

### Celebrating 41 Years of HOPE

Our goal, in this 41st year, is to expand our support, services and outreach to the bereaved with emphasis on helping grieving youth, and to financially solidify HOPE for decades to come.

Please visit our website  
 to view our video  
**Celebrating 40  
 Years of HOPE!**

[www.hopeforbereaved.com](http://www.hopeforbereaved.com)  
 You can access so much information on our website: upcoming events, support groups, one on one counseling, purchase HOPE books, bricks for memorials at the Butterfly Garden of HOPE, read, print and share current and past editions of the HOPELine newsletter and so much

### Understanding Grief During The Pandemic Workshop



HOPE For Bereaved is hosting a workshop on Thursday, August 20<sup>th</sup> beginning at 6:30 pm. Our **guest speaker is Dr. Terry O'Brien who is a Private Practice Psychotherapist and a retired professor who taught Counseling Psychology at SUNY**

Oswego. As we all know many family members and friends were unable to be with their loved one at the time of death due to COVID restrictions. This inability to be present has taken a persons grief to a whole new level. Our discussion will focus on ways to process this grief caused by a death during the pandemic. Reservations are required due to limited seating. We will also be providing access to the workshop via Zoom. Mask and reservations are required. Call HOPE at 315-475-HOPE (4673) or email Walt Stein at [wstein@hopeforbereaved.com](mailto:wstein@hopeforbereaved.com) to reserve your seat.

Beginning Thursday, September 10th, HOPE will be sponsoring a monthly support group for anyone who has experienced the death of a loved one or friend during the pandemic either by Coronavirus or other causes. The group will meet on the second Thursday of every month from 6:30 pm to 8 pm. Mask are required. If you plan to attend the group please call HOPE at 315-475-HOPE (4673), ask for Walt, or email [wstein@hopeforbereaved.com](mailto:wstein@hopeforbereaved.com).

### Share Your Story Underwriting ~ Opportunity

Do you have an article or story to share? We are always looking for articles that inspire *hope, help and comfort* to the bereaved.

Email us at: [mail@hopeforbereaved.com](mailto:mail@hopeforbereaved.com)  
 Each month, the HOPELine is sent to 1,200 families throughout Central New York and the United States. If you would like to underwrite the cost of the HOPELine for a specific month, please contact Pat Kriesel at HOPE at 315-475-HOPE (4673). It costs \$450 to underwrite the newsletter. Your donation will fund 100% of the expense of a newsletter for a month. You may include a special dedication to your loved one.

Thank you for supporting the HOPELine!

**A SPECIAL THANK YOU TO AN ANONYMOUS DONOR  
 FOR UNDERWRITING THIS MONTHS NEWSLETTER.  
 YOUR SUPPORT OF HOPE HELPS OTHERS!  
 THANK YOU!**

### Our Feature Articles

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The purpose of this newsletter is to help those who have experienced the death of a loved one. Each month, we share information and ideas from bereaved people and professionals to help you through your grief journey. Please know you are not alone. HOPE is here to help you. To talk with a compassionate, caring professional, please call us today at 315-475-HOPE (4673).

# What Mourners Long to Tell Others

Dear Friend and Potential Comforter,

Perhaps you have noticed my watery, red-rimmed eyes. **Maybe you've missed me and wondered where I've been lately.** Is my downcast appearance a giveaway? Is it my forced personality that clued you in? Yes, it is sorrow. Intense grief. It originated from loss, loss of someone dearly loved.

What you see on the outside is just a fraction of the turmoil going on in the inside. Inside I am a crumpled heap on the floor. In an instant, everything changed. The plans I had for the future have been obliterated; the past has disappeared in pain. Surviving another minute seems impossible. My world is no longer safe. **I realize I'm not in control. I don't know who is.**

The one thing I do know is how uncomfortable I make you feel. **Some people can't handle this and I won't see them again. Some people try for a while, but it's hard and they have their own life.** It takes a special person to walk with the grieving. Being able to be my friend **through all this is one part love, one part God's wisdom, and a hefty dose of perseverance.** And it may take more than one of you.

So, what do I need while I walk this mourning road? **I probably won't be able to communicate that to you. Sometimes I don't know.** There are a few constants, though. I need to **feel genuine love, I've lost that you know, love.** I need to know that you love me, that God loves me, that I can love again.

I need to feel safe; safe physically, safe emotionally, safe spiritually. I feel alone and that is not safe. When I am with you I need to be able to express myself without feeling judged, be able to cry with you, be angry and mad without scaring you. I need to process my loss and not receive spiritual clichés in response. In grief, I can see right through them and they hurt.

I need prayer. Please pray for me and with me. **Sometimes I can't pray on my own.** I may be mad at God. **Don't let that worry you; God is big enough to handle it, He does not reject me in my grief.** But knowing that someone is praying for me is a big help and I can feel it.

Thank you for being there for me when it is hard. **It won't always be like this.** You may need to tell that to me, actually. **I won't always feel so bad.** And one day our crying together will change to laughing together. One day I will again feel joy, even while I feel sorrow. One day I will again be able to stand, even while in pain. One day, I will again be able to feel alive. Thank you my friend!

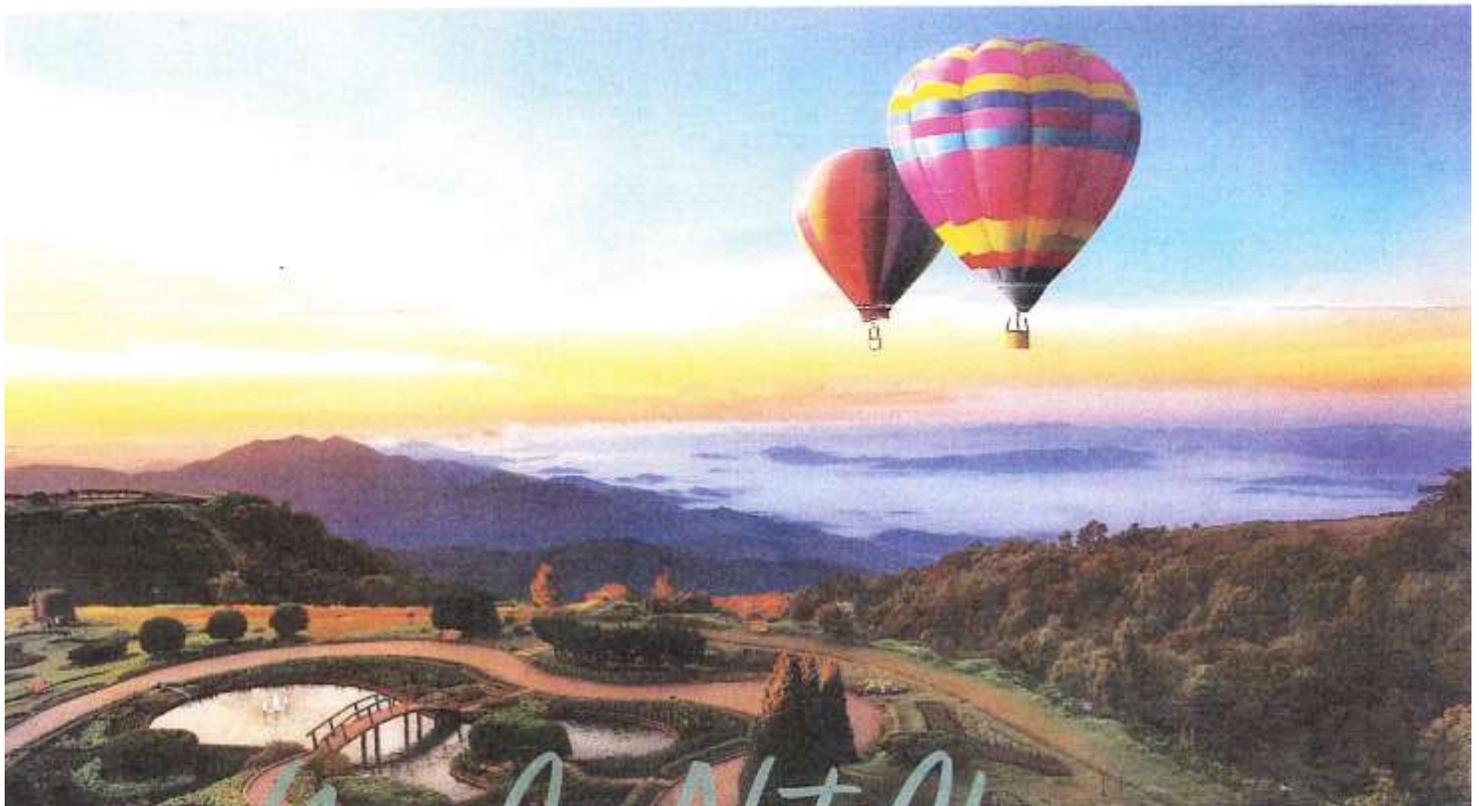
*Thanks to Desiree Harless of the Gateway Church in Southlake, Texas  
for granting HOPE permission to use her wonderful article.*

# strength

*Author Unknown*

We don't always have to be strong to be strong. Sometimes our strength is expressed in being vulnerable. Sometimes we need to fall apart to regroup and stay on track. We all have days when we cannot push any harder, cannot hold back self-doubt, cannot stop focusing on fear, cannot be strong. There are days when we cannot focus on being responsible. Occasionally, we don't want to get out of our pajamas. Sometimes we cry in front of people. We expose our tiredness, irritability or anger. Those days are okay. They are just okay. Part of taking care of ourselves means we give ourselves permission to "fall apart" when we need to. We do not need to be perpetual towers of strength. We ARE strong. We have proven that. Our strength will continue if we allow ourselves the courage to feel scared, weak and vulnerable when we need to experience those feelings. Today, help me know that it is okay to allow myself to be human. Help me not to feel guilty or punish myself when I need to "fall apart."

*Source: After Suicide - A Ray of Hope for Those Left Behind by Eleanora Betsy Ross*



## *You Are Not Alone*

WE KNOW THE HEARTACHE THAT YOU BEAR.  
WE'VE FELT THE PAIN 'CAUSE WE'VE BEEN THERE.  
WE SHARE A BOND OF INFINITE SORROW.  
A HOPE FOR PEACE - STRENGTH FOR TOMORROW.  
A TIME WILL COME WHEN YOU'LL SEEK RELIEF.  
SOLACE AND COMFORT TO EASE YOUR GRIEF.  
WE WELCOME YOU - WE SHALL BE THERE.  
WE UNDERSTAND - WE'VE MUCH TO SHARE.

*SOURCE: SURVIVORS OF SUICIDE, "MAYDAY", VOLUME 26*

# Hope for Bereaved starts Parkway garden

By Robert C. Atkinson

**T**he folks at Hope for Bereaved invited me to lunch the other day. It's a good thing I like butterflies. Not to eat, of course.

The butterfly is the groups symbol of hope. Their handbook says the butterfly signifies that life changes and goes on, that butterflies emerge from their cocoons as we emerge from our grief.

**Butterflies are everywhere in Hope's newly acquired building on Onondaga Boulevard. Stenciled on the walls, in paintings and photographs, decorating literature; even on the kitchen's paper towels; and on Monday there will be a butterfly shaped memorial garden dedicated out on Onondaga Lake Parkway.**

Director Therese Schoeneck ran me through **Hope's building, her comments wavering between** happiness with the success of her undertaking and concern over the constant need for funding to keep afloat. Hope charges nothing for its services, is non-profit, but the mortgage, light bill and the other 101 operating costs must be paid.

HOPE FOR BEREAVED offers counseling to those who have experienced losses through death, who have difficulty coping with that loss, who need support beyond family and friends perhaps preoccupied with their own suffering. Some 50,000 people were touched by Hope last year.

The organization was born of despair. It is buoyed by staffers who have endured losses of their own loved ones. To auto accidents. To disease. To suicide. To age. To murder. Each staffer brings an intimate knowledge of pain and anguish. They support others enduring the grief they themselves have known all too well.

But this is not a haven of doom and gloom. Laughter abounds. People greet one another with affection and smiles.

The operation is kept humming by seven employees backed up by dozens of volunteers, related and otherwise, who pitch in to paint, hang doors, change light bulbs, mow the lawn. No resource goes untapped; no offer of help is turned away.

Yet behind it all is serious business. There can be no greater pain than the loss of someone dear. And Hope for Bereaved meets that challenge head on. Staffers share their own tragedies with survivors to help them realize there is hope for relief from loss, that life indeed goes on.

Hope for Bereaved is not Hospice, nor is there a serious duplication of effort between the two. Hospice offers counseling and support to those relative and friends who are providing primary care to the dying and follows up with some support services for survivors, but HOPE concentrates on filling what - before its founding in 1978 - had been this post-death void.

At 1:30 p.m. Monday, a patch of ground across from the old French Fort on Onondaga Lake Parkway will be dedicated as the Butterfly Garden of Hope. County Executive Nick Pirro will cut the ribbon, the Boys From Syracuse will fly by, and the Spirit of Syracuse Chorus will sing.

Hope for Bereaved is looking for volunteer help to install and maintain the garden. The organization will also accept contributions for the shrubs and flowers to be planted in the name of loved ones to be remembered.

The public is invited to the event. There may even be some butterflies along the pretty lakefront site.

Bob Atkinson is the executive editor of The Post-Standard.



Dear Friends:

I would like to draw your attention to the back page of our newsletter. I am sending this to 62 family and friends on my phone. It is easy - just do a note, copy and paste and then send to your friends. We need the help of everyone. To date we have raised \$13,000 but we are still significantly behind in our fundraising efforts for 2020.

One friend of HOPE sent 50 such emails and within one week ten responded with donations totaling \$500 and they are still donating!

HOPE is now in our 41st year. Ever since we moved into HOPE's Center we have been holding various fundraisers in order to provide our counseling, support groups and newsletter free of charge to the bereaved as well as raise operating expenses. It has been lots of work but worth it. Now we need on-going financial support in order to continue making a difference for the bereaved - in some cases saving their lives.

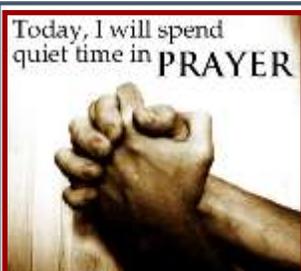
It was fun to find the article about the "Start of the Parkway Garden" (page 4) which was in THE POST-STANDARD on Sunday, May 24, 1992. As mentioned in the article we are still happy with HOPE's success and still concerned about the constant need for funding.

Sending virtual HUGS!

*Therese*

### Board of Director News...

- ♥ Wes Daggett retired after 6 years on HOPE's board, 3 years as President. A big thanks to him for all his efforts! His hands on approach will be missed.
- ♥ Bridgett Hagan for serving on HOPE's board. She has recently accepted a new position with her employer that does not allow for time to sit on the board. We thank her for her time on the board and wish her well in her new endeavors.
- ♥ Former board member Don Mawhinney recently died; at his request his family named HOPE as one of the recipients of memorial donations. Don had been an active supporter of HOPE for over 20 years. He was honored at the 2016 Celebration of HOPE dinner as a "Champion for HOPE." Don was highly involved in serving the Central New York community on various boards. We are grateful to Don and his family for their continued support of HOPE and our mission.



Please keep Christy Dannible, Kathy Spencer, Walt Stein, Hank Balzer, Beth Putnam, John Kowalczyk, Christine Hart, Dave Klem, Lanie Moses, Kevan, Ann & Dan Emond, all our first responders, medical staffs, essential workers and their families in your prayers for good health in these very difficult days.

Special Thanks to:

- ♥ Kathy Cardina volunteer caretaker and Ken Bush groundskeeper for ALL their efforts on behalf of the Butterfly Garden of HOPE.
- ♥ Kevin Victory for his professional mowing of the Butterfly Garden.
- ♥ The family of Leila Austin for designating HOPE to be the recipient of memorial donation to HOPE. Leila volunteered for many years helping to collate the monthly newsletter and other mailings. Her granddaughter said how much she loved HOPE.
- ♥ The family of Jeffrey Bowes for naming HOPE to receive donations at the request of his daughter.
- ♥ Ed Blanch and his son Jacob for **installing a new post light on HOPE's front lawn.**
- ♥ The family of Mary Jane Mueller for designating HOPE to be the recipient of memorial donations to HOPE.
- ♥ Brian and Ann Haynes for their donation of \$2,500 for a memorial tree (\$950) at **HOPE's Center in memory of their son and an aunt who died of COVID-19: \$1,550 went to the \$20 for 2020 campaign.**



## BUTTERFLY GARDEN OF HOPE NEWS

Memorial/Reflections at the Garden: So many people are commenting on how lovely the garden looks. With all the rain and sunshine the flowers are gorgeous.

**One of my message mugs has a saying, "Take time to smell the flowers."** What better place to relax (which is important for anyone who is grieving) and drink in the beauty of nature than at the Butterfly Garden? It is a beautiful spot to remember our loved ones.

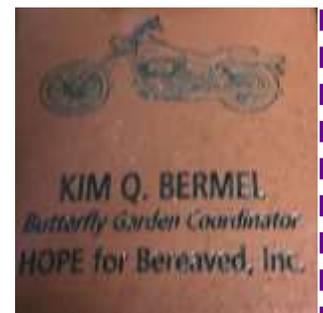
Often families hold memorial/reflection ceremonies at the garden on the one-year anniversary of their **loved ones death. Friends and family are invited to "enjoy the Garden, reflect and share a memory."**

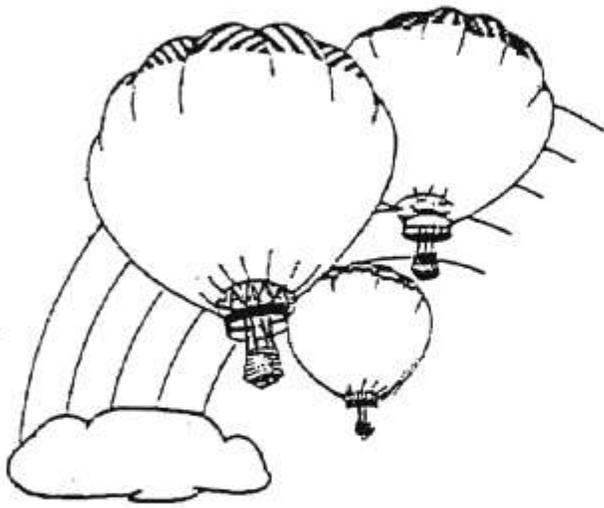
Many bereaved may find this to be very meaningful and comforting on birthdays or anniversaries of loved ones. The Garden can be reserved for special events such as these.

HOPE has chosen a new vendor to produce our engraved memorial bricks for the Butterfly Garden of HOPE. The new vendor uses the latest laser technology to cut the images in the surface of the brick and then fill it with shiny black glass.

The delivery time for the new bricks is 6 to 8 weeks.

Please note: Volunteers are needed to weed, clean benches and do various other important work. For more on volunteering or opportunities for brick and memorials, or to reserve the garden for your event, call Kim Bermel at HOPE 315-475-HOPE (4673) or email [kbermel@hopeforbereaved.com](mailto:kbermel@hopeforbereaved.com)



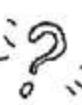


# HOPE FOR YOUTH



Dear Friends,

Our loved one's death  <sup>cost</sup> has caused many things to change.  Many things around us may be different now.  For example, we might have somebody new to take care of us; we may have to play with someone else;  perhaps we must find another person to talk with. Also, we might have to go to a different house for holidays; some of us may need to move  or change schools; or a few of us may have to  certain activities we used to do. All of the changes going on around

us can cause us to feel angry , sad , or even scared.  Some of us can even feel confused , or begin to feel hopeless.  My friends, during these times of uncertainty it is very important that we pay attention to what we NEED. We must follow our grief journey  and go where it leads us. Along the way, it is necessary to watch , listen , and learn  about what helps us. We must pay attention to the things that make us feel a little better, and things that help us feel more secure.

 Once we figure out some of the things that help us along our grief journey, then it is important to let others know! It's O.K. to tell family, friends, and trusted adults what things and activities help us to feel a little better, more comfortable, and even safe.  Making

our NEEDS known to others during these confusing and uncertain times  will help us to GROW  in our grief journey. 

Love, MARK 

## MURAL DEPICTS A STORY OF HOPE!



There is a deep sadness in the faces and hearts of the turtle and bug, as the weather is very stormy ... thunder, lighting, rain and wind ... much like how you may feel as you grieve a death.

As days, months, years progress, the storm lessens ... no more thunder and lighting, not as windy, and it's not as rainy as the clouds get lighter ... maybe like your spirit. Where did the stormy weather go? When you see a cardinal, a visitor from heaven is near,



delivering beautiful memories and maybe bringing you loving cheer. Brighter days ahead in the heart of the happy frog, holding a lovely flower, sitting under the beauty of the rainbow and ... here comes the sun! The birds (family, friends, and HOPE for Bereaved) support you and each other. The

butterflies, a symbol of HOPE, appear.

**HOPE MURAL est. 2017 by HOPE's artist in residence and long time volunteer JoBeth Serling Lehrer**

# hope

*If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.*

# September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:30-8:30 PM Death by Drug Overdose 1	6:30-8:30 PM Young @ Heart & Young Widow & Widowers 2	3	4	5
6	 HAPPY LABOR DAY	10:00 AM Newsletter Work Meeting 8 6:30-8:30 PM General Support Group <del>7 PM General Support Group at Oswego Hospital</del>	6:30-8:30 PM Survivors of Suicide 9	10 New Support Group 6:30-8:30 PM Understanding Grief During the Pandemic	11	12
13	14	The Oswego and Fulton meetings are postponed until further notice due to the COVID Pandemic	10:00 AM-Noon Senior W/W 16 <hr/> 6:30-8:30 PM Support Groups *Bereaved Parents *Parents Infant Death	17	18	19
20	6:30-8:30 PM Death by Drug Overdose	<del>7 PM General Support Group at St. Luke Health Services, Fulton</del> 22	6:30-8:30 PM Survivors of Suicide 23	24	25	26
27	28	29	30	Due to COVID-19 participants will need to wear a mask, upon arrival use hand sanitizer, answer a few questions and have your temperature checked and log contact information for contact tracking.		

- \* HOPE For those whose loved one died by Drug Overdose
- \* HOPE for Young @ Heart Widow/widowers with no young children at home
- \* HOPE for Younger Widows, Widowers, Engaged & Significant Others Will now meet with Young at Heart
- \* HOPE for Widow/Widowers Senior Daytime
- \* HOPE for Youth Support Group: For children & teens whose parent, sibling, relative or friend died will meet upon request. Call 315-475-9675 to make an appointment.
- \* HOPE for Bereaved: For any adult whose loved one, parent, sibling, relative or friend died.
- \* HOPE for Survivors of Suicide: For those whose child, spouse or friend died by suicide.
- \* HOPE for Bereaved Parents: For those whose children of any age died by accident or illness.
- \* HOPE for Parents whose infant died by miscarriage, stillbirth or newborn death.
- \* HOPE for those whose loved one died by Homicide are welcome to attend the General Support Group.
- \* HOPE for Bereaved, Oswego:
- \* General Support Groups Oswego For more information please contact Donna Lupien (315) 342-6326

The Oswego and Fulton meetings are postponed until further notice due to the COVID Pandemic

- \* One-to-One Counseling: Call HOPE (315) 475-9675 for an appointment. *No charge for counseling but donations welcome.*
- \* NEW SUPPORT GROUP MEETING ... HOPE ~ Understanding Grief During the Pandemic: For anyone who is struggling with the death of a loved one due to COVID
- \* Newsletter Work Meeting. 2nd Tuesday of the month at 10:00 am; please call to check if meeting

If you shop with Amazon.com please use Amazon Smile. This is a website operated by Amazon offering the same products, prices and shopping features as Amazon. The BIG difference is when shopping at Amazon Smile, the Amazon Smile Foundation donates .05% of the purchase price of eligible products to your choice of charitable organizations. Of course we ask you to choose HOPE FOR BEREAVED!



# HOPE for bereaved

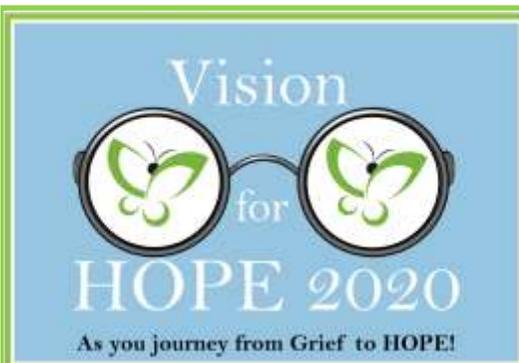
As you journey from grief to HOPE

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HOPE will be closed  
on Labor Day September 7th.  
Office hours will be Monday thru  
Thursday from 9:00 am to 4:00 pm  
and Friday 9:00 am to 2:00 pm.

September 2020



Dear Friends,

**HOPE's SERVICES ARE NEEDED NOW MORE THAN EVER DUE TO THE PANDEMIC.** The repercussions from deaths during this time will be felt for years. Also, there has been a rise in drug overdose and suicide deaths. Both factors lead to an increase in requests for help.

HOPE is unable to hold or must limit our major fundraises, which raise over 1/2 of our annual revenue, enabling HOPE to provide our core services free of charge.

If you have already donated we THANK YOU - if you have not we ask you to consider making a donation of \$20 (or more) to our Vision for HOPE 2020 campaign. Your support will make a tremendous difference for the grieving people we serve.

LOVE & VIRTUAL HUGS!

*Therese*

**PLEASE SUPPORT OUR VISION BY DONATING \$20 FOR 2020.**

Donate online at: [www.hopeforbereaved.com/support-hope/donate/](http://www.hopeforbereaved.com/support-hope/donate/)

By sending a check to HOPE for Bereaved, Inc.

4500 Onondaga Blvd., Syracuse, NY 13219 OR call our office 315-475-HOPE (4673)