

# See the Good in Grief

ISSUE #037 MAY 2023



## Good Grief!

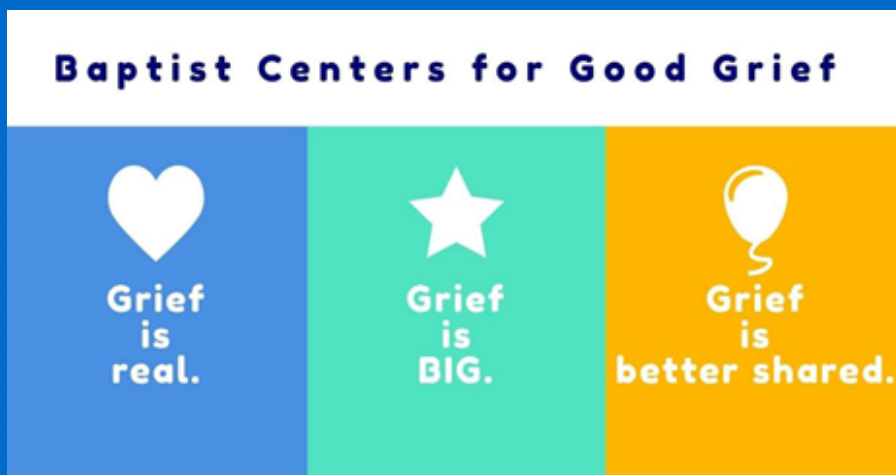
As spring moves toward summer, we may find ourselves focusing on Mother's Day and Father's Day. We are once again reminded that no matter what the loss, special days are hard. We encourage our grievers to remember to utilize tools of active mourning to express their thoughts, feelings, and reactions so that the grief does not remain stuffed inside. Grief "stuffers" tend to have lots of long-term struggles from not allowing themselves to mourn. This can include ongoing anxiety and depression as well as potential physical health effects from the stress of carrying the weight of their grief all the time with no release.

We encourage you to continue sharing your stories - new ones, the same ones, your love stories. We at the Baptist Centers for Good Grief are always honored to hear them, and you'd be surprised how honored others in your lives might be too.

If you are interested in hearing other people's love stories as well as continued discussions of different aspects of grief and coping skills, tune into our podcast, "Grief is Real. Big. Better Shared." We didn't choose that title by accident. Grief is better for everyone when it's shared. Every time you tell your story, you heal just a tiny bit. And when you hear someone else's story, you heal a tiny bit more.

Sincerely,

Angela Hamblen Kelly, LCSW  
Administrator  
&  
Lauren Strini, LPC/MHSP  
Clinical Director



# Grief and Mother's Day

Mother's Day is a time of remembrance and acknowledgement for the special women who choose to become mothers. For the grieving individual, this can be a hard time to make sense of, no matter the loss. This might not be intuitive to the non-griever. For example, if you are grieving the loss of a spouse, why would Mother's Day be hard? If we think about what the day is truly meant to be about, the challenges become a little clearer.

Mother's Day is about relationships that women have with other people in their lives and honoring those relationships. A person who is grieving the loss of their spouse might honestly be missing their own mother if that person is deceased or has loss of functioning and is not the same as they once were. It is not an unusual experience for even very elderly people to talk about how they are all of a sudden missing their mom, even though that loss has not felt acute for many years. When we are hurting and at our most vulnerable, one of the most natural relationships to gravitate toward is that of the mother. She has always taken care of us, and now in our time of great need, she is not able to fix it.

If the bereaved spouse has children, time may be spent mourning the loss of the mother of those children, remembering the day that those children came into the world and into the family. That brings sharp pangs of grief as the relationships are considered from different angles.

And what of a mother who's child has died? How does this holiday look in that case? Maybe she has other young children and she feels pressure to celebrate a day that she might otherwise want to overlook. Maybe her only child died, and she asks herself if she is still a mother even if her child is gone.

The point here is to overlook the surface view of this holiday and acknowledge that the day will be hard for all different types of grievers, not only those grieving the loss of their mother. So what can be done? Ask the grievers in your life how you can help, what they need for this day. Ask if they would like acknowledgement or to just try to let the day pass. Try to put yourself in their shoes and imagine how a day all about this relationship might make you feel. Most importantly, listen to what these grievers are saying – sometimes the act of being a supportive listener is the best thing that you can do.

## 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

Dates to Remember

## Adult Grief Groups - Monthly

### Homicide Grief Support Group - virtual

May 16 from 5:00-6:00pm

June 20 from 5:00-6:00pm



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

May 2 from 4:00-5:00pm

June 6 from 4:00-5:00pm

Registration required.

TN/MS call 901-861-5656

AR/MO call 870-936-7719

## Series Adult Grief Support Groups

### Spiritual Book Study: Dorothy's Cottage/Hybrid Option:

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. 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.

### 6 Week Grief Support Group: Dorothy's Cottage

June 5, 12, 19, 26, July 3 & 10 from 4:00-5:00pm

### 6 Week Grief Support Group: Virtual via Microsoft Teams

June 1, 8, 15, 22, 29 & July 6 from 12:00-1:00pm

### Grieving a Suicide Death Grief Support Group: Dorothy's Cottage/Hybrid Option

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

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.

# Active Mourning – Remembering Special Women at Mother’s Day

Mother’s Day is an opportunity to practice active mourning. As a reminder, mourning is simply externalizing the grief that is internal. This can be done at any point in the grief process – it can have been just weeks since the loss or many years. For Mother’s Day, we think about the opportunity to tell stories – our love stories of the women in our world. These can be our mothers, our friends who act as our unconditional supporters, our aunts, our children who have children, or anyone else who may play that type of role. Tell their stories with each other. Write them letters if they are dead, write them letters if they are living.

As an example, a client agreed to share:

"I think about my Grandma on Mother’s Day – she was not my favorite grandma, she was the other one, I loved her still more than most other people. A devout Catholic, she sang loudly and badly on Sundays and I felt embarrassed and a little intimidated by her in that setting. But she was a lot of fun too – she played cards with me whenever I wanted, fed me Polish food, and had an awesome old house where I played games with my cousins. I always thought she made this amazing Easter bread called placek. I dug up some recipe for it last Easter and made it. I presented it to my Mom expecting her to be quite touched. She was in a way, but said that it was always my Grandpa that made the placek. I never knew that until we talked about it and told some stories. This year my placek never rose. I think my Grandma has been hanging around laughing her loud laugh at me. Lately I see a cardinal hanging around my house and I think that might be her too – I can imagine her staying to see my daughter make her First Communion – she would have really loved that."

Share a story with your family about one of your favorite women and what she meant to you.

"5 Ways to Support a Grieving Mother on Mother’s Day"

<https://theeverymom.com/5-ways-to-love-a-grieving-mother-on-mothers-day/>

*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](https://www.ted.com/talks/sharon_delaney_mccloud_how_and_why_you_should_talk_to_bereaved_parents)

*The Dead Mom’s Club*

<https://alicaforneret.co/the-dead-moms-club>

KALEIDOSCOPE SERIES



GRIEF SUPPORT SEMINARS

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

[NEA Center for Good Grief, Jonesboro](#)

*Parenting While Grieving*  
May 11  
3:30-5:00pm

Registration required.  
AR/MO call 870-936-7719

[Dorothy's Cottage - in person & virtual option](#)

*Journaling & Grief*  
May 18 from 12:00-1:30pm

*Loneliness & Grief*  
June 19 from 4:00-5:30pm

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

# Be the Good in Grief

## 25-Mile Dog Walking Challenge with Buddy!

Mark your calendars and get ready to do some walking with your furry friends! The Baptist Centers for Good Grief will be celebrating 25 years of serving the community. With the help of our new therapy dog, Buddy, there will be a virtual 25-Mile Dog Walking challenge in the month of May to benefit the Centers. Participants are invited to walk to support this great cause for the entire month and share their progress on social media. More details to come!



## Kendra Gives Back

Kendra Scott is hosting a "Kendra Gives Back" weekend benefitting the Kemmons Wilson Family Center for Good Grief. The event will be May 5-7 online and May 6 from noon-3pm in stores. A portion of proceeds will be given back to the Center. Come see us May 6 and grab a yummy treat while picking up some great jewelry, or you can shop with us online! Link to be provided for online shopping closer to that weekend!



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!

# Be the Good in Grief

## Miles 4 Milla's House

Milla's House, our Midtown Memphis location named in memory of Milla Giesemann, opened in 2017, allowing us to expand access to our comprehensive grief services and programs. Miles 4 Milla's House is the signature bike race 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. There are four options to participate in this event: there is a 40-mile ride, a 20-mile ride, a 5-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](http://www.miles4milla.org). The cost is \$35 per adult and \$25 per child, and this covers your registration, t-shirt, and food.



## NEA - Tuga's Project

The NEA Baptist Center for Good Grief is collaborating with area businesses for the fifth annual Tuga's Project to help both raise funds and bring awareness to the center. Participating businesses are encouraged to ask their customers for a donation at the point of sale. Tuga is the grief friend that each child receives when they come to the center for counseling. He is easily recognizable, and you will see him at different locations in Jonesboro throughout the entire month of May.

Participating businesses include NEA Baptist Clinics, Lost Pizza, Hijinx, Shadrach's, Chicken Salad Chick, Demo's Medicine Shoppe, PakMail, Honeybaked Ham, Sonic Hilltop, and Gamble's.

## 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.

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!

Grief is...  
Real.  
BIG.  
Better shared.

BAPTIST CENTERS FOR GOOD GRIEF

Season 2 episode 13 is available today.

"Common Myths & Facts About Grief"

Download & subscribe to our podcast,  
*Grief is...Real. Big. Better shared.*

Find it wherever you get your podcasts.

LISTEN NOW



**PODCAST**

Available NOW

Episode #14  
Grief & Loneliness

Grief is...  
Real.  
BIG.  
Better shared.

BAPTIST CENTERS FOR GOOD GRIEF



**PODCAST #15**

Available NOW

Grief is...  
Real.  
BIG.  
Better shared.

BAPTIST CENTERS FOR GOOD GRIEF

How To Help Someone  
Who Is Grieving  
Episode 15

1:29



-2:32

## 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**  
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Memphis, TN 38111

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Jonesboro, AR 72401