



HOPELine Newsletter ~ August 2023

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

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.

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

ROCKY & ROSE CHECOLA

By their children, grandchildren & great grandchildren

When we think of you, sometimes we shed a tear. You were such amazing parents, so loving and so true. We are forever grateful that we had a mom & dad like you!

WE ALL MISS YOU!
YOU ARE BOTH FOREVER
IN OUR



The HOPE Center will be closed on Sept. 1st & 4th in honor of Labor Day. Please a safe & peace-filled holiday.



IF WE COULD HAVE A LIFETIME WISH, A DREAM THAT WOULD COME TRUE, WE'D PRAY TO GOD WITH ALL OUR HEARTS FOR YESTERDAY AND YOU. A THOUSAND WORDS CAN'T BRING YOU BACK; WE KNOW BECAUSE WE'VE TRIED. NEITHER WILL A THOUSAND TEARS; WE KNOW BECAUSE WE'VE CRIED. YOU LEFT BEHIND OUR BROKEN HEARTS AND HAPPY MEMORIES, TOO. BUT WE NEVER WANTED MEMORIES, WE ONLY WANTED YOU! (AUTHOR UNKNOWN REPRINTED WITH PERMISSION FROM HEALING HEARTS, THE NEWSLETTER OF THE GRIEF CENTER OF THE SOUTHERN TIER, PAINTED POST, NY JUNE, 2004)

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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Assessing Your Progress

By: Dr. Alan Wolfelt



Your grief journey will not be quick and easy. Often it will feel like you are moving backwards, not ahead. But to reconcile your grief, you must ultimately continue moving forward.

Following are six of the central needs bereaved people must meet if they are to reconcile their grief. You will probably jump around in random fashion while working on these six needs. Sometimes you will be working on more than one at a time.

The important thing is to realize that in one fashion or another, you too must be making progress in meeting these needs if you are to heal.

1. Acknowledge the reality of the death.

Whether the death was sudden or anticipated, acknowledging the full reality of the loss may take weeks or months. You may move back and forth between protesting and encountering the reality of the death. You may discover yourself replaying events surrounding the death and confronting memories, both good and bad. It's as if each time you talk it out, the event is a little more real.

2. Move toward the pain of the loss.

Expressing your thoughts and feelings about the death with all of their intensity is a difficult but important need. You will probably discover that you need to "dose" yourself when experiencing your pain. In other words, you cannot or should not try to do this all at once.

3. Continue the relationship with the person who died through memory.

Embracing your memories—both happy and sad—can be a very slow and, at times, painful process that occurs in small steps. But remembering the past makes hoping for the future possible.

4. Develop a new self-identity.

Part of your self-identity comes from the relationships you have created with other people. When someone with whom you have a relationship dies, your self-identity naturally changes. Many people discover that as they move forward in their grief journey, they ultimately find that some aspects of their self-identities have been positively changed. You may feel more confident, for example, or more open to life's challenges.

5. Search for meaning.

When someone loved dies, you naturally question the meaning and purpose of life. Coming to terms with those questions is another need you must meet if you are to progress in your grief journey. Move at your own pace as you recognize that allowing yourself to hurt and find ongoing meaning in your life will blend into each other, with the former overtaking the latter as healing occurs.

6. Continue to receive support from others.

You will never stop needing the love and support of others because you never "get over" your grief. As you learn to reconcile your grief, however, you will need help less intensely and less often. So, while you probably won't need to see a counselor forever, you will always need your friends and family.



Time: How Long Will It Take?

By Charlotte M. Mathes, LCSW, Ph.D.



Waiting? OK. But will a lightness of heart ever come? Does time really heal all wounds? Mothers who have experienced child death assure us that "it will get better." Friends and loved ones may tell us that "it is time to get over it and get on with life." We hear about closure, but researchers say that a mother never ceases mourning the death of her child. The truth is that there is no set chronology for mourning mothers.

In mythology, Father Time is sometimes depicted as helping Truth out of a cave, symbolizing that in time all things come to light. We cannot hurry "Truth" along. Like the ancient alchemists, we must wait for *kairos*, the astrologically correct time, or God's time, for allowing things to turn out right. Our questions about how long it will take to heal may long remain unanswered.

Changes in One's Sense of Time.

The grieving process alters our personal sense of time in several ways. During the traumatic hours after the death, everything in our other life comes to a halt, and our time stops. It takes a number of days before we realize that, although our world has changed forever, the rest of the world continues its usual operations.

At my daughter's funeral, I was amazed when a friend told me he had to get back to his office. It dawned on me that people were going about their business. The world went on, though my world had ended. --Emily

After the service I stood at the grave site, holding a rose from the casket. Time had stopped. My sister came up and said I had to leave because other people wanted to go home. --Annie

For the rest of our lives, however, the moment of our child's death continues frozen in time. We remember every detail of the event as if it were yesterday, and we continue to mark the chronology of our experiences with that dreadful date. Paul Newman, whose son died of a drug overdose said that everything in his life was divided into two periods, time before his son died and afterward.

As we continue to mourn, our normal sense of time alters in another way: we mark time carefully. We count the number of months we have lived without joy, since the light of our life has been extinguished.

Dear Andrew,

It's been nine months. It took me nine months to bring you into the world and now you have been away from this world for nine months. Today the grief washes over me and I hear myself crying 'Mama.' I am a child myself, and I long for comfort. I don't know if comfort exists when you are gone. --Kate

Part of our altered sense of time arises from knowing that the death of our child also means the death of part of our future. Holidays and family traditions will never be the same. Now we will always remember the birthday of the one who is gone, and the anniversary of her death is forever branded in our heart, marking our time. We mourn not only losses in our own future but the un-lived future of our child. When we attend a graduation or a wedding, we ache for our child who was deprived of these rites of passage. How can we attend these ceremonies without feeling victimized? The way out of victimization I know is this: we must eventually come to see our own mourning process as a personal rite of passage. We are being initiated into a different life with new perspectives.

Excerpted from *And a Sword Shall Pierce Your Heart: Moving from Despair to Meaning After the Death of a Child* by Charlotte M. Mathes, LCSW, Ph.D. Copyright © 2006 Charlotte Mathes. Published by Chiron Publications; September 2005



News & Updates from the Staff

August 2023

Dear Friends, We hope you're all well and staying cool this summer. On June 26th HOPE held their annual Tournament of HOPE golf tournament. After the past years of changing venues, new clients and COVID we had 23 teams who had a great time, good food and no rain. The weather held out until all rounds were completed. We received many **compliments & "we'll be back"** from golfers and volunteers. Now onto the Remembrance Run/Walk for HOPE. There's still time to register at runsignup.com or HOPE's website hopeforbereaved.com. It promises to be a great day!

Love & hugs- The Staff

On June 15th, HOPE's dear friend and long time dedicated volunteer, Pat Fatti died. Pat first came to HOPE following the death of her daughter, Lisa in 1980. Pat attended the Bereaved Parents Support Group at the Harrison Center. Throughout the years Pat referred HOPE to several friends who came to the Widow/Widower Support Group or the Bereaved Parents Group. Pat also volunteered at HOPE answering phones, working on mailings and also wrote an article for HOPE's book, *HOPE For Bereaved: Understanding Coping & Growing Through Grief*. Pat sat on a panel at our Skilled Helper Training sharing her grief and coping skills. Pat was truly a blessing to HOPE and we are so grateful to have had her support and friendship. We will miss her dearly. We are thankful to **Pat's children**, John, Mary Pat & Carol for designating HOPE as beneficiary of donations in memory of Pat. Our thoughts and prayers are with her family.



Special thanks.....To all donors, sponsors, golfers, volunteers and Sunset Ridge for their help in making our Tournament of HOPE a great success.



Youth Group thank you.... To the group facilitators Margi Doran and Lynn Marinelli for sharing their time & talents with the children who participated in the Youth Support Group. Each meeting was filled with activities and time for participants to share their feelings and fill their **"Special Person Bag"** with memories of their loved one.

We often overlook the grief of children. These sessions allow them to express their feelings with other grieving children instead of just the adults in their lives.

Margi & Lynn are coordinating another group session for late summer/early fall. If you have a child who would like to participate, please call HOPE at 315-475-HOPE(4673) for further information



Please keep Therese Schoeneck, Christy Dannible, Kathy Spencer, Christine Hart, Ann & Dan Emond, Kevan and all our first responders, medical staffs, essential workers and their families in your prayers for good health .







Hope
For
Youth




8/2023

Dear Friends,

We miss our loved one who died ~~so~~ because they are no longer physically with us. Even though we know they died ~~of~~, are they still alive in a different way ~~??~~?

There can be a number of answers to this, depending upon what each person believes. Many people believe their loved one lives on after death when their soul leaves their body. The soul is the inside part of us that makes us who we are, including our personality and our thoughts and feelings.  Our soul continues to live after we die, and goes to a wonderful place that many people believe is called Heaven.  There are a lot of belief systems that address what happens when we die. No matter what we believe, there is no doubt that our loved one lives on in our memories , the things they taught us ~~to~~, and who we become. 

Love, MARK 



HOPE
for
Teens & Adolescents



Dear Friends,

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Years ago, people would often refer to this time of year as the “dog days” of summer. This was attributed to the hot and humid weather that occurs in the Northern Hemisphere at this point in the year, causing many people (and animals) to seemingly slow down and rest more frequently. As a matter of fact, a dictionary definition of dog days is “a period of stagnation or inactivity”.

There may be times in our grief journey that could feel like “dog days”, where we might need to take a break from the intensity of the raw emotions that occur. To “slow down” does not mean that we stop grieving, nor are we putting our grief “on hold”. The feelings we experience still run through our journey, similar to an underground stream. We may not notice it at certain points, but the grief is still there. Slowing down gives us a chance to catch our breath and take a rest during what may seem like a period of stagnation or inactivity. However, the healing process continues. Growth and learning still occur!

So it is OK to allow the “dog days” into our grief journey; we will still miss our deceased loved one, we will still have good days and bad days. Intense feelings of grief will return, followed by periods of relative calm. All of these ebbs and flows of grief are a vital part of our recovery process.

Take Care, -Mark

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

CELEBRATION OF HOPE 2023

On November 10, 2023 HOPE For Bereaved will celebrate its 45th anniversary of helping grieving children, teens and families of our community and beyond. The Celebration of HOPE 2023 will be held at the OnCenter. We are looking for donations for our live and silent auctions. Theme baskets are very popular and can be donated in memory of a loved one. Restaurant, store and golf gift certificates are also big draws. Please consider donating an item, a basket or gift card. Plan to attend, get your business or company to purchase a table, do a memorial or take out an ad. Let's make our 45th Sapphire anniversary Celebration of HOPE the biggest and best yet!



SUPPORT GROUP MEETING

TIME 6:30 to 8:30 PM

- 1st Tues. Aug. 1st Death By Drug Overdose
- 1st Wed Aug. 2nd "Young at Heart" & Young Widow/ Widowers
- 2nd Tues. Aug. 8th HOPE For Family & Friends
- 2nd Wed. Aug. 9th Survivors of Suicide
- 3rd Tues. Aug 15th Death by Drug Overdose
- 3rd Weds. Aug. 16th Bereaved Parents & Infant Death
- 4th Weds. Aug. 23rd Survivors of Suicide

Other Support Group Meeting Times

- 3rd Wed Aug. 16th 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, it is held on the 2nd Tuesday of each month between 9-11am

HOPE

for bereaved

As you journey from grief to HOPE

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For you or to share

AUGUST 2023

Remember Me:

**TO THE LIVING, I AM GONE.
TO THE SORROWFUL, I WILL NEVER RETURN.
TO THE ANGRY, I WAS CHEATED,
BUT TO THE HAPPY, I AM AT PEACE,
AND TO THE FAITHFUL, I HAVE NEVER LEFT.
I CANNOT BE SEEN, BUT I CAN BE HEARD.
SO AS YOU STAND UPON A SHORE,
GAZING AT A BEAUTIFUL SEA - REMEMBER ME.
AS YOU LOOK IN AWE AT A MIGHTY FOREST
AND ITS GRAND MAJESTY - REMEMBER ME.
AS YOU LOOK UPON A FLOWER AND
ADMIRE ITS SIMPLICITY - REMEMBER ME.
REMEMBER ME IN YOUR HEART, YOUR THOUGHTS,
YOUR MEMORIES OF THE TIMES WE LOVED, THE TIMES WE CRIED,
THE TIMES WE FOUGHT, THE TIMES WE LAUGHED.
FOR IF YOU ALWAYS THINK OF ME, I WILL NEVER BE GONE.**



PicMix

Margaret Mead

HEALING HUGS