

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



by Paulette LeBlanc

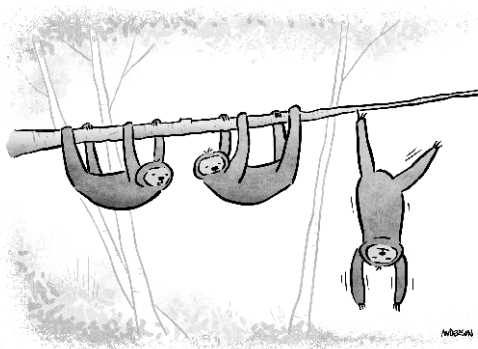
The Many Faces of Good-Bye

Funerals seem to present the same universal opportunity to say goodbye, get some closure, honor, mourn in unison, and even to celebrate, the deceased. This is what they are designed for. There are many different ways to let go, and although none are right or wrong, there are bound to be some goodbyes more suited to one person than another.

Something I can never get away from is how people sometimes insist on having things "the way they would have wanted it," speaking of the deceased. The funeral, ceremony, party, ice-flow, or whatever the particular tradition holds, should at least include some aspects that comfort the grieving. After all, this is the time for the

grieving, whether they are consoled by a certain music genre, color scheme, clothing style, slide show, or poetry reading. No matter the theme, rest assured, you can find a way to comfortably mourn your loss.

While a silent, reverent funeral may in fact be a close representation of



"Should we say something?"

the one who died, it may offer little solace to the ones sitting in mourning who came to say their final goodbye. If you find yourself sitting quietly and wondering if there might be a better way to get closure for a relationship that warrants more than a quiet goodbye, there is nothing stopping you from inviting some of the guests, who may feel the same way, to join you for a drink or a cup of coffee. You can certainly get together to share stories and relive adventures in unanimity after the somber funeral without offending anyone. This seems to happen often when the person who died seemed larger than life.

Perhaps people seem much too lively at the funeral for your liking.

continued...



How lucky I am to have something that makes saying goodbye so hard.

~Winnie The Pooh

...continued from front

Many people view the final goodbye as more of a celebration than a loss. Saying goodbye to those who have had a profound effect on our life can be one of the most important parts of life's journey for many people. After the party has dwindled, you are more than welcome to go home and mourn quietly, especially if you feel a certain dignified response is more appropriate.

When there is an open mic at a funeral it can often lead to a longer goodbye than you may have been expecting, especially if you look around at more grieving people than you were anticipating.

Although there are times it seems more difficult than others to be still and brace yourself, this may just be one of those times. It is difficult to open the floor for everyone to share their grief and loss and then ask them to keep it brief when they do. It is important to remember that even those who have seemed to go on much longer than necessary are also grieving, and while their sharing the relationship they had with the deceased may not be something you took part in, you can choose to take part and share in their experience of loss.

A funeral that seems full of too many brash, loud or trendy traditions may not be for you either, but keep in mind that grief can take many different forms and none of us can tell another what is right for them, we can only do what's right for us. Whether the funeral response is similar, the same or the exact opposite of what you would have liked or expected, getting closure and making peace with your loss is the most important thing now.

Please grieve in the way that's suited to you specifically and don't forget to be kind to yourself in this season of grieving.

bookmarks

July is Culinary Arts Awareness Month. Good nutrition and healthy foods are important anytime but especially while grieving. Here is a book to consider:

Steven Pratt, MD's New York Times bestseller, *Super Foods Rx: Fourteen Foods that Will Change Your Life* (Harper, US \$14.99). Here, he offers spectacular advice on eating right using the foods that really are life-changing. Backed by proven research on 14 of the most nutrient-dense foods, this book puts these invaluable tools in your hands and on your plate, to give you more energy, greater protection against disease.



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DISCOVER July



JULY FLOWER: Delphinium

JULY BIRTHSTONE: Ruby

Symbolic of passion, protection, and prosperity, ruby gemstones have been revered since ancient times.

JULY IS:

National Blueberry Month

Staying busy doing things you enjoy, or learning something new is a healthy activity while grieving. Why not try making this easy blueberry pie to share with family and friends.

Fresh Blueberry Pie

Ingredients:

3/4 cup sugar
3 tablespoons cornstarch
1/8 teaspoon salt
1/4 cup cold water
5 cups fresh blueberries, divided
1 tablespoon butter
1 tablespoon lemon juice
1 refrigerated pie crust (9 inches), baked



Instructions:

Combine sugar, cornstarch, salt, and water in a saucepan over medium heat until smooth. Add 3 cups of blueberries and bring to a boil. Cook for 2 minutes until thick and bubbly stirring frequently.

Remove from the heat and add butter. Stir until butter is melted. Add lemon juice and remaining blueberries. Let cool, then pour into prepared pie crust.

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