

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 would *your eulogy* say?

We plan ahead for the things in life we look forward to—the birth of a baby, weddings, vacations and holidays. It doesn't come as naturally to plan for our funeral. It's easier to avoid the conversation altogether. It's very likely you have experienced the death of a loved one and there was no plan for burial or arrangements. Sometimes this can't be helped if the death was a young person or child and it was unexpected. But, by discussing your personal wishes for your final arrangements, you can protect your loved ones from having to make difficult decisions in a time of immense grief, and potentially ease their financial obligations.

None of us wants to be a burden on those we love. Yet conversations around funeral planning can be tough. Some families find it more natural to discuss the details of their final wishes after the death of a friend or colleague. Others look for specific milestones, like

birthdays or retirement. And some families don't want to have the discussion at all, preferring to write their wishes down. (Just don't forget to tell your loved ones where to find the document!).

Starting the conversation can be challenging, whether you're talking about your funeral or asking a loved one

how they want to be memorialized. Perhaps watch a movie with a funeral scene or even just schedule a casual conversation after dinner. Here are a few suggestions for kicking off the discussion:

- Do you want to be buried or cremated? Or other options available such as green burials?

- Have I ever told you my favorite scripture, song, poem or other reading?

- If you could write your own



"Ten bucks and I'll tell you where all of them are."

continued...

**APRIL
2023**

Where flowers bloom, so does hope.

— Lady Bird Johnson

...continued from front eulogy, what would you say?

● Would you prefer a traditional funeral or more contemporary celebration of life? Or perhaps nothing like that? A family picnic, a gathering at a favorite restaurant or pub may be more appropriate.

If you're still unsure how to broach the subject, *The Insider's Guide to Funeral & Cremation Planning* is a great resource. Following along with the free guide will help you and your loved ones understand the steps of advance funeral planning. Or you can download *Imagine*, a free booklet that will help you design the one-of-a-kind service you'd like to have. Your local funeral home and their website is a great resource for information, downloadable materials, and advice.

Remember that almost any funeral or cremation can be planned in advance, including the venue, catering, mementos and cemetery property, but you might be

A memorial service is unlike any other event, and, by some estimates, your loved ones could have up to 200 decisions to make in a short time frame, during the darkest hours of their lives.

the darkest hours of their lives. The most memorable services are planned thoughtfully, with personalized touches that reflect the individual and bring comfort to those in attendance.

Talking openly about the memorial you envision—and encouraging your loved ones to do the same—removes the guesswork from the planning process, and the focus can stay on honoring a unique life lived and celebrating the moments you and your loved ones cherish.

For more information, visit DignityMemorial.com, or contact the funeral home sponsor of this Chapters newsletter.

surprised at all there is to consider. A memorial service is unlike any other event, and, by some estimates, your loved ones could have up to 200 decisions to make in a short time frame, during



Sometimes the best advice is a break from advice. Enjoy your favorite beverage and these tidbits of this & that.



• Daisies, which stand for innocence, purity and true love is

April's birth flower.

• April birth stone is the diamond. Diamonds signify good relationships and inner strength.



• April means "to open" alluding to trees and flowers which, in many states, begin to open then.

• Easter is April 9, 2023.



• About 20 million chocolate bunnies are produced each year.

• The most popular Easter parade is held in New York.

• The world's largest Easter egg weighed almost 16,000 pounds.

Bookmarks

By Megan Devine



When Matt died, I went looking for stories of people who had lived this kind of loss. I went looking for stories of people living in pain so huge it obliterated everything else. I needed those stories. An example to live into. What I found were stories of how to get out of pain. How to fix it. How to transform grief as soon as possible. I read over and over that there was something wrong with me for being so upset.

It wasn't just the books that told me that. The people in my life, close friends, the wider community, and the therapists—they all wanted me to be OK. They needed me to be OK because pain like mine, like yours, is incredibly hard to witness. Our stories are very hard to hear.

If we truly want to be helpful to people in pain, we need to be willing

to reject the dominant story of pain as an aberrant condition in need of transformation or redemption. We need to stop trotting out the stages of grief that were never meant to become universal scripts.

In telling better stories, we weave a culture that knows how to bear witness, to simply show up and be present to that which can never be transformed. In telling better stories, we learn to be better companions, to ourselves, and to each other.

It's Ok That You're Not Ok is not a book about fixing you, or fixing your grief. It's not about making you "better" or getting you back to "normal." This book is about how you live inside your loss. How you carry what cannot be fixed. How you survive.

Find it wherever you buy books. It's available in paperback, audiobook, and for e-readers.

Courtesy of refugeingrief.com.

