



# Comfort for the Grieving Heart

---

*Provided by St. Luke's Hospice Bereavement Program*

October 2022

**“What we once enjoyed and deeply loved we can never lose, for all that we love deeply becomes a part of us.**

**~ Helen Heller**

**St. Luke's Hospice**

**Bereavement**

**Team:**

484-526-2499

**PLEASE NOTE: If**

you would like to be added or removed from our mailing list or prefer to receive an electronic copy, please contact us at 484-526-2499.

October brings crisp fresh air along with the season of Autumn. Autumn is a time of year for pumpkins, apples, cider, cool temperatures, shorter days, trick or treating and apple cider donuts. Fall is full of colors as the leaves of the trees begin to change into beautiful yellows, oranges and reds. This time of year can be difficult for many, seeing life in the trees change, as their leaves cycle through colors and die away. A time that once may have been something to look forward to with Autumn foods and activities, may be difficult to engage in. It is okay to feel your grief, and miss your loved ones as those around you may be getting excited for the new season.

Autumn may feel like a time for closure. We are saying goodbye to summer and preparing for the cold short winter days. While it may be difficult to experience your grief through this transition, it is a good analogy for life and death. There is a pattern of birth, growth, closure and death repeated through the seasons. This Autumn, it may be helpful to reflect on the seasons that have come and gone in your life. What memories and experiences did you and your loved one have during the past Autumns. Are there any activities you can continue in memory of them?

Fall is a season of transition. The colors, the shortening of the days, and the falling temperatures. Grief also is a transition. As someone grieving you may feel emptiness, like trees that are losing their leaves. An empty chair at the dinner table, one less loved one at the pumpkin patch, missing your loved one as you watch the leaves and sip a warm cup of cider. You may feel an array of feelings. Anger, loss, guilt, shock, relief, sadness, loneliness, and happy memories. Autumn brings balance. Light and darkness, warmth and cold. You too can find balance. Try to remember this season that the other side of grieving is seeing what it is to live.



# Helpful Hints

---

## Things to consider this Autumn

Autumn may be a challenging time. Here are some things to consider, to help yourself through your grieving process this fall.

- ◆ What things may you find challenging this autumn? Consider both the practical and emotional challenges. Explore ways you can work to overcome these challenges.
- ◆ What is it you might need to support your grief during this fall? You may prefer time alone, or to be more social. Listen to your gut.
- ◆ Is there a way you would like to honor your loved one this season? A way to recapture memories, allowing yourself to grieve, or spending time talking about them.
- ◆ Who do you have around you for support? How can they support you? And how can you make time with those people?
- ◆ What has been helpful in your grief journey thus far? Can you get more of that during this season?
- ◆ This season has celebrations coming up. What do you see yourself doing during these holidays?
- ◆ If you were to offer a friend some words of comfort in the same situation as you right now, what would you say?
- ◆ What does self-care look like for you during this season?

## Different ways to work on grief

We can have physical, emotional and spiritual reactions to grief.

- ◆ **Physical health.** Grief can be felt through nausea, headaches, insomnia, and more. Consider working on relaxing techniques such as meditation or yoga. And continue conversations with your doctor about your health.
- ◆ **Emotional health.** Grief may cause you to experience anxiety, fatigue, depression and overthinking. Consider support groups, family, therapy, and allowing yourself to feel your grief.
- ◆ **Spiritual health.** Continue to participate in your faith. Whether it is reading the bible, going to church or the Mosque, or walking in nature. Connect with your loved one through your spirituality.
- ◆ **Living with grief.** Allow yourself to feel your loss, share with your support systems, try to remember life is for the living.
- ◆ **Allow others to be there for you.** As you discover your needs, share them. Talk. Delegate. Be open.
- ◆ **Helping someone else grieve?** Allow them to talk about their sorrow, encourage them to talk about their loved one. Offer practical help such as babysitting. Be patient, everyone grieves in their own way and at their own pace.

### Grief Support for You

St. Luke's Hospice abides by CDC and Pennsylvania Department of Health guidelines for public gatherings during these challenging times. All support groups and workshops continue to be held virtually. Here are support options we currently offer:

**Individual support:** Our bereavement counselors provide support and information **through video and telephone counseling sessions.** Our contact information is on the front page of this newsletter.

**Good Grief Workshops:** These 90-minute workshops are offered virtually twice a month to provide you with a better understanding of what grief is, how it may affect you emotionally, physically, spiritually and psychologically, coping strategies and ways to reconcile the loss. For more information and to receive an invitation to join the meeting, call (484) 526-2499. You will be asked to download the Microsoft Teams app on your smart phone or computer. Workshop offerings include a daytime and an evening option each month:

**Wednesday, October 12th 2022, 6-7:30PM**

**Thursday, October 27th 2022, 1-2:30PM**

**Video library:** St. Luke's website includes a dozen short videos that provide information about the grieving and mourning process and ways to care for yourself after a loss. To view the videos, go to <https://www.slnh.org/vna> and click on the hospice heading. On the left side of the screen under the VNA heading, click on grief support. About half-way down this page, click onto the video library heading "Want to understand your grief?" Access the library by answering the question about your connection with St. Luke's Hospice (if any). Then view the videos from the comfort of your home.

### Seasons

We buried you in the winter –  
Time frozen  
Emotions numb  
A chill settled on my heart.  
Spring Came –  
green and growing  
The ice jam thawed  
And pain gushed  
Flooding into my heart  
I mucked through living.  
Summer brought a drought –  
shriveling up growth  
Scorching my tears  
A suffocating bitterness  
I sweltered in the intensity  
Of my oppressive loss.  
And now autumn approaches –  
I harvest my grief  
Gleaning a record yield  
My larder full  
Hoarding provisions because  
pain can't hibernate during  
the long, lonely winter. –  
~ PAULA PORTER

## **Additional Places to Find Support and Share Your Story**

Below is a list of free bereavement services in the area. Because of the pandemic and the need for physical distancing, many resources may only be offered virtually. Please contact our bereavement department at 484-526-2499 if you need additional support.

### **Adult Support Information**

**Bradbury Sullivan LGBT Community Center** offers bereavement support for LGBT people who have experienced loss. For more information, please visit their website at [www.bradburysullivancenter.org](http://www.bradburysullivancenter.org) or email at [reilly@bradburysullivancenter.org](mailto:reilly@bradburysullivancenter.org).

**The Compassionate Friends** offers ongoing support for parents, grandparents and adult siblings grieving the loss of a child, grandchild or sibling. Visit [www.thecompassionatefriends.org](http://www.thecompassionatefriends.org). Enter your zip code to locate the local chapter and contact person near you.

**Doylestown Hospital Hospice** offers a variety of support groups and programs that change seasonally. Visit their website at [www.doylestownhealth.org/hospital/services/bereavement](http://www.doylestownhealth.org/hospital/services/bereavement) or call 215-345-2079.

**Gentle Yoga for Grief, Stress and Life Transitions** is currently being offered virtually by Wendy Littner Thompson, M.Ed., LPC, RYT. Visit [www.givinggriefavoice.com](http://www.givinggriefavoice.com) or call 610-730-1992. Be sure to indicate if your loved one was a St. Luke's Hospice patient.

**Grand View Hospital Hospice** offers groups and services that change seasonally. For more information, call 215-453-4210.

**Grief Share** is a faith-based support group offered throughout the Lehigh Valley. Visit their website at [www.griefshare.org](http://www.griefshare.org) and enter your zip code to find the contact person and program near you.

**OASIS Community Center** offers a variety of support groups to those grieving a loss due to substance related causes. Therapist-led meetings are held in-person and virtually for bereaved parents and young adults (siblings, partners, friends, etc.). Groups for bereaved youth ages 7-17 and bereaved caregivers raising bereaved children are offered in-person. For dates and times, visit [www.oasisbethlehem.org](http://www.oasisbethlehem.org), call 484-747-6825 or email at [rhonda@oasisbethlehem.org](mailto:rhonda@oasisbethlehem.org) to register.

**GRASP** (Grief Recovery After a Substance Passing) currently offers two virtual evening meetings per month, plus an afternoon meeting at the Oasis Center. Call 484-788-9440 or Call/Email at [nancyhowe@ymail.com](mailto:nancyhowe@ymail.com) or 484-788-9440 or Tim Howe at [howet60@yahoo.com](mailto:howet60@yahoo.com) or (646-401-4455).

**Lehigh Valley Health Network** offers many groups and services for adults and children between the ages of 6-17. For more information, call 610-402-7481. For information about program offerings in the Pocono area, call 272-762-3826 or email [Bryson.Boes@lvhn.org](mailto:Bryson.Boes@lvhn.org).

**Suicide Loss:** The American Foundation for Suicide Prevention has excellent information on risk factors, statistics and education about suicide. Visit [www.afsp.org](http://www.afsp.org) and enter your zip code to find the chapter/contact person near you. All chapters are run by people who have experienced the suicide of a loved one.

**Cancer Support Community of the Greater Lehigh Valley** [cancersupportglv.org](http://cancersupportglv.org)

Find an individual therapist at: [Psychologytoday.com](http://Psychologytoday.com)

We encourage you to call the number on the back of your insurance card to find resources paid by your individual insurance plan.

### **Support Information in New Jersey**

**Karen Ann Quinlan Hospice** offers support to those who are grieving the death of a loved one. For more information, call 973-948-2283 or visit [www.karenannquinlanhospice.org/services/bereavement](http://www.karenannquinlanhospice.org/services/bereavement).



JOIN US FOR AN EVENING WITH  
**Lama Tsultrim Allione**  
"Taking Grief onto the Path"

**October 27, 2022**

7:00 PM (doors open 6:30 PM)

ZOELLNER ARTS CENTER, BAKER HALL, LEHIGH UNIVERSITY

For the first time in lecture format, Lama Tsultrim will be sharing her life story: becoming a nun, returning her vows, marriage, motherhood, enduring the death of her child and husband, envisioning and building Tara Mandala International, a 700-acre retreat center in Colorado dedicated to the divine feminine in the Buddhist tradition. Hers is a story of taking grief onto the path. Hers is a story of what is possible. Hers is a story of love, loss, grief and transformation.

Lama Tsultrim Allione is a best-selling author, most recently of *Wisdom Rising: Journey into the Mandala of the Empowered Feminine* (2018). She is the Founder and Spiritual Director of Tara Mandala International and the first American woman to be ordained as a Tibetan Buddhist nun. She was awarded Outstanding Woman in Buddhism (2009), and is internationally recognized as one of the few women lamas in the world today.

TICKETS: [zoellner.cas.lehigh.edu/content/littner-memorial-lecture-presents-lama-tsultrim-allione](https://zoellner.cas.lehigh.edu/content/littner-memorial-lecture-presents-lama-tsultrim-allione)

Registration is complimentary with Promotion code: **LITTNER**



SCAN FOR TICKETS



*Wendy Littner Thomson*  
COUNSELING SERVICES, LLC



Healing Through The Arts®  
[www.HTTA.org](http://www.HTTA.org)

W. Beall Fowler



The Dr. and Mrs. Max Littner  
Memorial Lecture Series for Bereavement  
and St. Luke's University Health Network  
*present a community event*

## "Taking Grief onto the Path"

### FREQUENTLY ASKED QUESTIONS

**Q. WHERE DO WE PARK?**

A. Zoellner Arts Center Garage. Parking is free with ticket purchase.

**Q. IS ZOELLNER ARTS CENTER HANDICAPPED ACCESSIBLE?**

A. Volunteers will be onsite to direct you.

**Q. IS SEATING RESERVED?**

A. No, seating is general admission and is first come, first served.

**Q. WHAT HAPPENS IF I ARRIVE LATE?**

A. The program begins promptly at 7:00pm. If you arrive late, please enter through the doors adjacent to the atrium.

**Q. IS THIS PROGRAM APPROPRIATE FOR TEENS AND CHILDREN?**

A. The content of this program is not recommended for young children, but may be appropriate for older teens.

**Q. HOW CAN I SUPPORT THIS LECTURE SERIES?**

A. If you would like to be a part of the continuation of this lecture series through a financial donation to the endowment, please visit [www.slhn.org/littnerlectureseries](http://www.slhn.org/littnerlectureseries) or call St. Luke's Development office at 484-526-3067