

Bereavement Newsletter



JULY - AUGUST - SEPTEMBER 2009

We begin our newsletter by remembering those who have recently died. Please keep them and their families in prayer.

4-27-09	<i>Aline Stetter</i>
5-17-09	<i>Flavian "Flip" Rickelman</i>
6-14-09	<i>Paul Verkamp</i>
6-23-09	<i>Alice Kemper</i>
7-10-09	<i>William "Bill" Hagedorn</i>

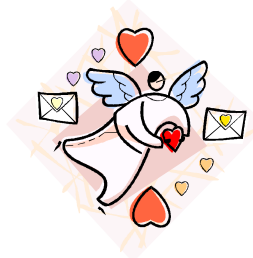
Blest are the sorrowing: They shall be consoled

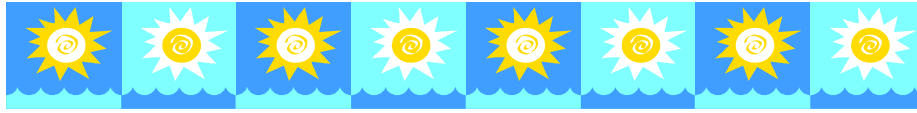
And what does it mean to mourn? I asked the multitude.
And an old man stepped forward.

To mourn, he said, is to be given a second heart.
It is to care so deeply that you show your ache in person.

To mourn is to be unashamed of tears.
It is to be healed and broken and built-up
All in the same moment.

To mourn is to be full of the willingness
Of forever reaching out to
And picking up
And holding carefully
Those who mourn with you.





Welcome Summer -- A time of waiting and working

Summer brings hot sun and warm evenings. It is a time to wait for the harvest, and to pray that it will be bountiful. During this time we remove weeds, fertilize, pray and nurture young plants so that they grow strong.

So too, when we are in the grieving process, we do a lot of waiting and working. It is helpful to be aware that there are many feelings to deal with (shock, anger, denial, depression, bargaining, aloneness, fear of new ideas and changes, stress, anxiety, poor appetite and sleep habits, sudden tears and painful memories), and that these are all normal. Some people say that it is some of the hardest work they have ever done.

Acceptance of the death of your loved may come in some form in the distant future, and it is different for everyone. We never forget, but with time, we begin to be part of life in small ways. It comes in minutes, and in half-hours of acknowledging the truth of our feelings and our pain, and sharing that with others. It comes in the minutes and half-hours of being there for another who is confiding in us and asking for our help. It is a long process, and we begin again every day.

We share, we ask for help, we pray, we listen, we learn and we grow -- one day at a time.

Sr. Jayn

FERDINAND OFFERS TWO BEREAVEMENT GROUPS

Widow/Widower Support Group

Meets on the **3rd Sunday** of every month at 6 PM in the St. Ferdinand Church Spiritual Life Center (SLC). Meetings are free, and open to those who have lost a spouse. Please call Dave and Mary Ziliak (367-1163), or Darla Laake (367-2582) for more information, or if you need to talk to someone.

Family Bereavement Support Group

Meets on the **4th Sunday** of every month at 6 PM in the St. Ferdinand Church Spiritual Life Center (SLC). Meetings are free and open to those who have lost a spouse, parent, sibling, child, relative or friend. Please call Sr. Jayn Lein (367-1212 Ext. 42) or Deacon Jim Wuebkenberg (367-2181) for more information.

We invite you, and your friends, to attend one or both of our confidential support groups. There is no need to make reservations, and it is ok to just visit. Please bring a friend too. Dessert refreshments are served.

Sunday August 16, 2009

Sunday August 23, 2009

Sunday Sept. 20, 2009

Sunday Sept. 27, 2009

Widow/Widower Group

Family Bereavement Group

Widow/Widower Group

Family Bereavement Group

Four Principles for Living....

1. Show up; or choose to be present. Being present allows us to access the human resources of power, presence, and communication. This is the way of the Warrior.
2. Pay attention to what has heart and meaning. Paying attention opens us to the human resources of love, gratitude, acknowledgment, and validation. This is the way of the Healer.
3. Tell the truth without blame or judgment. Nonjudgmental truthfulness maintains our authenticity, and develops our inner vision and intuition. This is the way of the Visionary.
4. Be open to outcome, not attached to outcome. Openness and nonattachment help us recover the human resources of wisdom and objectivity. This is the way of the Teacher.

(The four-Fold Way; Walking the Paths of the Warrior, Teacher, Healer, and Visionary by Angeles Arrien)

Love

“Love has a hem to her garment that reaches the very dust. It sweeps the stains from the streets and lanes, and because it can, it must.” *(Mother Teresa)*

I said a Prayer for You Today

**I said a prayer for you today
And know God must have
heard.**

**I felt the answer in my heart
Although he spoke no word!**

**I didn't ask for wealth or fame
(I knew you wouldn't mind).
I asked him to send treasures
Of a far more lasting kind!**

**I asked that he'd be near you
At the start of each new day:
To grant you health and
blessings
And friends to share your way!**

**I asked for happiness for you
In all things great and small.
But it was for his loving care
I prayed the most of all!**



Some Helpful Instructions for Life

1. Great love and great achievements involve great risk
2. When you lose, don't lose the lesson.
3. Follow the three "R's":
Respect for self
Respect for others
Responsibility for all your actions
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great friendship.
7. When you realize you've made a mistake, take immediate steps to correct.
8. Spend some time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. Judge your success by what you had to give up in order to achieve.
13. In disagreements with loved one, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which your love for another exceeds your need for another.
18. A loving atmosphere in your home is the foundation for your life



From St. Paul's letter to the Romans 8:38-39:

"I am convinced that neither death, nor life, nor angels nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."

May God bless you and grant you peace of mind and heart.

Sincerely in Christ,

Dave and Mary Ziliak

Darla Laake

Sr. Jayn