



Created by Chris McIntosh
Bereavement Counselor



January 2012 Bereavement Newsletter

HOPE FOR HEALING AFTER LOSS

Hope is a positive and potent spiritual practice with power to pull us through difficult times. It is usually described with light metaphors - a ray of hope, a beam, a glimmer of hope; the break in the clouds; the light at the end of the tunnel. It is often discovered in unexpected places.

Hope can be learned with practice. Certain attitudes support it. One is patience, an ability to tolerate delays, a willingness to let events unfold in their own time. Another is courage, an attitude of confidence even when facing the unknown. A third is persistence, the determination to keep going no matter what happens. We have hope when we can say, all will be well, and we mean it.

~ Frederic and Mary Ann Brussat

The Wintered Spirit *by Joyce Rupp*

How can you believe in the softness of a flower petal when your heart has turned to stone?
How can you dream of an easy rain when all your love is frozen in glaciers of loss?
How can you hope for fruit to form on the tree when you can hardly hang onto life each day?
How can you find the promise in a seed when your heart is lost in the depths of depression?
How can you sense the stirrings of a butterfly when Your energy is cocooned in sorrow?

It takes immense trust and hope to see new life waiting beneath the frozen, barren land.
It takes deep courage to remain in the cave of loneliness and painful solitude.
It takes powerful faith to believe in the gestation of a positive future when all is unknown.
It takes compassionate patience to remain by the side of an aching seed in the silent soil.
It takes stouthearted resilience to endure the soul's contractions of seemingly endless birthing.
It takes vulnerable openness to stay present to deadness and not run from staleness.
We wait for new life, but we do not wait alone.
We wait with the mother bear as the little cub within her takes shape and form.
We wait with the dormant juices of the maple tress
(continued on back)

Individual and Group Support Available

Please remember that the Gila Hospice Bereavement staff is available to support you and your family. With a phone call, a personal consultation, resources or support group, we are available to assist you in your own process. Please call for more information or to schedule a consultation (575) 574-4934 with Chris McIntosh, LPC, NCC, Bereavement Counselor.

We are also available to speak to your group about grief, loss and coping. Please call.

Do you know someone who would like to receive our bereavement newsletter? Have them call and we will place them on our mailing list, free of charge.



1313 E. 32nd Street Silver City, New Mexico 88061 (575) 574-4934



THE COMPASSIONATE FRIENDS OF SOUTHWESTERN NEW MEXICO

Offers friendship, understanding and hope to grieving parents, siblings and grandparents after the loss of a child, sibling or grandchild of any age. It does not matter how long it has been since your loss. Speaking is optional. You are welcome to come and just listen. Refreshments will be provided.

Meetings are held the 4th Tuesday, monthly at 6:30 pm at the Episcopal Church, corner of 7th and Yankee Streets in Silver City.

CONTACT: Charlene Mitchell 313-7362
Or www.compassionatefriends.org

(Wintered Spirit continued)

gathering up sweetness in their empty limbs.
We wait with the grapes in the vat fermenting and turning themselves into full, red wine.
We wait with the pruned rose bushes sighing for warming sun to sing them into budding.
We wait with the frozen creeks and rivers yearning to be melted into laughing waters.
We wait with all humans whose weary lives turn slowly toward re-awakened joy.

We wait with the cosmos, which is ever dying and being reborn, giving away and receiving anew.
And while we wait, we struggle to accept winter as a necessary companion, an inner season calling us to be more than we now are, a confident guide taking us on a perilous journey that is part of every dying and every birthing.

It is in the winter of our lives that the enduring Voice within coaxes us along, nudges us into belief, urges us to stay in the dark for as long as it takes for rebirthing to occur.
In our wintered time, it is this One who draws us close, nestles us near to heart, breathes strength into our spiritual bones, and assures us that we are growing wings under the frozen land of our desolate and emptied self.



Hospice Grief Support Group

GROWING THROUGH GRIEF is a 6-week class focused on learning the process of grief and healing in the environment of support. Participants are asked to call to pre-register. It must be at least four months since your loss for you to attend this class. Evening class will begin in February. Call now. (575) 574-4934.

Gila Regional Medical Center Hospice

Hospice is a program designed to assist families in caring for terminally ill patients. We do that through a team effort. Team members include: physicians, nurses, counselors, social workers, certified nursing assistants, chaplains and volunteers.

The goal of hospice care is to provide comfort to the patient and to assist both patient and family through the dying process.

*6th Annual
Light Up A Life Celebration
Thank you all who attended
and supported this year's
Light Up A Life celebration!
Those who participated can
attest to the warmth of the
night fueled by the love of
those we've lost. Many people
submitted photos and names
for the tree and we are
grateful to those who found
comfort in remembering
together. We cherish the
lights and lives that guide
us through the darkness.*