

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"

www.familyfuneralhome.net



Chapters

turning the pages through grief

What Can Grief



Learning from our experiences, good and bad is sure path to growth and understanding. And learning from each other who have had the same experiences can be especially helpful.

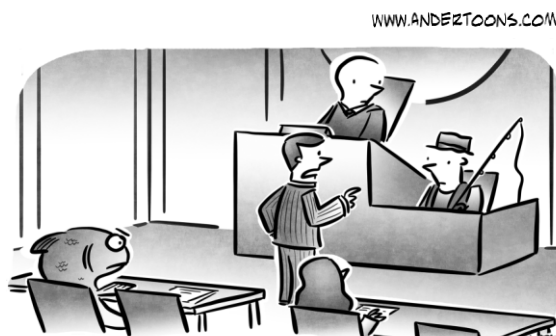
life. We don't have to move forward as if our grief isn't valid or doesn't exist. We can learn to move forward with our grief and maintaining a new relationship with the dead.

- I've found during my 3 months of grieving for my husband that I'm alone once again and I don't want to be alone. Having to accept that is the hardest lesson I've learned so far.

The following is a collection of comments from those who have lost a loved one, how they cope and what they have learned.

- We have to choose every day, to see the positive to be grateful for all we had and what we lost and how loved we were.

- That the world continues to move forward around you, and that is okay. You can still find ways to honor the dead in your



"Isn't it true that not only did you catch a fish and give it to a man, but then you also taught that man to fish?"

- The hardest lesson was the memory loss, lack of concentration and the depression.

- I realized that after losing my mom when I was a young child, I subconsciously kept myself small and isolated, didn't allow myself to dream or aspire to things in life cause the chance of losing them would be too hard to bear. I have wasted a lot of time and dreams like that. Now I see it I can change it. I'm now excited about a different future.

SEPTEMBER
2020



I have learned that I still have a lot to learn.

— Maya Angelou

continued...

...continued from front

- The amount of time for grieving is always! You just do the best you can.
- I was not prepared for the “secondary losses” of living friends and family members who distanced themselves. I have learned that grief and joy can co-exist.
- After losing my teenage daughter to leukemia, I learned to take life slowly to cope with the unexpected loss. Slowly at first was an hour at a time. Life is fragile. I’m grateful to those who have reached out to me without me asking.
- I’ve learned that there are some losses I will never stop grieving.
- I was surprised at how many life options are still open and wonderful. I miss him but there ARE awesome life choices and possibilities still all around.
- One of the hardest grief lessons I’ve learned is that not everyone grieves the same.
- I learned that the real challenge is to simply to go on & do something positive with your new life. Minute by minute you can carve out joy and purpose. Start by doing for others.
- The hardest grief lesson I’ve learned is that my life would be so completely different after my teenage son died. The changes aren’t all bad, my life just feels so unfamiliar sometimes.
- I have learned you need to take the new landscape in your own time and in your own way.
- There’s no timeline and certainly no right or wrong way to grieve. Your loss is tremendous. You’re doing great just to put one foot in front of the other and keep moving. Keep talking about them. Keep remembering the joy they brought. You have a gift to share... just as they did.
- I struggle to accept that good things will continue to happen for me in this life even after the most devastating tragedy changed it.
- That love continues after death and that my son is still teaching me how to live even though he is no longer here in his earthly body.
- I learned that the more I share my miscarriage, the more I learn I am not nearly as alone in this type of loss as I thought. I had to start telling people in order to learn this, and that was the hardest part.
- It isn’t my job to be strong.
- I have learned it is refreshing, once you get a little energy, to make new friends who sometimes are closer than family. They accept you who you are now rather than hoping you’ll be the old you. It will get better. Be open to old friends feeling uncomfortable and new ones unaware.

Visit whatsyourgrief.com. Article used by permission.

It isn’t my job to be strong.

■ 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 encouraged to start there.



happynews.com
Real news. Compelling, positive stories.

1000awesomethings.com
A countdown of life's small joys, told in a snappy easy to read wy.

dailygood.org
Receive a news story, an inspiring quote, and a suggested action each day.

TIME OUT

September

- Birthstone: Sapphire
- Flower: Aster

September

By Mary Howitt

There are flowers enough in the summertime,
More flowers than I can remember—
But none with the purple, gold, and red
That dye the flowers of September!

• • •

September is National Happy Cat Month

September 8: National Hug Your Hound Day

September 13: Kids Take Over the Kitchen Day

September 19: International Talk Like a Pirate Day

September 24: National Punctuation Day

recipe card

DUMP AND GO
MEATBALL PASTA

With fall’s cooler weather, it’s a good time to fire up the oven and make a favorite hot dish. An all-in-one supper is easy and can make good use of leftovers.

- 8 oz uncooked campanelle pasta (2 3/4 cups)
- 24 frozen cooked Italian-style meatballs (from 22-oz bag)
- 1 jar (25.5 oz) favorite tomato pasta sauce
- 1 1/2 cups water
- 1/2 teaspoon Italian seasoning
- 1 1/2 cups shredded mozzarella cheese (6 oz)
- Chopped fresh basil leaves, if desired

Heat oven to 375°F. Spray 13x9-inch glass baking dish with cooking spray. In large bowl, mix pasta, frozen meatballs, pasta sauce, water and Italian seasoning. Pour mixture into dish. Cover tightly with foil. Bake 40 minutes. Remove dish from oven; stir mixture thoroughly. Sprinkle with cheese. Bake uncovered 5 to 8 minutes longer or until pasta is tender and cheese is melted. Garnish with basil leaves before serving.

* * *

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