

Luce, Luze & Reck

FUNERAL HOMES

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

Mandy Luikens & Tiffany A. Hofer
Owners/Funeral Directors
info@familyfuneralhome.net

"Providing Comfort To Families"

www.familyfuneralhome.net



Chapters

turning the pages through grief

What



From Springs

From

Grief

by Paulette LeBlanc



You may find yourself wondering what could spring from grief, besides sleepless nights, scattered thoughts, and an overall feeling that you're numb. Although people often say not to dwell on things, this may be the perfect time to do just that. In light of losing a loved one, certain things may fade into the background and become far less important.

Likewise there's a good chance other things will stand out as much more essential. Taking time for yourself is more important when you're experiencing grief than ever. If you're feeling overwhelmed by emotion, it may be a good time to take inventory of the things that really matter to you. Now more

than ever you may feel the need to reconnect with people with whom you've lost touch. People get busy and travel in different directions, losing sight of one another. A death can be just the reminder we need to



"I'd like to go to the gym but I have a health nut allergy."

make those still living more of a priority.

Perhaps your health is something you've been taking for granted. Small steps often lead to bigger more life-changing strides. Making a firm decision to take a walk each day, or do some stretching may lead to more vigorous exercise, or at least make a difference if you've been relatively sedentary.

If your diet has been less than what you think it should be, a small change, such as skipping dessert, or making one day a week a treat day, rather than once every single day, could literally change your life. A proper diet coupled with regular exercise also helps most people to

continued...

**MARCH
2021**



It's a long road that has no turning.

— Irish Proverb



...continued from front

sleep better. If there's something you've always wanted in your career but never gone after, now may be the time to give that some thought.

I once heard of a woman who decided at age forty to go to school to be a doctor. While now may not be the time to run out and get a student loan, there is nothing wrong with thinking about what's really going to satisfy you in life. It can be something you've always wanted to do, such as learning a different language, how to knit, or play the piano, or it could be potentially life-changing.

If you don't have a list of these things already compiled in the back of your mind, you may want to designate some time to think about them. In order to figure out what's most important to you, you'll have to take some time in reflection.

Quiet meditation is a great way to allow all the things on the back burner of your mind to come forward, presenting themselves in a new light. Although in the midst of grief really big decisions should be placed on hold while you're healing, making a few small decisions can help you feel as though you've regained some control. We humans seem to be more fulfilled after having achieved something and if you sit quietly, you'll know what that something is. You likely already do. If not, whatever is buried in your subconscious, whether relationship, diet, career, or sleep oriented, may be brought forward with some thoughtful consideration. It's okay to travel inward now, after all, the rest of your life is just that—yours.

What may be springing from grief just may be the first few steps on the road to a new destination. Above everything else, please remember to be kind to yourself while you travel through this season of grief.

What may
be springing
from grief
just may be
the first few
steps on the
road to a
new
destination.

TIME OUT

**Interior of an
Irish Cottage**
Howard Helmick
(1845–1907)

Aberdeen Art
Gallery &
Museums



March

Birthstone: Aquamarine • **Flower:** Daffodil

...

Daffodils

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd
A host of golden daffodils.
Beside the lake, beneath the trees
Fluttering and dancing in the breeze.

—William Wordsworth



recipe card

GO NUTS

A healthy source of protein, vitamins, minerals, fiber, and healthy fat, nuts are super healthy. Nuts are essentially fruits made up of a hard shell with edible seeds inside. Their caloric content is mostly made up of unsaturated fats and proteins that give you energy and keeps the appetite satisfied for longer. Nuts are the perfect snack for grieverers as they are quick, easy, and require no preparation. The following are some of the best nuts according to bythewayhealth.com.



1) **PEANUTS** have the highest percentage of proteins and minerals amongst all nuts. Their rich amino acid content helps promote heart health and provide you with a much-needed energy boost.

2) **ALMONDS** are rich in protein, fiber, calcium, and riboflavin; all of which aid blood production. They are also high in healthy fatty acids that are an excellent source of antioxidants.

3) **CASHEWS** are high in antioxidants, vitamins B6, E, and K, and minerals, including zinc, copper, phosphorus, iron, magnesium, and selenium.

4) **PISTACHIOS** are very low in fat compared to other tree nuts. Eating pistachios regularly help regulate blood sugar levels in diabetic patients, decrease bad LDL cholesterol in the blood, increases the absorption of iron, and helps hydrate the skin.

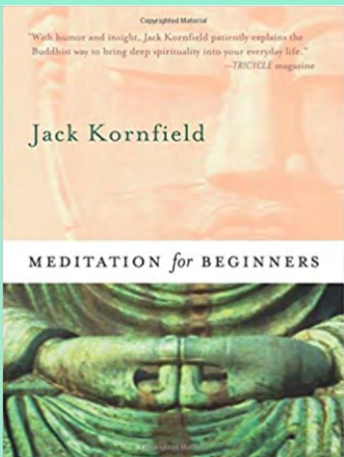
5) **WALNUTS** are loaded with omega-3 fatty acids. Eating walnuts regularly helps heart health, has anti-inflammatory benefits, and is loaded with antioxidants.

6) **PECANS** are famous for their benefits to the heart. They are a rich source of unsaturated fats, minerals, as well as vitamins A, B, and E. Consuming pecans regularly can help lower cholesterol levels in the blood. They also are a great source of energy.

bookmarks



In *Meditation for Beginners*, renowned teacher Jack Kornfield uses clear language and step-by-step guidance to show us how to start—and stick with—a daily meditation practice. From the basics of how to get started to dealing with distractions, this complete course introduces us to the “Insight” tradition of meditation that has helped practitioners throughout the ages cultivate profound inner calm and a lasting capacity for happiness.



* * *

