen Now

[www.baptistgriefcenters.org](http://www.baptistgriefcenters.org)

New Podcast



New Podcast



## EPISODE 19 GRIEF: AN ENDING, BUT ALSO A BEGINNING

Available wherever you get your podcast.



## PODCAST NEW EPISODE

AVAILABLE WHEREVER YOU GET YOUR PODCAST



### Episode #20 Grief & Your Body



## Baptist Centers for Good Grief

Ways to connect to our resources



Our website - [www.baptistgriefcenters.org](http://www.baptistgriefcenters.org)  
Here you will find a helpful FAQ section, and so much more.



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.



Follow us on Facebook at Baptist Centers for Good Grief - Kemmons Wilson Family Ctr & Milla's House and NEA Baptist Center for Good Grief.



Follow us on Instagram @centersforgoodgrief and @neabaptist-centerforgoodgrief



# BAPTIST

CENTERS FOR  
GOOD GRIEF

[baptistgriefcenters.org](http://baptistgriefcenters.org)

**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