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

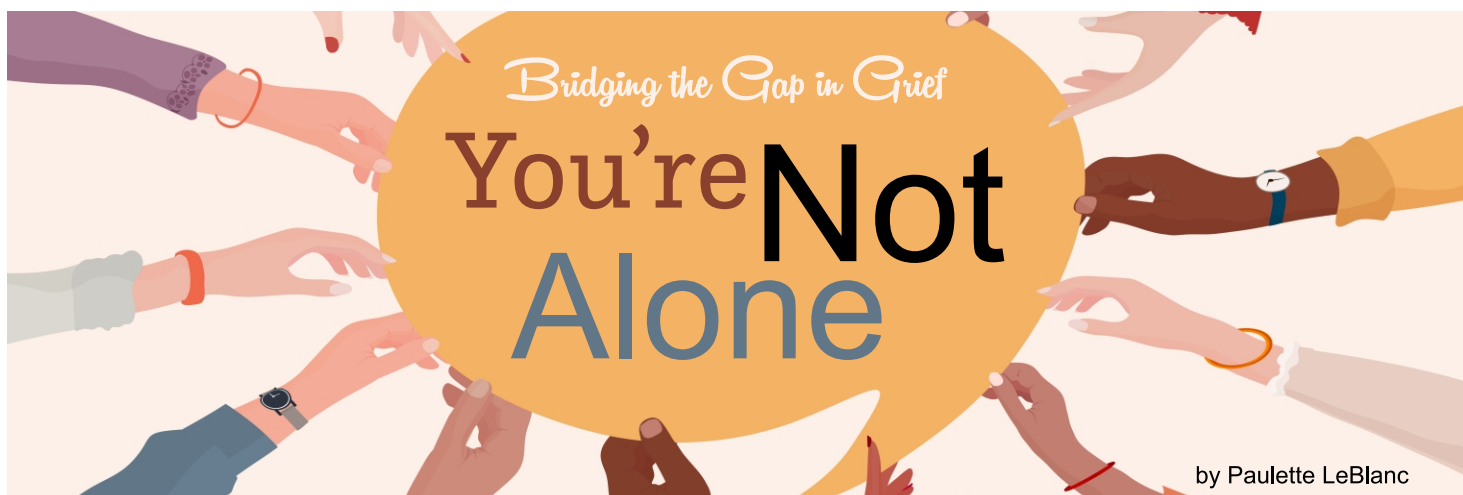
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Chapters

turning the pages through grief



When we have lost someone dear, it is tempting to think that we are all alone and no one can reach us, or maybe so many people have told us we're not alone that we are just plain tired of hearing it. Although the depths grief can make us feel isolated, there is no reason to go it alone all the time. There will undoubtedly be moments when we sink into our own head in solitude in an attempt to process the loss of a person who meant a great deal. But if we allow them to, friends and family will likely want to help bridge the gap in our grief.

Bereavement groups were designed specifically so that we would know we are not alone, when we need help most. If you are at a loss as to how you will fill your time, or if you find that you are lonely, reaching out to a group in your area may connect you to others with whom you share this current issue. If you don't feel like talking, you

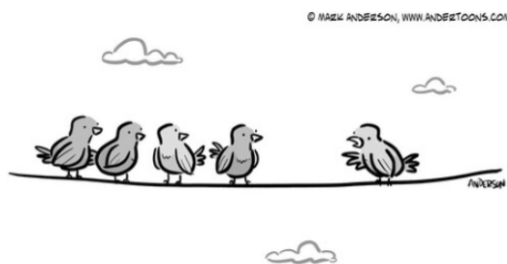
can comfort others who are going through something similar. Or if you choose to, you can just listen.

Reaching toward faith is not uncommon when we are grieving. Perhaps you regularly go to, or remember going to, a place where you felt particularly uplifted by a message. Oftentimes, the desire to connect with something bigger than ourselves helps us get through a difficult time. It is

sometimes in the midst of grief that we feel most uplifted by our own faith or the faith of others. There are also likely to be events planned in a faith community, such as a picnic or barbeque, where you can either meet new people or get lost in a crowd if that seems more like what you're up for at this point.

This can be an optimal time to call a dear friend. Even if you don't call a friend, connecting with someone who had a relationship with your deceased loved one may be a great way to share some of what you find yourself missing now. You may even find yourself bonding with this person in the grief you now share. It may give you a laugh, or change your perspective about the person who's died that you were not expecting.

If your desire is not to be alone now, there are many ways to remedy that



**"I know we're birds of a feather,
but I need some me time."**

SEPTEMBER
2021



*"At times, we are the bridge that allows another
to re-enter the world after a loss."*

~Danielle Pierre

continued...

...continued from front

ache. The particular way you choose to grieve will usually depend a great deal on where you are in terms of the steps of grieving. The steps are listed with many different descriptors, but generally, they are: denial, anger, bargaining, depression and finally, acceptance. (See article at right for more on this.) The time it takes to get from denial to acceptance is different in every case, as there are many variables. The steps, for instance may be reached at different times, even for two parents who have lost a child together. It is important to remember, relationships are as different as fingerprints, and no two are the same, so what you are feeling is going to be different, even if only slightly, than what everyone else is feeling even though you have lost the same person. Now is not the time for anyone to try and assess the depth or lack of depth anyone else feels based on their outward appearance.

If you need someone, there are many options, so you don't have to go it alone. Please remember to be kind to yourself in the midst of this grieving season, no matter where you find yourself.



recipe card

BAKED APPLES

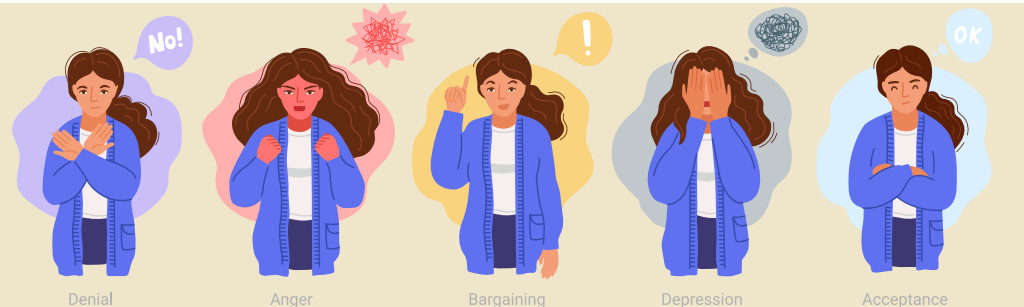
If you find yourself in need of comfort foods nothing does the trick better than baked apples.



Start by halving three firm and sweet apples. Use a spoon to remove the core and any seeds. Then line the apple halves up in a baking dish and scatter a little brown sugar and cinnamon over them.

Topping:
8 tablespoons (115 g) unsalted butter (1 stick)
3/4 cup (105 g) all-purpose flour
3/4 cup (65 g) old-fashioned rolled oats
1/2 cup (100 g) brown sugar
1/4 teaspoon ground cinnamon
1/8 teaspoon kosher salt

Divide the topping between the apples, pressing down gently. Cover with aluminum foil and bake at 375 degrees F for 25 minutes. Uncover the apples then bake another 20 to 30 minutes until the apples are soft and the topping has browned.



Denial Anger Bargaining Depression Acceptance

thinkpiece

5

Things You Should Know About the ‘5 Stages of Grief’

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Despite the fact that the “5 stages of grief” are often refuted in academia, the ‘Kubler-Ross Model’ seems to be the grief model for the masses. It’s intuitive, easy to grasp, and easy to prescribe. Before you decide that grief has literally made you crazy, there are a few things I think you should know.

1. It is just a theory:

There are many (many, many) grief theories; we just happen to hear about the five stages of grief so often those unfamiliar with grief models (i.e. pretty much everyone) tend to believe it’s the gold standard.

The five stages of grief are not absolute truth. Like all theory, it’s based on a hypothesis (an educated guess). At the end of the day, you may take the stages or leave them. Just please (please, please) don’t expect your grief to fall into a neat and easy pattern, formula, or timeline, and don’t think you’re abnormal or crazy if your grief doesn’t transition through the stages in an orderly fashion. It just doesn’t work that way.

2. It is not linear:

Grief.com notes that the stages, “are not stops on some linear timeline in grief. Not everyone goes through all of them or in a prescribed order.”

Grief is not a one way tunnel, it’s more like a labyrinth. It’s very easy to hear the stages rattled off and think they will all happen in a particular order, when in reality some of them don’t even need to happen at all. It completely normal to realize weeks after a death that you began at a different start point, passed over a step, or even moved backwards.

3. Stages may repeat:

As we established, the five stages of grief are not linear. A part of this means stages may repeat and you won’t necessarily be waving goodbye to ‘anger’ or ‘depression’ in your rearview mirror.

4. It is not all encompassing:

Grief is really complex. You will feel 1 million things after a death, the five stages of grief talks about... well... five.

Of course stages like ‘depression’ and ‘anger’ are vague and could encompass a whole range of feelings and emotions, but even still the stages don’t cover everything. Don’t feel confused when you find yourself in regretsville and can’t find it on your five stages of grief map. Hint: make a U-turn at ‘acceptance’; and double back towards ‘anger’, it’s somewhere in there.

5. There is no end point:

Analogies like ‘grief journey’ and ‘grief path’ give us the feeling there’s some finite end point to grief. The five stages leave you with a similar feeling – if I can just transition through these stages to ‘acceptance’ I will be at the end of my grief. ‘X’ marks the spot.

The theory will reach it’s end point, but your experience with grief won’t. You don’t get to close the book on grief and forget the story. The story will stay with you and sometimes you’ll relive the sadness, anger, hurt, and longing contained within its pages. But your story will eventually feel a little more colorful, a little more hopeful, and a little more optimistic about the future.

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Chapters
turning the pages through grief

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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