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"Providing Comfort To Families"

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Chapters

turning the pages through grief



Reflecting on the death of her own mother in *The Long Goodbye: A Memoir*, Meghan O'Rourke chose the word unmothered to label individuals whose mother has died. In all, it's a much better word than motherless; individuals in this unmothered state had mothers and life is still influenced by these mothers, even after their deaths.

In the days before universally available cell phones, long distance telephone service providers maintained the second Sunday in May was their busiest calling day of the year. Greeting card publishers, candy makers, and florist shops undoubtedly reap the greatest bonanza during the few days on either side of that Mother's Day

weekend. But for individuals who have recently said goodbye to their mothers, these days can be filled with dread and sadness. In spite of the grief that this month may bring, here are some ways to honor the holiday even while grieving a mother's absence.

Use may to say thank you to the mothers you know.

Even in the absence of one's own mother, there likely are other mothers you know and respect. One or more of these women have likely exhibited the kind of character ethic to which you aspire. Especially if the relationship with your own mother was characterized by ambivalence, sending a card or placing a call to the other "mothers" in your life can lift both of your spirits.



"Thank your mother for me, but I have my own lesson plans."

continued...

MAY
2024



To describe my mother would be to write about a hurricane in its perfect power.

—Maya Angelou

One of the most positive ways to manage grief is to adopt one or more qualities from the deceased's life to implement in our own.

Make a contribution in your mother's memory. Nonprofit organizations number in the tens of thousands and virtually all are delighted to welcome memorial contributions. Her faith community, an organization conducting research about the illness that

ended her life, a nearby university, or the hospice which provided her care would all welcome a contribution in her memory. You could investigate if there is a specific fund or program at the organization whose purpose seems most fitting to her life and memory.

Reclaim one or two values your mother demonstrated.

Most individuals grieving a mother's death can recall one, two, or three character values that their mother demonstrated. Her life might have been characterized by generosity, compassion, hard work, faithfulness, gratitude, positive confidence, or a dozen other qualities. One of the most positive ways to manage grief is to adopt one or more qualities from the deceased's life to implement in our own.

What Grief Has Taught Me...

I've learned that I have to go on living without my mom. I knew one day she would be gone but I really had NO idea how hard it would be.

The hardest thing for me to learn was that I could be happy again and that I can believe in something after all.

I have learned you need to take the new landscape in your own time and in your own way.

whatsyourgrief.com

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



- Blue jeans were official invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20th.
- The birthstone for May is the emerald which represents love and success.





- The birth flower for May is Lily of the Valley.
- The month May was named for Maia, the Greek goddess of fertility.
- In any given year, no month ever begins or ends on the same day of the week as May does.



- May is the month of autumn in the Southern Hemisphere, and spring in the Northern Hemisphere.
- The Kentucky Derby is the first Saturday in May.



- Cinco de Mayo is celebrated every May 5th.

FAST FOOD

It can be difficult to think about cooking, or even eating sometimes, when we are grieving. Good nutrition is especially important now, and these quick and easy ideas may help.



FRESH FRUIT

Fresh fruit such as apples, oranges and bananas are convenient and healthy snack. Paired with yogurt and a protein bar, you've got breakfast or lunch without any fuss.