

Luce, Luze & Reck

FUNERAL HOMES

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

Mandy Luikens-Spilde & Tiffany Pape Hofer
Owners/Funeral Directors
tiffany@luceluzereck.com

"Providing Comfort To Families"

www.familyfuneralhome.net

Chapters

turning the pages through grief



I have these moments, glimmers if you will; where it's as if I'm frozen mid-conversation and it sinks in: time is slipping. A heaviness fills my heart, a lump forms in my throat and I now realize at the ripe old age of 42 that I'm mortal, that everyone around me is mortal, and that I'm not sure if anything at all that I'm spending the precious minutes of my life on actually matters in the eternal scheme of life and death. In those minutes, maybe even seconds, I'm caught in the throes of existential crisis. I question my job, where we chose to raise a family, my college degree, my grocery list, literally every decision I've ever made. I criticize myself for not spending more time with my children while I have them under my roof, not spending more time with the people I've loved who are now gone from this plane of existence,

not flossing, not praying for world peace enough, not taking my multivitamin, and not saving more for retirement.

Once I snap out of my brief pause into deep consideration of my eternal purpose I solemnly vow to slow down, treasure life's little blessings, and tell my friends and family I love them more often.



"But, to be fair, there's a fifty-percent chance of just about anything."

Renewed, I feel quite satisfied with my new life direction.

Then I quickly forget and go back to scooping cat litter.

Mourning "the life not lived" is an ambiguous grief, often accompanied by guilt because we're left asking whether (fill in the blank) counts. The guilt-laden losses are the worst ones to navigate in my humble opinion. Disenfranchised by others, but mostly by ourselves, we delegitimize our experience, maybe we turn to not so healthy things to get us through "the hump," or put our head down and march onward through life. Then before we know it, life goes poof. It's so hard to say goodbye to yesterday.

I have no quick fix for this. No magic pill, coaching plan, or podcast I can

continued...



"By doubting we are led to question, by questioning we arrive at the truth."

~Peter Abelard

...continued from front

advise that you listen to in order to avoid this distressing experience. I find some comfort, however, in the reality that without the existential crisis at the litter box, the peak joys of life’s most meaningful celebrations wouldn’t be nearly as sweet. Maybe the back and forth of picking up emotional baggage along the way, but muscling through in spite of it all is life’s very meaning? Or it’s just 42. Answers aren’t always as necessary as the questions.

Lori Mathiowetz is a spiritual director, meditation teacher, musician and freelance writer from Minnesota. She has masters degrees in Theology and Spiritual Direction from Saint Catherine University in St Paul. She is a co-founder and interim executive director of the New Ulm Wellness Collective, a collaborative of 18 women offering complementary and holistic wellness services and classes. Lori is a sought after writer and public speaker, who brings a flair for entertainment to a number of topics both serious and whimsical. She’s a storytelling whom you’ll find leading retreats, on stages, and around campfires to anyone with a curious mind, occasionally with her acoustic guitar in hand.

watch it!



Grief on Television

Sometimes, unexpectedly, seeing grief on television can be a strange sort of comfort. It's counterintuitive to think that seeing sad things on TV when we're sad can have an appeal, but it can. Grief can be so isolating. Knowing that someone has captured some part of it, large or small, can be a reminder that we are not as alone as we feel. Though our grief is deeply unique, there is some solace in seeing aspects that are shared.

These are some of the best grief shows of the last few years, as nominated by the What's Your Grief online community.

Sorry For Your Loss

Sorry For Your Loss was a show released in 2018 that follows actress Elizabeth Olsen, a young widow, and her family. Though it only ran for two seasons on Facebook Watch, we immediately started hearing good things from griever about the show.

Available on Facebook Watch

Afterlife

Probably the most well-known grief show on television over the last few years, written by and starring Ricky Gervais. Referred to as “required viewing” for anyone grieving and anyone trying to support someone grieving. It's a show that doesn't shy away from the angriest sides of grief, but with many laughs along the way.

Available on Netflix

Euphoria

Based on an Israeli TV miniseries by the same name, it's a teen drama and may not be for everyone. All grief shows can be a lot depending on how it intersects with your own experience.

Available on HBO

Never Have I Ever

Keeping us in high school, Never Have I Ever is about a 15 year old who is coping with her dad's death. Viewers definitely don't see it coming that it's a grief show, which is honestly one of the great things about it. It tackles grief avoidance and family dynamics after a loss, but all wrapped in a charming teen comedy.

Available on Netflix

Fleabag

This show is a fair bit older than others on the list – season 1 came out in 2016 and season 2 in 2019. But it's included it here as personal favorite of What's My Grief and it still turns up in many people's suggestions. This was originally a one woman stage show by Phoebe Waller-Bridge turned into a series.

Available on Amazon Prime Video

Courtesy of [whatsyourgrief.com](https://www.whatsyourgrief.com)

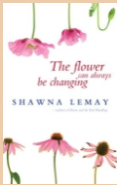
• take a break •



Fun Facts About May

- * Birthstone: Emerald, which symbolizes success and love.
- * Flower: Lily of the Valley.
- * The month of May was named for the Greek goddess Maia. She was the goddess of fertility.
- * Cinco de Mayo is celebrated May 5.
- * Mother’s Day is May 8.
- * May 21 is Armed Forces Day which honors those who served in all branches of U.S. military.
- * May 30 is Memorial Day, a poignant reminder of the tenacity of life.
- * May’s full moon on May 16, is called the Flower Moon.

bookmarks



A collection of brief essays about the intersection of poetry, painting, photography and beauty. Shawna Lemay welcomes you into her home, her art and her life as a poet and photographer of the every day and shares visits to the museum with her daughter, the beauty in an average workday at the library, and encourages writers and readers to make an appointment with flowers, with life. **Here is an example of a poem/essay inspired by the friend of the writer, who’s father requested that in lieu of flowers, griever take a loved one out for lunch.**

In Lieu of Flowers (in part) by Shawna Lemay

*In lieu of flowers, walk in the trees and watch the light fall into it.
Eat an apple, a really nice big one. I hope it’s crisp.
Have a long soak in the bathtub with candles, maybe some rose petals.
Sit on the front stoop and watch the clouds. Have a dish of strawberry ice cream in my name.
If it’s winter, have a cup of hot chocolate outside for me. If it’s summer, a big glass of ice water.
If it’s autumn, collect some leaves and press them in a book you love. I’d like that.
Sit and look out a window and write down what you see. Write some other things down.
In lieu of flowers,
I would wish for you to flower.
I would wish for you to blossom, to open, to be beautiful.*

* * *

