

Luce, Luze & Reck

FUNERAL HOMES

Serving the South Dakota Communities of Gettysburg, Faulkton, Eagle Butte, Highmore, Miller

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"Providing Comfort To Families"

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Chapters

turning the pages through grief



I'm sorry for your loss." Throughout our lives we will find ourselves on both the giving, as well as the receiving end of that line. A friend recently admitted to me that upon the long illness of her mother, it was the soft smiles and knowing glances of close friends at her mother's wake that brought her the most comfort. "They knew I wasn't sorry, rather that I was relieved," she confessed.

Must we be sorry or can we be grateful for loss? Especially if what was "lost" was tumult and suffering? What of the moments we are relieved,

happy even, for the freedom that can accompany death, either for ourselves or for others in our life who we watched care for a loved one?



"Take the groundhog—now that's a sweet gig!"

For many this is a deep, dark secret hidden under layers of guilt and shame. It feels wrong. Particularly for those care givers whose identities became enmeshed in their role in the life and death of the deceased. There is a whole gamut of reasons why relief might accompany grief: whether one was a care giver, the nature of your relationship; healthy or unhealthy, whether a loved one suffered a lengthy illness, etc. It's helpful to

continued...

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Blossom by blossom, the spring begins.
— Algernon Charles Swinburne

...continued from front

remember that rarely is ‘relief’ the only emotion being felt. Emotions don’t happen one at a time, and none is more powerful or important enough to void the others.

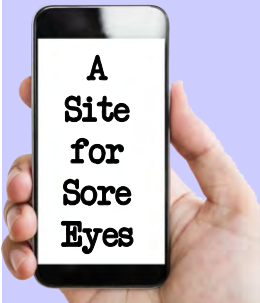
There is no shame in experiencing a sense of happiness or relief when an unpleasant experience stops. Reducing pain and anxiety is a normal human desire. The next time you feel yourself

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grimacing at the sense of comfort that can accompany death, show yourself a little kindness. Be brave! Dare to enjoy the comfort of your relief instead. It’s OK, you’ve earned it. Grief can be a marathon; you deserve a breather.

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Lori Mathiowetz runs a spiritual direction practice, Riverbend Spiritual Care, in southern Minnesota. She also teaches at St. Catherine’s University in St. Paul, Minnesota.

■ Online communities and resources can provide new and fresh perspectives on grieving, coping, wellness, and allow opportunities for interaction with like-minded people. Your chosen funeral home’s website can also offer a variety of helpful information. You are encourage you to start there.



A Site for Sore Eyes

WEBSITES:

- whatsyourgrief.com Comprehensive grief gathering resource
- modernloss.com Grievers share their stories.

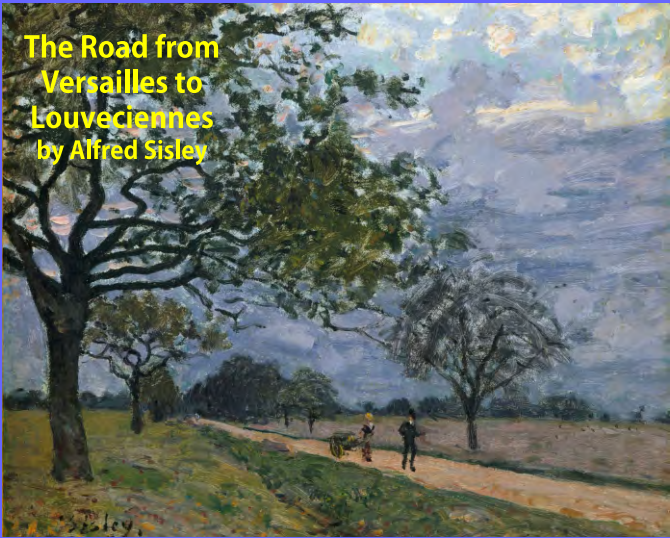
* footnotes

10 Ideas for Funerals and Memorials When You Can’t Be Together

Families being scattered, unable to gather for funerals, is not a new thing. And, for that reason, virtual funerals aren’t new. Far from it. But currently, with the surge of restrictions for health and safety concerns, we are hearing about them everywhere. Funerals have turned into something difficult to recognize. In many ways, in addition to “normal grief,” people are left grieving the funeral rituals they thought they would have. There is a sense of loss around not having the expected rituals. So what do we do when we can’t be physically gather? We have gathered tips for our experience and ideas that so many of you, our amazing readers, shared. Click on the full post link to read descriptions of how to accomplish these ideas!

- Have something now and something later.
- Include people in the service even if they aren’t at the service.
- Crowd-source a virtual photo slideshow.
- Create a slideshow of memories or other words of remembrance.
- Sing and play music together (in real-time).
- Record a song as a family to be played at the service.
- Create a virtual-memorial book.
- Have family members and friends all do their own small ritual at the same day/time.
- Create a small memorial in your home or garden.
- Stream the service.

For more information on these suggestions, visit whatsyourgrief.com. Article used by permission.



The Road from Versailles to Louveciennes
by Alfred Sisley

In the 1870s, Sisley, like his colleagues Monet and Pissarro, often painted the roads, bridges, and waterways linking Paris with the rapidly suburbanizing villages to the north and west.
metmuseum.org

Thinking Outside Your Grief
Feeling Fine Art



Smoothie it Over

When you’re not up for a big meal, a smoothie is an easy way to help get the nutrition you need!

- **Green Goddess Smoothie**
Blend ½ cup unsweetened almond milk, ½ cup honey yogurt, 3 cups baby spinach, and 2 bananas, sliced and frozen.
- **Banana-Peanut Butter Smoothie**
Blend 1 small banana, ½ c. milk, 1 tsp. creamy peanut butter, 3 ice cubes
- **Mango Madness Smoothie**
Tropical flavors offer a mini vacation in a cup. In blender, puree the following until smooth: 1 cup orange juice, ½ cup coconut yogurt, 1 ½ cups frozen mango, and 1 medium carrot, coarsely grated.

recipe card

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The purpose of this newsletter is to share thoughts and insights from a variety of sources on how to live richly and meaningfully through all of life’s chapters.
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