

Celebrating 45Years of HOPE

Our goal, in this 44th 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.

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).

“Pain becomes bearable when we are able to trust that it won’t last forever, not when we pretend it doesn’t exist”.

GRIEF RECOVERY RESOLUTIONS FOR A NEW YEAR

By: Victor M. Parachin

Here are some grief recovery resolutions and intentions to help the healing process as a new year begins: Each day, I will . .

- Remember to live in the present. The past is gone; the future is uncertain but I will make the most of today.
- Open my heart asking God (or the Universe or a Higher Power) to help me heal.
- Remind myself that every day is a healing day.
- Do the best I can for my own good and for the good of others.
- Count my blessings, remembering that my cup is always half full and never half empty.
- Avoid setting unreasonable, perfectionist goals for myself.
- Nurture my spirit through prayer, meditation, worship and inspirational readings.
- Take care of my physical self by eating nutritious, balanced meals and by engaging in physical exercise.
- Believe that “help” is not a four-letter word; that asking for assistance with various issues is both mature and wise.
- Choose to respond positively and creatively to problems which come my way.
- Seek out all resources to find relief for my sorrow and get the support I need.
- Not indulge in guilt and regrets because they don’t change anything.
- Maintain hope believing that the light always dispels the deepest darkness.
- Trust that the pain will pass and peace will come.
- Forgive others for being human and fallible.
- Find role models to inspire me on my journey through bereavement.
- Be kind, compassionate and generous toward others.
- Practice patience with myself because healing and recovery take time.
- Allow myself to feel good again.



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 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!

Our Feature Articles

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An Idea for the New Year.....

So many of us look to the New Year as a time of new beginning, a sign that things will be different. And then we wake on January 1st and things are just the same. Are you wondering what you can do to make this New Year better? Some things really can be different, but you'll have to work on it.



As an idea, take a piece of paper (or sit down at your computer) and at the top write “This year I hope I can.....” or “This year I hope to do.....”. Then make a list of what you hope will be different in 2023 and what you will have to do to make it happen. Maybe you could number each “hope” in the order of your preference or what is most important to achieve. That’s the easiest step.

Now you have to work on each “hope”. Now it is time to work on one thing at a time, one day at a time, one step at a time. As you work on each item record your comments, and as soon as you complete a goal mark it off your list. Some may come off quickly, some may take longer. The idea is not to become discouraged but to be able to see that you are making progress. Remember it is progress each and every time you accomplish something you do, no matter how small or trivial it may seem at the time. Often seeing a sign of progress in our difficulties encourages us to work harder at what we need to do.

By Mary H. Ballard

**Be proud of how you’ve been handling these last few months.
The silent battles you’ve fought, the moments you’ve had to
humble yourself, the times you’ve wiped your own tears.
Celebrate your strength!**

Beginning Again...



The holidays are a time of joy, laughter, celebration or.... are they? To those parents who have lost a child, the holidays can be a time of stress, sadness, loneliness, and dread. How can those persons manage to get through another holiday season?

The following tips are designed not to erase or resolve the grief that a person experiences after the death of a child, but as a means to begin again. Perhaps taking these tips and making them unique to you, may be a starting point. This list of tips is by no way comprehensive, but it is offered as a way to help you know how others have found ways to cope through an extremely difficult time.

1. Accept your feelings. Cry if you need to or want to, but most importantly allow yourself to feel, without guilt or explanations, the sadness, the pain, or any other emotion you are experiencing.
2. Give yourself freedom to get through the holidays at your own pace. Don't feel up to the office party? Then don't go. Allowing yourself some space and not feeling obligated to go to the party, or not feeling guilty because you aren't up to your usual frantic pace this year, is okay. Be realistic about what you can and cannot do during the holidays but, more importantly, know that the holidays cannot produce magical feelings or provide solutions to your problems.
3. Change your routine. Have you always gone to Aunt Sue's for thanksgiving or Christmas? Then perhaps a meal at a restaurant or at a different relative's house might be helpful.
4. Let others know what is going on with you. If you don't feel up to your usual holiday routine, tell someone. Most people realize that the holidays are tough; especially after the loss of a child the holidays can be overwhelming. Finding one person with whom you can share your grief can be invaluable during a stressful time.
5. Seek some support. There are many groups available that help parents through the loss of a child. They meet at hospitals, churches, and in community centers. There are national groups of parent support for those who have lost a child, called "The Compassionate Friends."
6. Find a way to remember your child. Placing flowers in church, leaving a holiday arrangement at your child's grave, volunteering with a children's group during the holidays, are all ways to remember your child. Each of us is an individual and experiences grief in a unique way, so make your remembrance of your child unique to you.

By: Kathy Sutton, a former high-risk obstetrical RN. Kathy has a BA from Hardin-Simmons University in Abilene, Texas, and a BS in Nursing from Texas Women's University in Denton, Texas. In the course of her nursing career, she has helped several women deal with the loss of children both at the bedside, and online for Beyond Indigo. She and her husband have dealt with the loss of two children in their personal lives as well.

A special thank you to www.griefwatch.com and Beyond Indigo for sharing your grief articles with HOPELine.



January 2023

From the Director

Dear Friends,

2022 has been a very special year for me, as in July I joined the family at HOPE for Bereaved, Inc. Over the past year, my own interpretation of the meaning of “hope” has been transformed by desire and fulfillment. *“Hope is the one thing that can help us get through the darkest of times”.* ~Unknown

As we look to 2023, **HOPE’s Board of Directors, Staff, and Volunteers** remain dedicated to upholding **HOPE’s** Vision, established by **HOPE’s** founder, Therese Schoeneck. We are committed to the privilege of serving our community!

I look forward to **HOPE’s** bright future with enthusiasm and hopefulness!
Gratefully, Alicia



Special Thanks..... The **O’Marah Family; Jim & Sheila and Scott & Allison** for serving as Community Co-Chairs for the Celebration; JoBeth Lehrer, Julie Steinbrecher, Kathy Kowalczyk, Peg Card, Joyce Salvetti & Margie Nye for working long days & nights to prepare and set up the Virtual Celebration. The Celebration Committee for their hard work and the compassion they put into making the Celebration of HOPE the success it is, year after year. This year was no exception, as they managed to pull it altogether in a very short time. Thank you to all who donated items for the online auction. Congratulations to our honorees Bob & Marcia Hunt, Ed & Lanie Moses and Therese Schoeneck.

Thank you to Walt Stein, Patty Coon, Kim Bermel, Katie Shafer, Roxanne McMaster, Diane DeCarlo for being on the panels for our annual “**Coping With the Holidays**” programs. Thank you to **St. Ann’s/St. Charles Church** and for letting us hold it at St. Charles, Fr. Fred for hosting it at All Saints Church and Safe Harbor Wills & Trust for sponsoring one of the evenings..

Thank you to **Jim Sollecito & his crew** from **Sollecito Landscaping** for their work at the Butterfly Garden. Jim said **“we trimmed up the Hydrangea collection, including Peter’s Tree, and applied all of the necessary winterization products. It should be all set for spring, and we removed all of the trimmings from the site. We also did the Swamp White Oaks and the two small island plantings near the entrance. We want things to look right.”**
Thanks to all you efforts at the garden



Big thanks to **Kathy Zepp** for sharing her story for our **Year End Appeal**. Thank you to all who have donated to this appeal but..... if you have not yet responded-there’s still time!

Thank you **MaryBeth Harrison & Kim Onisk** for donating fidget toys for our youth room. Our youthful clients and Youth Counselors love them.



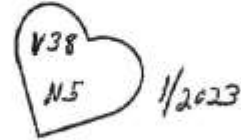
Remember when you shop AMAZON use AMAZON SMILE and choose HOPE FOR BEREAVED - the Amazon Smile Foundation donates back .05% of your purchase price of eligible products to HOPE! <https://smile.amazon.com/>














Please keep Therese Schoeneck, Bob Kriesel, Kathy Kowalczyk, Christy Dannible, Kathy Spencer, Christine Hart, Lanie Moses, Ann & Dan Emond, Kevan and all our medical, front line workers and their families in your prayers for good health .



Hope
For
Youth



Dear Friends,

Now that the holiday season     is over (or almost over), it may be a good  time to think about  how things went. We can ask ourselves questions such as: "what did I like best about the holidays?" "What was the most difficult part of the holidays?"  "What things would I like to do again in the future?"  "What should I do differently next holiday season?" Asking ourselves these questions and assessing our holidays can provide clues  and guidelines on how to improve  our holidays as we deal with our feelings of grief. 

LOVE, MARK 



Dear Friends,

Vol 1 #10 1/2023

As the holiday season winds down, we embark upon a new year. Traditionally, it is a time of reflection upon our past, with an anticipation of the coming year. This dichotomy of looking backward and forward is particularly meaningful for those of us in grief. We miss our deceased loved one; we have many memories of them, and the many things we would do together. Remembering these parts of our lives can often be both comforting and painful at the same time. And we may view the coming year with both dread and hope; there may be anxiety over what the new year may bring, and yet we may have hope that better times lie ahead.

*Of course, it is popular at this time to make resolutions for the New Year, with promises of improving our lives, changing bad habits, and becoming a better individual. While this is certainly a healthy exercise to be encouraged, I offer a slightly different focus for my companions on the journey through grief. **Reduce** expectations of the way things **should be**; rather, **appreciate** the past we had with our loved one, and **be open** to the possibilities that await us in the future. Meanwhile, live in the **present** – one day, one hour, one minute at a time. Live these moments to their full. In the end, it is all we have!*

Take Care, -Mark

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

From The Soul Journey with Sarah Moussa

We don't get to tell someone else how to grieve, or for how long



Q: How can I help someone who has been grieving for over a year?



Me: Be patient with them, grief does not follow a clock or calendar.

Grief lasts forever.....we all go through it differently.



Meet them where they are, not where you think they should be.



SUPPORT GROUP MEETING

TIME 6:30 to 8:30 PM

1st & 3rd Tues. Jan 3rd & 17th Death By Drug
Overdose

1st Wed. Jan. 4th HOPE for Widows/Widowers,
Engaged & Significant Others

2nd Tues. Jan. 10th HOPE For Family & Friends

2nd & 4th Wed. Jan. 11th & 25th Survivors of
Suicide

3rd Weds. Jan. 18th. Bereaved Parents &
Infant, Newborn, Miscarriage Death

Other Support Group Meeting Times

3rd Wed Jan. 18th. 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.

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 &
that includes



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
PAID
Syracuse, NY
Permit NO. 713



January 2023

Butterfly Garden News

Our Photo Brick Garden is now installed and we are accepting orders for photo bricks. Photo bricks are the only bricks placed in this special area. There are brick pathways to walk on so the photo bricks are NEVER stepped on. An obelisk has been designed and placed in the center of the Photo Brick Garden. Plans are being made to take orders for butterflies in memory of loved ones to be installed on the obelisk. There are a limited number of spots for the photo bricks and the butterflies. If you are interested in purchasing a brick or would like more information, please or write call Kim at

315-475-HOPE (4673) or

kbermel@hopeforbereaved.com

