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# Chapters

*turning the pages through grief*

But, what if I

**don't want to**

**"get over it?"**



by Paulette LeBlanc

**A**ll too often people place an expiration date on grief. If you choose only to assess your "progress" by the standard steps of grief, there may be a temptation to believe you are stuck on a step, but in reality, some people make a conscious effort not to move, feeling as though they would be leaving their loved one behind if they did.

For some, giving themselves over to deep sadness can be experienced as a loss of control. For others, feeling as though they can live again is far more difficult than the pain that comes with grief. And even some may feel closer to their loved one by grieving.

A dear friend of mine recently lost her adult daughter. While no one expected her to simply get over it, there seem to be others who believe she is far too depressed and they fear she will never recover. The truth is, she never will. That relationship ended when her daughter took her last breath, and with it, a certain degree of the love and

joy that had belonged to them. My friend breaks into sobs, without fail, every time she talks about how she will never again hear her daughter laugh. Some might say she's "stuck" on the step of depression. Her profound sadness is a normal response to losing someone she was very close to.



**"So it's not enough that I pollinate the roses? Now I'm supposed to stop and smell them too?!"**

That is not to say, however,

*continued...*

**MARCH  
2023**



**Grief changes shape, but it never ends.**

— Keanu Reeves



...continued from front

**One day it won't hurt to wake up. The idea of your loved one being gone won't cause an ache in your heart. Don't let anyone tell you when that day should be for you, because only you will know.**

that if a person feels the need to seek professional help that they should not. Seeking counsel can be very helpful during grief. And there are people who specialize in just that.

The idea that we can one day move on and rebuild without the deceased is a hopeful one, but the idea that we have a certain amount of time in which to do it, is a mistake.

Some people remarry in a relatively short period of time after losing a spouse, while others choose never to marry again. Neither is right or wrong. If the aggrieved is feeling as though that particular mate could never be replaced, or the idea of remarrying feels more like infidelity, no one can simply explain away those feelings. While onlookers might feel a sense of sadness for the widow or widower,

believing they should find someone else with whom to share their life, that thought may, in fact, cause even more grief.

In one sense, there really is no moving on from losing someone, because no person or relationship can ever be replaced by another. If however, moving on is simply the idea that you will wake up one day without the crushing pain of grief and sadness then yes, that day is coming. A very wise friend of mine who lost her young daughter many years ago said that during her most difficult time of grieving whenever the sun was shining brightly she would think to herself, "Yes, it's a beautiful day, but I've lost my daughter." She said she knew she was healing when she could say, "I've lost my daughter, but isn't it a beautiful day?"

One day it won't hurt to wake up. The idea of your loved one being gone won't cause an ache in your heart. Don't let anyone tell you when that day should be for you, because only you will know. If you're simply not ready to move on just now, that's okay, but remember you're not leaving anyone behind if you chose to smile again. Be kind to yourself.



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

- Daffodils, sometimes called jonquils or narcissus, are the birth flowers for



March. Because they often bloom in early spring, they symbolize new birth, beginnings, happiness and joy.

- March's birth stone is aquamarine. It is thought to protect one's well-being.

- March is named for the Roman god of war, Mars. However, we think of it as the beginning of spring, as March brings the vernal equinox, the Full Worm Moon and the return of Daylight Saving Time.



- Saint Patrick's Day, or the Feast of Saint Patrick, is a cultural and religious celebration held on March 17, the traditional death date of Saint Patrick, the foremost patron saint of Ireland.

- March is Women's History Month.

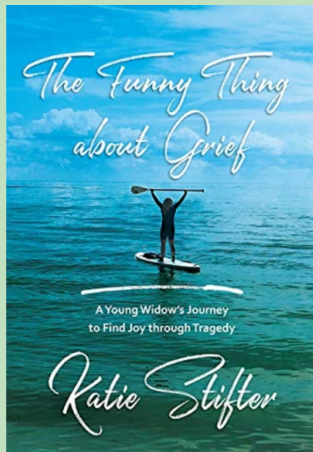
- March 30 is National Take a Walk in the Park Day.

## Bookmarks

**It's hard to imagine laughing or finding anything funny when grieving. But sometimes humor mixed with advice or guidance can sooth the soul and impart wisdom.**

**The Funny Thing About Grief**  
Grief isn't funny—is it? What about when life is so heartbreakingly tragic, so gut-wrenchingly unbearable, that to ease the overwhelming ache you feel, if only for a minute or two, you just have to laugh?

In *The Funny Thing about Grief*, author Katie Stifter shares her struggle to survive the sudden, tragic death of her beloved husband and best friend, Andy. It's a thing she can't fathom surviving, yet she manages to, a little bit every day, as she raises her two young kids and newborn baby, helping them survive their grief too. In recounting her journey, Katie creates a guide for others who are lost amid their own grief and heartache, ultimately imparting that humor can only help and there can be happiness after loss.



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