

Celebrating 44 Years 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.

AWEE IRISH BLESSING

*May the road rise up to meet you;
 May the wind be ever at your back;
 May the sun shine warm upon your Face,
 and the rain fall softly on your fields,
 and until we meet again...*

May God hold you in the hollow of His hands

Your life was a blessing

Your memory is a treasure



*This issue is dedicated in loving memory of
 "Kay" by her daughter Leslie Conway*



She was my Mother, my mentor, my biggest fan. Her love knew no bounds. Her only grandson's most vivid memory of her is "wow, can she hug". I miss her like it was yesterday, not 29 years ago.

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 via mail & email to 1,800 families throughout Central New York and the United States. If you would like to underwrite the cost of the HOPE-Line 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 & photo of your loved one.

Our Feature Articles

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Reading through Grief

By Joan Norris

I have never really been an avid reader, until now. After my son died, I felt like I *needed* to do *something, anything*. I felt so helpless, I needed to know how other people that had lost children dealt with it. I found that books could provide me with some of the answers I was looking for. I devoured books by parents whose children had passed away. Book after book validated my thoughts and feelings as being normal. Some of the first ones I read were: Sharing My Stones by Marianne Angelillo, The Shack by Wm. Paul Young, and The Voice Of An Angel by Marcy Stone. Later I added How Much Big Is The Sky by Sherry Chapman and Confessions Of A Griever by Crystal Webber to my list.

As a mom, I needed to find out if my son had made it to heaven and if he was alright in the afterlife. I do believe in God and Heaven, but I am not a go to church every Sunday type of person. God and I hadn't talked in a while. I knew my son would go to heaven, but what were his days like now? I searched for answers and comfort by reading books from two known Mediums: Theresa Caputo (Long Island Medium) and Monica the Medium. Along with those I read books about heaven: Heaven Is For Real by Todd Burpo, and Heaven Is Beyond Your Wildest Expectations by Sid Roth & Lonnie Lane

I gained more of an understanding of grieving when I read Beyond Tears by Ellen Mitchell, I Wasn't Ready To Say Goodbye by Brook Noel & Pamela D. Blair PHD, and How Do You Live After Your Child Dies? by Nisha Zenoff, PHD. Grief is long and complicated journey. There are five stages that don't go in any kind of order and you don't even complete one before going into another. It is definitely a roller coaster ride of emotions and you feel like you are all over the place.

The journey of grief is sometimes described as The Valley of the Shadow. The Valley of the Shadow is the time *between* the death of your loved one and the time you decide to reinvest yourself fully in your life, as it is now. We each have to decide for ourselves whether we are going to give up the fight and take up residence in the Valley. Or whether we are going to struggle through each day to move forward. It takes a long time to get through the Valley, much longer than anyone who hasn't grieved realizes. Recently, I read the book Finding Meaning by David Kessler, it is like the unofficial 6th stage of grief. It really ties into the fact that we all have that very important decision to make. If we choose to move forward, we need to search our hearts and decide what we find meaningful in our lives. Then when we reinvest in our lives, we focus on these things that are most meaningful to us going forward.

“My friend just died. I don’t know what to do.”

Author Unknown

“Alright, here goes. I’m old. What that means is that I’ve survived (so far) and a lot of people I’ve known and loved did not. I’ve lost friends, best friends, acquaintances, co-workers, grandparents, mom, relatives, teachers, mentors, students, neighbors and a host of other folks. I have no children, and can’t imagine the pain it must be to lose a child. But here’s my two cents.”

I wish I could say you get used to people dying. I never did. I don’t want to. It tears a hole through me whenever somebody I love dies, no matter the circumstances. But I don’t want it to “not matter”. I don’t want it to be something that just passes.

My scars are a testament to the love and the relationship that I had for and with that person. And if the scar is deep, so was the love. So be it. Scars are a testament to life. Scars are a testament that I can love deeply and live deeply and be cut, or even gouged, and that I can heal and continue to live and continue to love. The scar tissue is stronger than the original flesh ever was. Scars are a testament to life. Scars are only ugly to people who can’t see.

As for grief, you’ll find it comes in waves. When the ship is first wrecked, you’re drowning, with wreckage all around you. Everything floating around you reminds you of the beauty and the magnificence of the ship that was, and is not more. And all you can do is float. You find some piece of the wreckage and you hang on for a while. Maybe it’s some physical thing. Maybe it’s a happy memory or a photograph. Maybe it’s a person who is also floating. For a while, all you can do is float. Stay alive.

In the beginning, the waves are 100 feet tall and crash over you without mercy. They come 10 seconds apart and don’t even give you time to catch your breath. All you can do is hang on and float. After a while, maybe weeks, maybe months, you’ll find the waves are still 100 feet tall, but they come further apart. When they come, they still crash all over you and wipe you out. But in between, you can breathe, you can function.

You never know what’s going to trigger the grief. It might be a song, a picture, a street intersection, the smell of a cup of coffee. It can be just about anything...and the wave comes crashing. But in between waves, there’s life.

Somewhere down the line, and it’s different for everyone, you find that the waves are only 80 feet tall. Or 50 feet tall. And while they still come, they come further apart. You can see them coming. An anniversary, a birthday or Christmas, or landing at O’Hare. You can see it coming, for the most part, and prepare yourself. And when it washes over you, you that somehow you will, again, come out the other side. Soaking wet, a sputtering, still hanging on to some tiny piece of the wreckage, but you will come out.

Take it from an old guy. The waves never stop coming, and somehow you don’t really want them to. But you learn that you’ll survive them. And other waves will come. And you’ll survive them too. If you’re lucky, you’ll have lots of scars from lots of loves. And lots of shipwrecks.





HOPE Updates



March 2023

We have reached out to **Delmonico's Italian Restaurant** and they will hold their anniversary party in Syracuse on **May 9th, 2023**. For our new clients, this is an amazing fundraiser for **HOPE**. Delmonico's celebrates their anniversary and donates 50% of the total receipts taken in from 4:30PM– closing to HOPE. That includes eat-in, bar, and take-out. The first party was held in 2008 and we have been the recipient every year since, except 2020, 2021 & 2022 due to COVID. Owners John & Joanne Wade have very generously donated over \$90,000 and all HOPE has to do is get people to come out for a wonderful evening, have a great time, great meal and support HOPE. More information in future newsletters and on HOPE's website. **So mark your calendars-MAY 9TH 2023, from 4:30-closing!!**

WE GET CALLS: Most often, client stories begin on the telephone. Many calls are from individuals who do not reside in or near Onondaga County. One such call came in last week from out of state. This individual was asking about HOPE services. Her relative died recently, and she was looking for someone to talk to and “walk” with her on her grief journey.



HOPE's services were explained to her; one to one telephone counseling, monthly support group that she could attend via zoom, and the HOPE website where she could find our monthly newsletter.

Her response was very positive. She was anxious to share information about her loved one who had died and expressed thanks for our “**being here**” for her. She stated that she was unable to locate any similar services in her area and found **HOPE** on the internet.

Our Photo Brick Garden is completed and ready to accept orders for the 8 x 8 photo bricks. The bricks come with 4 lines and a permanently affixed raised tile with the photo of your loved one. The cost of the photo brick is \$300. You may also purchase a symbol for an additional \$25 and/or up to two extra lines for \$15 each. The space is limited so we urge you to reserve a spot by contacting Kim or Kathleen at 315-475-HOPE (4673) or kbermel@hopeforbereaved.com.



Please keep Therese Schoeneck, Kathy Spencer, Bob Kriesel, Kathy Kowalczyk, Christine Hart, Lanie Moses, Ann & Dan Emond, Kevan, HOPE clients and all medical staff, essential workers and their families in your prayers for good health & safety.

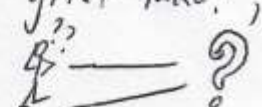






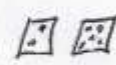




Hope
For
Youth



3/2023

Dear Friends,

I have often been asked "How long will my grief take?" or "When will my journey through grief end?"  To answer these questions, we must ^{first} understand that each person is unique, so no two grief journeys are exactly alike. This means that each of us must go on this journey at our own pace.  So as we deal with the death of our loved one,  we may have some good  days, and some bad  days. Some of our family and friends might appear to be doing better  (or worse ) than we are. We are all different,  and must go through our feelings in ways most helpful to each of us. There is no right or wrong way to grieve (we musn't hurt ourselves!!!). If we deal with our feelings together, we will begin to feel better! 
Love, MARK 



**for
Teens & Adolescents**

Dear Friends,

Vol 1 #12 3/2023

Our journey through grief is a painful process, as we build toward healing and finding a “new normal” without our loved one who died. At the same time, we miss them terribly, and often ache for them. We may wonder: “Will my feelings of grief ever go away? Will my journey ever end?” The short and definitive answer is “No”. However, there is no need to despair if we understand why.

*As unique individuals, we are each different in many ways. We all grieve in our own style; we cope differently as we experience feelings specific to our selves. There is no correct way to grieve; and as long as we avoid harmful reactions or behaviors, there is no erroneous way to grieve. Yet one of the beauties of grief (and being human, for that matter) is that we also share similarities with one another. While some of us are having a difficult time on our grief journey, others may be experiencing moments of comfort. Some days we may be tearful and feeling miserable, while others could be having a “good” day. It is important to remember that while we are not necessarily always on the same page, **we all share similar feelings at one point or another.** We all heal at our individual pace; we all gradually feel “better” as we realize our new normal. Does our grief ever completely end? As long as we remember and continue to love our deceased loved one, then grief becomes a positive part of who we are, and who we become!*

Take Care, -Mark

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

The Love Was Worth It

By Liz Newman

**I don't know what grief will look like tomorrow,
But I'll face it, I'll feel it.**

As your memory washes over me,

One day at a time

One wave at a time.

For such a love,

Grief is the price of admission.

The cost of the human condition

So, I'll pay it over and over again

Until I see you again

The LOVE was worth it.



SUPPORT GROUP MEETING

TIME 6:30 to 8:30 PM

- 1st Wed. Mar. 1st HOPE for Widows/
Widowers, Engaged & Significant Others
 - 1st Tues. Mar. 7th Death By Drug Overdose
 - 2nd Wed. Mar. 8th Survivors of Suicide
 - 2nd Tues. Mar. 14th HOPE For Family & Friends
 - 3rd Weds. Mar. 15th Bereaved Parents &
Infant Death
 - 3rd Tues. Mar.. 21st Death By Drug Overdose
 - 4th Weds. Mar. 22nd Survivors of Suicide
- Other Support Group Meeting Times***
3rd Wed Mar. 15th 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 some coffee or tea, it is
held on the 2nd Tuesday of each month,
9am to usually 11am.



HOPE

for bereaved
As you journey from grief to HOPE

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March 2023

FUTURE HAPPENINGS AT HOPE IN 2023

- ◆ The Butterfly Garden will be preparing for spring clean-up and planting in April (weather permitting) and as always, we are looking for volunteers to help. If you or your place of business would like to get involved, please call HOPE 315-475-4673 and our Garden Coordinator, Kathy, will get in touch with you with details
- ◆ HOPE may have an opportunity to work a concession stand at the PGA Championship at Oak Hill Country Club, East, May 15-21. This will involve many volunteers over the course of a week. More information and volunteer opportunities in the April HOPELine and HOPE's website.
- ◆ **Delmonico's Italian Steakhouse** will host their anniversary party on May 9th, 2023. Please see information on page 4.
- ◆ HOPE's annual Remembrance Run/Walk for HOPE will be held on August 5th, 2023, Long Branch Park
- ◆ HOPE will hold its annual Butterfly Garden Memorial Service on September 16, 11 am to 12 pm. More details will be forthcoming.
- ◆ Celebration of HOPE 2023, celebrating 45 years of HOPE serving grieving people in our community and beyond, date to be determined.

Many of these fundraisers require several volunteers to be on a committee or work the event. If you are interested in helping out, please call HOPE
(315)475-HOPE (4673)