



HOPELine Newsletter ~ July 2022
 A monthly newsletter of HOPE FOR BEREAVED,
 a not-for-profit community organization providing
 hope, support and services for the bereaved.

Celebrating 43 Years of HOPE

Our goal, in this 43rd 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.

Thank you to all our readers for your continuing support of HOPE For Bereaved and the services we provide. We are truly blessed and proud to be part of a community that believes in and supports not for profit agencies such as HOPE.



This issue of the HOPEline newsletter is dedicated
 In Loving Memory of
John Kowalczyk Jr.
 By his wife Kathy & Family



TRUE WORDS “You will not always hurt like this”

These words are true.

“If they do not reach your heart today, do not reject them: keep them in your mind. One morning- not tomorrow perhaps but the day after tomorrow or the month after next month... One morning the dawn will wake you with the inconceivable surprise: Your grief will have lost one small moment of its force. Be ready for the time when you can feel for yourself that these words are true: “You will not always hurt like this”

from Wintersun by Sascha Waagner, Aurora, CO

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).

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

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 Walt Stein 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!

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JULY 4th-NOT ALWAYS A CELEBRATION

Written by Pat Fatti after the death of her daughter, Lisa in 1980

The 4th of July is an American holiday where family and friends gather for picnics, cookouts, fireworks, parades boating and the beginning of summer vacations. It is a wonderful day.

The 4th of July has a different ring for our family. We still plan on being together, but one of our children will be terribly missed and thought about as we gather on that day. It was July 4th, 1980 that we witnessed that terrible boat accident on Skaneateles Lake. Our 3 daughters, son and long time friends Ruth, Dick & their daughter Susan were spending the holiday at our summer home. The weather was beautiful and everyone was having a nice day. We planned to display fireworks that evening.

Wearing life jackets and with permission from their fathers, Lisa (10) and Susan (12) went out in the rowboat. Suddenly we heard a loud noise and went running. Another motorboat pulling a skier ran over the rowboat and the girls went into the water. Both Lisa and Susan died from their injuries. The doctor told me Lisa died instantly. At the time it didn't register-she is dead/final. I didn't feel like I was part of the whole scene—I was watching from the sidelines. I remember not crying very much-I was numb.

So many people were crushed by the accident. I called Ruth to tell her how sorry I was. Our friendship goes back a long way. We worked together after high school & I was in her wedding. Susan was their youngest of 4 children. After hearing the news, many of our friends came to be with us.

I have anger inside that I'm not always aware of. My husband believes I was angry with him for letting the accident happen. Fathers feel like they have to protect their children from this kind of happening. I don't know who I am angry with-maybe God, or myself for not being able to accept this tragedy. I try to deny my anger, but then it shows up at times. It is very hard on the family. Each family member grieves differently and as parents it is very hard to help the siblings when you are trying to help yourself.

I believe I have a message for people to hear. I tried to write this article several times, but it is so painful to recall the story. My friends have been burdened with the repetition of my thoughts and feelings because I have a need to express them over and over. I tried to shut the memory out, but every morning it was there again.

I did talk to my friend Ruth every day for 3 months and then a few times a week to share our thoughts and feelings. Six months later, I went to a Bereaved Parents support group with HOPE For Bereaved. Without those friends who listened to me and my strong faith in God, I could not have gotten thru that time. You do go on because the family needs you, but I hurt so badly, I just wanted to be with Lisa. She was my baby. I am grateful for the almost 11 years we had with her. Lisa was very special.

Even now, I go to the Bereaved Parents meetings because I feel I can help others that attend and who are newly bereaved. Sharing your thoughts and feelings with another grieving person does help. Sometimes we cry and that helps too. It is a cleansing feeling. The monthly meetings are open to anyone who needs talk, or just sit and listen. I have many good friends at HOPE. The staff members are all very caring people who have experienced the death of a loved one. They listen, validate your feelings and let you know you're not alone.

If you are recently bereaved, you may think or feel like you can't survive. I know that I could not imagine a life without

Lisa or that we'd ever be happy again. It took a great deal of time and lots of grief work, but you get there. Time, faith, friends and many efforts made by us helped to soften our grief. Hold onto HOPE that you too, will get to a better place.



LISA FATTI





Fourth of July Grief



It's Fourth of July weekend, which makes
me think of fireworks.

When I see the bursting of magnificent colors high
up above me in the sky I feel in awe of the beauty.

I also am reminded of the years I could not see magnificent colors, beauty.

After my husband died, I saw the world in black and white or more accurately in shades of grey.

I lost the ability to see color. I lost the ability to hear music. I lost the ability to see beauty.

I had fallen unexpectedly in a deep hole.

There was no beauty down there. There were no colors deep in the hole.

Are you seeing only grey today? Are you seeing only darkness? Grief can do that.

We can forget that beauty is out there.

We can believe that beauty has left the world permanently. It has not.

It has been a long, slow journey climbing out the hole I fell in over five years ago.

But I remember, one day I started searching for a way out.

I didn't search when I first fell. I was too shocked, stunned and hurt by the long fall down.

But one day. I looked up, instead of down. And I noticed that far in the
distance way up above me there was a slight glimmer of light.

I had no clue how to reach it. But I began to search for my way out.

I searched and searched and searched. I called for help. Lots of people
had no clue how to help me out. They sent me in wrong directions.

But with lots of time I became more determined to find my way out. And I did.

Now I love the fireworks more than ever. I love the magnificent colors. I even love the sounds.

Because I see and hear with more brilliance because of my time in the hole.

You may be seeing only shades of grey. Loss, death, and grief will do that to us.

It blurs our vision. It hides beauty from view.

So I am reminding you today that color can return to your life.

I know that there is a world of brilliant beauty calling you.

Because it called me after years of seeing only darkness and shades of grey.

You may not see signs of it yet. Or maybe you have.

Have you seen even a slight glimmer of light?

Follow it. And do not stop. Do not give up. Ever.

I ask you to start to look around for signs of color.

Maybe even signs of brilliant color.

Begin the search.

You may not be there yet, but I know that you can move through pain and grief.

Life is calling you.



News and updates from the STAFF



Dear Friends, It has been a very sad time for our state and nation with the recent mass shootings at a grocery store in Buffalo & an elementary school in Uvalde, Texas. It is events like these that make us realize the importance of the work we do. Our support groups are full and the counseling requests are increasing every month. We have recently received calls from businesses and schools, looking for help because of a death or information so they are prepared.

As the school year comes to an end and parties and vacations began, please be safe and know that if you need to talk, please call (315)475-HOPE (4673). We are ready to listen and validate your feelings. May the warm days of summer bring you peace- Love & hugs- The Staff

Our Special Thanks:

All our dedicated garden volunteers-

- ◆ **Kathy Cardina, caretaker for countless hours especially this spring;**
- ◆ **Ken Bush, Grounds Keeper for various maintenance projects;**
- ◆ **Bill Campagnoni for installing the hundreds of bricks ordered each year;**
- ◆ **Marv Hahn for his years of upkeep of the wiring & lights;**
- ◆ **Joe Trojnar for weekly watering;**
- ◆ **Valerie & Tim Sikoro for refurbishing the benches;**
- ◆ **Brian Smith & team from Excellus BlueCross BlueShield;**
- ◆ **OCRRA for donating mulch;**
- ◆ **Sollecito Landscaping Nursery for their many efforts at the Butterfly Garden & HOPE's Center;**



**A Very Special Thanks to
Nicholas & Mary Beth Claps
for purchasing an engraved
LOVE MEMORIAL
for the Butterfly Garden of HOPE. It is
beautiful & a very meaningful addition to
the garden.**



Special thanks to the families of **William "Bill" Schoeneck & Susan Franchina** for requesting HOPE be the recipient of memorial donations. Bill is David Schoeneck's brother.



Please keep in your thoughts and prayers Therese Schoeneck, Christy Dannible, Kathy Spencer, Christine Hart, Ann & Dan Emond, Kevan and all the victims & their families of the Tops Market in Buffalo shooting and the Uvalde school shooting in Texas.



Remember when you shop AMAZON use AMAZON SMILE and choose HOPE FOR BEREAVED - the Amazon Smile Foundation donates back .05% of your purchase price on eligible products to HOPE! <https://smile.amazon.com/>













Hope
For
Youth



7/2022

Dear Friends,

We may often wonder "When will things get better?" While there is no ^{of} _{the} answer to this, part of the solution is to define what "BETTER" means. For example, sometimes we may feel sick because of a cold or a stomach ache.  After a few days, we feel BETTER, and everything goes back to normal, the way things were. In grief, "BETTER" means something different.  Since the death of our loved one , things can never go back to the way things were. Our loved one will never physically be with us again.  So we must define a  NORMAL. Our grief journey brings us  to places of growth , where we learn to live a good  life in spite of our loved one's death.  We become BETTER as we move on in LOVE . Love, MARK *



HOPE
for
Teens & Adolescents



Dear Friends,

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Recently, there was a mass shooting in my hometown of Buffalo, New York. Multiple people were senselessly killed or injured while going about their grocery shopping, or working there. The shooting was racially motivated, making it an act of domestic terrorism. It is hard to imagine the grief felt by the many family members and friends as they embark upon the long journey through grief. The effects of grief on the surrounding neighborhood and the Buffalo community at large are profound and long-lasting. Grief reactions and eventual healing to a "new normal" will unfold and only be understood throughout the course of time. Tragically, there have been many other mass shootings in many other locations in our country's recent history. This underscores the need for all of us to stick together, and to have love and compassion for all those in grief, including ourselves. Having people to help and show concern for each other is a vital part of any individual grief process toward healing.

Isolating ourselves and dealing with grief alone is potentially a very dangerous road to take. Mental illness only compounds the problems that can accompany dysfunctional grieving. No one can stress enough the importance of reaching out to those in grief to ensure they are not alone. If you are experiencing pain and despair in your own grief process, or know someone who is, it is imperative to reach out for help. Call HOPE (315)475-4673 or LIFELINE (800)273-8255.

Take Care, -Mark

Feel free to forward your questions, comments, and ideas to mail@hopeforbereaved.com

OUR LOVED ONE'S INVISIBLE PRESENCE

The dead are not distant or absent. They are alongside us. When we lose someone to death, we lose their physical image and presence, they slip out of visible form into invisible presence. This alteration of form is the reason we cannot see the dead. But because we cannot see them does not mean that they are not there. Transfigured into eternal form, the dead cannot reverse the journey and even for one second re-enter their old form to linger with us a while. Though they cannot reappear, they continue to be near us and part of the healing of grief is the refinement of our hearts whereby we come to sense their loving nearness. When we ourselves enter the eternal world and come to see our lives on earth in full view, we may be surprised at the immense assistance and support with which our departed loved ones have accompanied every moment of our lives. In their new, transfigured presence their compassion, understanding and love take on a divine depth, enabling them to become secret angels guiding and sheltering the unfolding of our destiny.



By: JOHN O'DONOHUE, Excerpt from his books,
Beauty: The Invisible Embrace (US)
Divine Beauty (Europe)

SUPPORT GROUP MEETING

TIME 6:30 to 8:30 PM

- 1st Tues. July 5th. Death By Drug Overdose
- 1st Wed July 6th "Young at Heart" & Young
Widow/ Widowers
- 2nd Tues July 12th HOPE For Family & Friends
- 2nd Wed July 13th Suicide
- 2nd Thurs. July 14th *Oswego Gen. Group
- 3rd Weds. July 20th Bereaved Parents &
Infant Death
- 4th Thurs. June 28th. *Oswego Gen. Group

Other Support Group Meeting Times

- 3rd Wed July 20th 10am to noon (seniors)
- DAYTIME GROUP FOR WIDOWS/
WIDOWERS

Masks are optional

Meetings are held at HOPE's Center,
4500 Onondaga Blvd. Syracuse

All meetings held at HOPE's Center are in
person & by ZOOM.

***HOPE For Bereaved - Oswego** groups meet
at Christ the Good Sheperd 129 E. 4th St.
Oswego

One-on-one counseling- Call HOPE (315)
475-4673 (HOPE) for an appointment.
Can be done in person or by phone. No
charge for counseling, but donations
are welcome.

If you would like to help collate the
HOPEline newsletter, spend time with
friends & enjoy a lunch prepared by the
staff, it is held on the 2nd Tuesday of
each month, 10am
to usually 1 pm and
that includes time
for lunch.



HOPE for bereaved

As you journey from grief to HOPE

4500 Onondaga Blvd.
Syracuse, NY 13219

Electronic Service Requested

Non-Profit Org.
U.S. Postage
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Syracuse, NY
Permit NO. 713

HOPE's Center

will be closed Friday, July
1st & Monday, July 4th

For you or to share

JULY 2022



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*

Nikki Banas