



The **purpose** of **HOPEline** 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 at 315-475-HOPE (4673).**

Please keep  
**Therese Schoeneck**  
**Christy Dannible**  
**Kathy Spencer**  
**Christine Hart**  
**Bob Schuster**  
**Joe Walsh**  
**Kevan**

and their families in your prayers for good health.

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](mailto:mail@hopeforbereaved.com)**

### **Did you know...**



HOPE offers space at the Butterfly Garden for memorials free of charge?

If you want to memorialize a loved one, or have an idea for a community ceremony, reach out to us.

## April 7th is the International Day of Reflection of the Genocide in Rwanda



This day marks the beginning of the genocide perpetrated against members of the Tutsi in 1994. Within just over 100 days, more than one million Tutsi were systematically murdered.

UNESCO is committed to promote education about genocides as a means to sensitize learners for the causes, dynamics and consequences of such crimes and to strengthen their resilience against all forms of discrimination.

### **Share Your Story ~ Underwriting Opportunity**

Each month, HOPEline is sent to 1,200 families throughout Central New York and beyond. If you would like to underwrite HOPEline for a specific month, please contact HOPE at 315-475-HOPE (4673). The cost is \$450 and funds 100% of the newsletter expense for a month. Underwriting includes a special dedication to your loved one and 10 copies of the newsletter to share with friends and family.

**Thank you** for supporting **HOPEline!**


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# News & Announcements from HOPE

## From the Executive Director

Since April is Volunteer Appreciation month, I'd like to take this opportunity to celebrate the invaluable contributions made by our volunteers every single day. Our beautiful Butterfly Garden, the grief support we provide to the community, and even this very newsletter you're reading - none of it would be possible if it weren't for the ongoing dedication of our volunteers. Without their daily efforts our organization would not have the profound impact it has in offering solace and support to those in need. I am both grateful and proud to be part of this organization.

THANK YOU VOLUNTEERS FOR ALL YOU DO!



**Tournament of HOPE**

**JUNE 24TH**  
**9:30AM**  
**SHOTGUN**

Registration for the 2024 Golf Tournament of HOPE is LIVE! Visit [hopeforbereaved.com/golf-tournament-hope](https://hopeforbereaved.com/golf-tournament-hope) to register your team or sponsor a tee.

## Interested in volunteering? - visit our website!

- ♥ Photography and Videography
- ♥ Creative Writing / Grant Writing
- ♥ Marketing / Social Media
- ♥ Host a fundraiser
- ♥ Donate items, baskets, or services
- ♥ Computer / Tech Support
- ♥ Administrative Assistance
- ♥ Mailings
- ♥ Counseling & Facilitating Support Groups
- ♥ Housekeeping / Yardwork
- ♥ Or one of our many fundraising events throughout the year!



## Upcoming Fundraisers



Saturday, August 3rd  
**Remembrance Run/Walk for HOPE**  
Long Branch Park in Liverpool

Friday, October 25th  
**Celebration of HOPE**

We are accepting orders for 8x8 photo bricks. The bricks come with 4 lines and a permanently affixed raised tile with a photo of your loved one. The cost is \$325. You may also purchase a symbol for an additional \$25 and/or up to 2 extra lines for \$15 each. The space is limited so we urge you to reserve a spot by contacting Kim at 315-475-4673 or [kbermel@hopeforbereaved.com](mailto:kbermel@hopeforbereaved.com)

Join us at **259 East Onondaga Street** on **Wednesday, April 24th at 5:30 PM** to commemorate

### Crime Victims' Rights Week

Hear from community speakers about their own experiences, and hear a reading of victim's names.

## DONATE TO HOPE

We are getting ready for our 2024 Celebration of HOPE silent auction in October! If you want to donate an item, gift card, or entire basket - contact us to arrange drop off / pick up. We appreciate your generosity!

**thanks**

**In Search of Joy**  
**FINDING YOUR WAY THROUGH THE DARKNESS**  
*By: Darcie D. Sims, PhD, CHT, CT, GMS*

Do you know how long it took me to allow laughter and joy to return to my life? Do you know how far it is from this side of the page to your side? Do you know how difficult it is to write about death? It was a long journey. It took me thirty years to get from your side of this page to mine...a long time...actually a whole lifetime!

I liked my other life. In fact, I loved it! I hadn't intended to be here, in your life. But then, just as it happened in your life, a single moment changed everything, and here I am ... with you now and forever. Thirty years ago, our son slipped away from his mom and dad and big sister. At peace after a lifelong battle with a malignant brain tumor, he took with him all our hopes and dreams of being an average American family.

We had two children so that no one would have to share the window or ride on the hump in the middle of the backseat. We had two children because I had hundreds of recipes that served four. We had two children because we couldn't figure out how to have the 1.6 children which is the national average. But something happened along the way to that dream, and in a moment our dreams were lost. The sounds of joy and laughter left our lives, perhaps as they seem to have left yours.

All of us know the quietness that comes when we realize we are the only source of sound in our house now. We all know that loss, that emptiness that brings us here to these pages in search of something to ease the pain; in search of something to stop the tears; in search of something to dream about again.

I can't think of anything else I'd rather be doing right now than living. But that wasn't always true, especially after our child's death when there were days when all I could do was think about dying, to join him and to relieve my pain. But I lived through that, just as you are right now, by grasping every day and claiming it as my own. Each of us will, one day, rediscover whatever we cherish about life. Each of us will find the laughter that echoed throughout our life with our loved one...*if* we will look for it.

I'm here on this side of the page, not to tell you how to be happy, but to tell you that you deserve to be happy again. It's a different kind of happy, however. It's a happiness robbed of innocence, born out of fire, forged by a flame that has the power to destroy everything in its path – but only if *we let it!*

How did I do it? How did I get to now? I got to where I am today because of healing, with time and a commitment to rediscovering the joy in living. Must we dwell in the darkness forever? Can we begin to understand that our loved one's death was but a moment, a split second of horror? And can we remember, instead, our loved one's life? Is it possible that one day we will begin to understand that joy can return?

We cannot find words to soothe the hurt...there aren't any! We cannot shield ourselves from the twists and turns of living. We cannot protect ourselves from experiencing life. We can, however, build supports and safety nets. We can create cushions and pockets of comfort: places where we can rest, momentarily, gathering strength to re-enter the crashing tides. We can learn to smile again, maybe even giggle, and return laughter to our lives.

Cry all you want, but remember to laugh when you can. Your life with your loved one was filled with moments of laughter! Remember them, enjoy them again and again. Between the tears, allow the joy to return. What I bring you in this article is a message with hope, a gift of remembrance, a love letter of laughter. Read this article as if we were sitting together, across the kitchen table, trying to help each other through the valley. Whether you are a bereaved parent, a widow or widower, a sibling, an adult bereaved child, a grandparent, friend, or simply someone who wants to know how to help, I hope you will find information, education, and support in these words. They are written from my heart to yours, each word carved out of experience as well as professional education.

Continued on page 7...

# Eight Ways to Forgive Yourself and Let Go of Your Past

By: Kimberly Giles

## Question:

I enjoyed your articles about forgiving other people, but how do you forgive yourself and move on when you have made many mistakes? That is what I struggle with.

## Answer:

You are not alone. Most of us hold on to past mistakes and let them affect our self-esteem for way too long. This is not healthy and does not serve anyone. Here are eight suggestions that may help you to forgive yourself:

### 1. Choose to see past experiences as locations on your journey through life, instead of letting them define who you are

If you were on a road trip and drove through Texas, would the time you spent there make you a Texan? Of course not. It was just the location you drove through; it doesn't change who you are. Your value is the same no matter what you experience along your journey. Mistakes teach you important lessons, but they don't define who you are — at least they don't have to. You can see them as locations on your journey if you choose to.

### 2. Give yourself permission to be a work in progress

Choose to see life as a classroom, not a testing center. You have the option to believe that your value isn't on the line here and you are not being graded — you are just here to learn and grow. Seeing life as a classroom helps you focus on the lessons so you can forgive yourself and try to do better next time.

### 3. Understand how pointless shame is

I believe "shame" stands for: should have already mastered everything. That is ridiculous. You are a student in the classroom of life. There is no way could know it all, all the time. Give yourself permission to be an imperfect work in progress. You are learning and growing and that is enough.

### 4. Figuratively get rid of it for good

You could write it down on paper and burn it. You could write what you did, put it in a box and bury it in the backyard. Then make a rule that you can't bring it up again, unless you dig the box up first. (This exercise is great for couples who keep fighting about the past, too.) Bury that stuff deep and let it die there. There is no sense wasting energy on things you can't change. Focus on the future instead.

### 5. Learn some new skills

Focus on making your future brighter. This is in your control. Be present and find ways to improve yourself daily. Learning new skills is great for your self-esteem.

### 6. Imagine there is a dark room in your house where you can stash negative thoughts and emotions

Every time negative thoughts show up, which aren't worth processing anymore, visualize putting them in the dark room and slamming the door. You can always go in there, if you need to process it some more and dwell in self-pity. But you could also leave the negativity in the dark room forever. This empowers you to have control over what to do with those feelings.

### 7. Clean out your closets and your house

Most people, who hold on to old stuff, are also holding on to old ways of thinking and feeling. When you get rid of your old stuff, you can send your old beliefs, mistakes and fears out with it. Cleaning your house out will make you feel fresh and new on every level.

### 8. Change it up and try new things

Break out of your old ruts and change some things. Try new outfit combinations, new foods, new restaurants, new sports or new kinds of movies. The more you break out of routine and change it up, you will also open yourself up to feel differently about yourself and your life.

Steve Maraboli, in his book "Life, the Truth, and Being Free," said "Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't." The past is out of your control; there is nothing you can do to change it. Let it go.

Choose joy for today. You can do this.


















Hope  
For  
Youth



4/2024

Dear Friends,

 feeling we all have during our grief journey is  
≈ ANGER ≈. We may be angry  that our loved one  
died , we might be mad at them for dying! <sup>sss</sup>  
We could even be mad at ourselves, perhaps for things  
we wish  we had said (or didn't say) before they  
died.  Anger inside of us can feel like a thunderstorm  
 or a volcano about to erupt . Even though  
our anger might feel bad , it is actually a  
very useful and helpful feeling!  Expressing our anger  
in a safe way (for example, yelling, exercising, punching  
a pillow) will release a lot of negative energy. That  
way the anger won't stay inside - letting go of it   
will help us to move on in our grief and grow! 

LOVE, MARK 



**for  
Teens & Adolescents**



Dear Friends,

Vol 3 #1 4/2024

*The death of our loved one brings about many different feelings. As we navigate through our grief journey, we must pay attention to multiple feelings that occur. Feelings don't always have to make sense; certain emotions can arise when we least expect. For example, we might be shopping in a store, and a certain item or song or scent can trigger a flood of emotion, bringing tears immediately. Uncomfortable incidents like this may happen from time to time; they are completely normal. (And no, you are not going crazy or grieving inappropriately)!*

*A primary approach to acknowledging and dealing with our feelings is to simply allow them to happen. In other words, don't try to ignore them, nor actively avoid them. If we need to put these feelings "on hold" temporarily (for example, when taking a test or when driving), it is important to address those feelings as soon as possible. It has been said that "in feelings of grief, the symptoms and the cure are the same". This means that if we feel sad (**symptom**) then the **cure** is to **be sad**! Crying will help the sadness resolve through our healing tears. Similarly, if we feel anger, then **be angry**, our rage will eventually work through and subside. The same formula will allow us to get through **all** of the many feelings of grief! By developing a habit of dealing with our feelings, we set the stage for a healthy grief process. We can then attain new insights that allow for growth, improved relationships, and feeling more content. We will have a better life as we become closer to our deceased loved one!*

Take Care

-Mark

Please forward your questions, comments, and ideas to [mail@hopeforbereaved.com](mailto:mail@hopeforbereaved.com)

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I am a psychotherapist and a grief management specialist by trade, a mother by choice, and a grieving person by chance. Our hearts speak the same language, the language of grief. We hold the same fear of never getting over this and forever having to live with the terrible pain of having someone we love dearly die. Come with me, across the stepping-stones of grief, finding your way through the darkness, reaching for each touchstone as you can.

There are no timetables for grief and no one right way to grieve. There are as many ways to grieve as there are people grieving. Know your pain is real and that you have the right to hurt and to ache and to continue loving your loved one. No one can tell you how to grieve or when to heal. I just want to let you know you can find hope and healing and you can find joy once again. Our loved ones lived and we loved them. We still do. But sometimes we cannot wait for fun and joy to be presented to us. We must make it happen! Insist on joyfulness and silliness being a part of each day. What the world needs now is a paper airplane that carries our message of love and hope and laughter to friends, family, and everyone!

Become an aviator right now and run your own flying circus. Make your own "Happy Planes" to send everywhere: to your mother who is trying to understand (or just "trying"), to your best friend who hasn't spoken to you since the funeral, to the neighbor who didn't bring a tuna casserole (bless her), to a child who needs some fun, and to yourself— just BECAUSE! Sail these messages through the air mentally, verbally, and physically. Fold the paper airplane right now and let the joy of your loved one's life begin to take the place of the hurt and anger of his death.

Hugs & Hope, Darcie

\*Editor's Note: In memory of Darcie Sims—one of the most amazing and influential women I had the privilege of meeting during my earlier years at HOPE. Her grief articles have become a great a source of hope and inspiration for thousands of bereaved people throughout the years. God bless her for all that she did throughout her life to help others—with great compassion, love, empathy and understanding to all who needed *hope*.

### **SUPPORT GROUP MEETINGS**

*\*All groups are 6:30 to 8:30 PM unless otherwise noted*

1st Wed. | Apr. 3rd - Widows/Widowers, Engaged &  
Significant Others

2nd Tues. | Apr. 9th - Family & Friends

2nd Wed. | Apr. 10th - Survivors of Suicide

3rd Tues. | Apr. 16th - Death By Drug Overdose

3rd Wed. | Apr. 17th - Bereaved Parents (Death of all ages,  
infant, newborn, & miscarriage)

3rd Wed | Apr. 17th. - Senior Widows/Widowers

*\*10AM to 12PM*

Meetings are held in-person at the

**Center of HOPE**  
**4500 Onondaga Blvd. in Syracuse**

and through Zoom.

One-on-one counseling is available.

Call us at 315-475-HOPE (4673) for an appointment. Counseling can be done in person, by phone, or over Zoom.

There is **no charge** for counseling, but donations are always welcomed.



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**APRIL 2024**



**You're invited to join us for**  
**Delmonico's**  
**Italian Steakhouse**  
**26th Anniversary Celebration**



**Tuesday, May 7th, 2024**  
**4:30-close**

2950 Erie Blvd. E, Syracuse



**Delmonico's will donate 50%**  
**of the event proceeds to**  
**HOPE FOR BEREAVED, Inc.**

