

This issue of the HOPE-line newsletter is dedicated to all Fathers that have died, those still with us & Bereaved Fathers. May your families remember and honor you with love and shared memories.



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 315-475-9675.

## A Dad Hurts Too...

**People don't always see the tears a DAD cries**

His heart is broken too when his beloved child dies

He tried to hold it together and tries to be strong

He holds on to her as her tears fall

Comforts her throughout it all

**He goes through his day doing what he's suppose to do**

But a piece of his heart has been ripped away too

**So when he's alone he lets out his pain**

And his tears come down like pouring rain

His world has crashed in all around him

All that was bright has gone completely dim

He searches for answers but none are to be found

**Who offers to help a DAD up when he's hit the ground**

He smiles through his fears

Struggles trying to hold in his tears

But what you see on the outside is not always real

**Men don't always show how they really feel**

He feels he has to be strong for the others

But DADS hurt too, not just the mothers

### Share Your Story/Underwriting Opportunity

If you would like to submit an article to appear in HOPELine Newsletter, please send it to Leslie at [Iconway@hopeforbereaved.com](mailto:Iconway@hopeforbereaved.com)

\* We are looking for articles that inspire *hope, help* and *healing* for the bereaved. Each month, HOPELine is sent to 1,200 families throughout Central New York and the United States.

\* If you would like to underwrite the cost of HOPELine for a specific month, please contact Walt at HOPE at 315-475-9675. The cost to underwrite the newsletter is \$450. 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 HOPELine**

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## FATHER'S DAY GRIEF

By Maureen Hunter

Father's Day is filled with the joy and celebration of recognition and acknowledgment, the coming together with family in moments of togetherness. Yet for many it can be tinged with great sadness. For those who know the pain of grief, this day can be one of the many which triggers our loss once more. A day filled with bittersweet memories and the ache of longing.



This day impacts those who not only are physically missing a beloved father or father figure, but for those who are Dads themselves and feeling the stab that comes from their child not being there to say hello, or come by on this much celebrated family day. A Dad is always a Dad, no matter whether their child was with them for a whisper in time or for a number of years, the bond remains. Then there are those whose fathers have drifted off to a place that is unreachable, a place where their mind is untouchable and we have them but we don't. In all of this there a deep void that hangs in the air and it hurts.

It is a natural thing to focus on what we don't have on this day because it hurts so very much, yet impossible as it seems there is much we do have. Our loved ones imprint themselves on us in ways that we often don't recognise and celebrate, in ways that will remain with us always. Today this is what we have and how we can honour and remember the many beautiful special Dads on this day.

You will never lose your love - your love for them and theirs for you. It is there a constant pendulum swinging between the two of you.

Feel the essence of them within you - their mannerisms, their joy, their habits, their pursuits, themselves. Bring that to mind, remember them with love, with gratitude, with laughter on this day. Share a beautiful memory, speak their name, eat their favourite food. Live them, celebrate them.

What did they give you that is yours to keep always - tap into that today. What did they teach you? What values did you share? Their stories, their life, their view of the world are yours to take a piece of and hold tight.

What do you love most above all about them? - your one special thing, the one that encapsulates all that they were and all that they are. Keep it, treasure it and let it bloom in your heart today.

Bring this with you wherever you go this Father's Day. There will be sadness, there will be missing and wishing. Yet amidst that let them imprint themselves in your very being, in the deepest ache of your heart and in the tears that fall from your eyes. Feel their love and feel the essence of who they are with you always.

Maureen Hunter is the founder of Esdeer. She is an inspirational writer and grief steps mentor giving comfort and hope to many. She is passionate about helping people to step through grief and build a new and different life after loss, one that their loved one is always part of.



# Summertime & Grief



Summer is a season of mixed emotions for many families in grief. The end of school and after-school activities can be a relief for some, especially if they struggled with having enough energy and concentration for class and homework. Others will miss the structure and social time that school and sports provide. For adults, summer might mean a less demanding schedule, but could also add the stress of finding childcare or having enough financial resources for camps and trips. Families may also wrestle with whether to continue summer traditions they shared with the person who died. These can range from special vacations they took each year to memories of simple things, such as watching the person mow the lawn or wear their favorite t-shirt. Similar to the approach of winter holidays, summer provides a great opportunity for families to discuss their hopes and expectations for the season. If you are the parent or caregiver for grieving children or teens, set aside time to talk about memories and traditions. Everyone might have different needs, which can require some negotiating and group problem solving. If one child really wants to go **camping at their mom's favorite lake, but another doesn't, perhaps the one who doesn't can stay with a family member or friend while you go with the one who does. Reassure yourself and others that there is no right way to do summer and that it's okay to figure it out together.**

Here are two summer activities that grieving people of any age might find helpful:

- ◆ **Bubble Messages:** Bubbles are a great way to share memories and messages in a group or on your own, while also being outside. As a group, invite people to say a memory or a message to the person who died out loud or to themselves while they blow a bubble. This is also a good option for children to do on their own whenever they want to say something to the person who died.
- ◆ **Sidewalk Chalk Memories:** For this activity all you need is a sunny day, some chalk, and a sidewalk or driveway. Whether as a family or individually, people can draw pictures of summer memories with the person who died or write messages. For those who struggle with painful images or regrets, they can write or draw those and then use a hose or a bucket of water to wash them away. Acknowledging and then intentionally erasing those images and regrets may help lessen their intensity.



Whether you are eagerly anticipating or dreading the approach of summer, start with thinking **through what's important to you and your family. Being aware of how structure, or the lack of it, affects children and teens is helpful.** If you have a child who likes structure and the free time of summer is difficult, work together to come up with a daily schedule they can follow. You could also consider getting a special calendar they can write or draw on and put in all the scheduled events for summer. This visual reminder of what is coming up can help children to feel more at ease.

Borrowed from The Dougy Center: The National Center for Grieving Children & Families

If you or someone you know has questions or concerns about the approach of summer, please contact us at 315-475-HOPE (4673)



## NEWS & UPDATES FROM THE STAFF JUNE 2022

Dear Friends— As you have already read, our Founder/Executive Director Therese Schoeneck has retired after almost 44 years of bringing HOPE to thousands of grieving children, adults and families in Central New York, across the country and throughout the world. Our newsletter has been sent via email to Australia, Canada, South Africa to name a few. Our book has also been purchased & shipped to Canada, Australia, France and England. Therese has left her mark on all of our hearts and those of the bereaved people she and HOPE have served. We wish her continued healing from her fall and a retirement filled with fun, family and peace! Love & hugs-The Staff

Please keep in your thoughts & prayers... Therese Schoeneck, Christy Dannible, Kathy Spencer, Christine Hart, Lanie Moses, Ann & Dan Emond, Kevan and all our first responders, medical staffs, essential workers and their families in your prayers for good health during these difficult days. **Please remember the Family of William "Bill" Schoeneck, David Schoeneck brother who died April 29th.** HOPE Staff is keeping in prayer the staff of Francis House and the family of Sister Kathleen Osbelt who died on May 4th.

Long time volunteer Jane Kwasigroch died on April 15th. Jane was part of the monthly HOPEline newsletter lunch ladies for more than 10 years. Jane would donate a 3lb can of coffee every month. For years HOPE has not had to buy coffee for the office thanks to Jane. Our heartfelt thanks to her family for designating HOPE recipient of donations in memory of Jane.



Please welcome to **HOPE's family of** counselors/volunteers:

Deb Jones— Deb will be manning the phones and reception desk on Fridays

Lynn Marinelli, Deb Lane & Joanne Downes—have answered the call for additional counselors to help with the tremendous requests for one-on-one counseling at HOPE. Each have experienced the death of a loved one and sat in with HOPE's counselors to observe. They are ready to bring HOPE to our grieving clients. If

**you would like to schedule a session with our dedicated counselors or volunteer at HOPE's Center please call HOPE at (315)475-HOPE(4673)**



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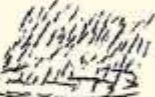








Hope  
For  
Youth



6/2022

Dear Friends,

There are points  in our journey when our grief is like a thunderstorm.  Clouds in the sky build up and get darker.  It becomes windy, and we may feel a few big raindrops.  Soon, it is pouring, and there is a lot of thunder  and lightning.  It can be scary for a while!  Our feelings in grief can be scary when we have a lot of clashing and noise inside of us. During a thunderstorm, we need shelter, and go to a safe place until the storm passes. In our grief journey, that safe place can be with a loved one or in a comfortable place. Then we can do things that help us feel better.  The thunderstorm soon passes, and the rainbow and sun  come out again! Love,  
Mark 



**for  
Teens & Adolescents**

Dear Friends,

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*We have all seen and heard that we should reach out to others when we are hurting, and talk to someone about those feelings. This is especially true for those of us on our grief journey. Why is it so important to let our feelings out? First of all, it is dangerous to ignore our feelings, or pretend they aren't there. Negative feelings don't just eventually evaporate. Instead, they will stay inside of us and fester, until we begin to feel "stuck". Working through these feelings by ourselves without help rarely leads to a good outcome. "Just get over it" is bad advice!*

*What happens when we allow our negative feelings to remain inside? It is like a food item that sits on a shelf for too long, and becomes rotten. In some cases the food might look OK, but underneath, harmful bacteria are raging and growing. Eating spoiled food can cause us to get sick (or worse)! In grief, sadness that grows inside unchecked can turn into depression. Anger can become bitterness, and guilt can lead to apathy. Depression, bitterness, and apathy unresolved could lead to hopelessness, and then to despondency. We then risk making poor and unhealthy choices. When we deal with feelings such as sadness, anger, and guilt as they occur, we will be able to work through our grief journey in a much healthier way. Coping with our feelings in grief will make us stronger and live better!*

Take Care,  
-Mark

*Since this is your newsletter, feel free to forward your questions, comments, and ideas to [mail@hopeforbereaved.com](mailto:mail@hopeforbereaved.com)*

## SAVE THE DATES

- **June 6<sup>th</sup> Tournament of HOPE honoring Therese Schoeneck (please see insert)**



- **June 11th Day of Remembrance  
@ The Butterfly Garden of HOPE  
12noon-1:00**



- **August 6<sup>th</sup> Remembrance Run/Walk for HOPE**



### SUPPORT GROUP MEETING

TIME 6:30 to 8:30 PM

1<sup>st</sup> Wed June 1st "Young at Heart" & Young  
Widow/ Widowers

1<sup>st</sup> Tues. June 7th. Death By Drug Overdose

2<sup>nd</sup> Wed June 8th Suicide

2<sup>nd</sup> Thurs. June 9th \***Oswego** Gen. Group

2<sup>nd</sup> Tues June 14th HOPE For Family & Friends

3<sup>rd</sup> Weds. June 15th Bereaved Parents & Infant  
Death

4<sup>th</sup> Wed June 22nd Suicide

4<sup>th</sup> Thurs. June 23rd. \***Oswego** Gen. Group

4<sup>th</sup> Tues. June 28th Death By Drug Overdose

#### ***Other Support Group Meeting Times***

3<sup>rd</sup> Wed June 15th 10am to noon (seniors)

#### **DAYTIME GROUP FOR WIDOWS/WIDOWERS**

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

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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 and that in-  
cludes time for lunch.

# HOPE

for bereaved  
As you journey from grief to HOPE

4500 Onondaga Blvd.

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For you or to share

JUNE 2022



## Grief

by Gwen Flowers

*I had my own notion of grief. I thought it was the sad time that followed the death of someone you love. And you had to push through it to get to the other side.*

*But I'm learning there is no other side. There is no pushing through. But rather, There is Absorption. Adjustment. Acceptance.*

*And grief is not something you complete, But rather, you endure. Grief is not a task to finish And move on, But an element of yourself. An alteration of your being. A new way of seeing. A new definition of self.*