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FUNERAL HOMES

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"Providing Comfort To Families"

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Chapters

turning the pages through grief

How Can I Be
Angry With You

NOW THAT YOU'RE GONE?

By
**Paulette
LeBlanc**

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books, and is a
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Not every relationship is perfect. We are unique creatures, sharing unique connections with every person in our lives. Relationships range from healthy and thriving, to downright abusive, to simply estranged, and everything in between. Death is apathetic to the condition of our relationships when it comes calling. You may have been angry with the person who died. Perhaps in your grief you remain unsure about what to do with that anger. Maybe the deceased was angry with you and you never got a chance to work through your issues with them.

First of all, it is important to decide on the merit of your anger. A spouse who always forgets to take out the garbage may have died having neglected to do it for the umpteenth time. This is an example of something that will easily fade

and in time may even become endearing or funny. What about more deeply ingrained trespasses? For instance, an abusive parent or spouse who passes may never have acknowledged what they've done or apologized. This can leave the abused in a state of confusion. You may experience pangs of anger and waves of grief simultaneously.

Remaining angry will certainly hurt you more than the deceased person,

however it is important not to simply ignore your wounds because the other person died in the middle of an abusive or contentious relationship. Though the living cannot know with any degree of certainty that the deceased are now aware of pain they may have caused and are remorseful, it may be more comforting to assume that they do. After all, forgiveness

continued...

**MARCH
2025**



**For every minute you remain angry,
you give up sixty seconds of peace of mind.**
—Ralph Waldo Emerson



...continued from front

does not require the offender's repentance. Forgiveness can happen at any point that the aggrieved has acknowledged and worked through his or her own pain.

There may be much uncertainty about whether or not an estranged person thought about us before they passed. Estrangement seems to happen most often in familial relationships. Perhaps this is because we do not choose our family. A blood tie to someone does not necessarily ensure that we will always see eye to eye. If a family member has died with whom you were estranged, living in guilt for not having had a relationship with them is not a healthy way to grieve them. Though it is certainly understandable that we would grieve the relationship we wish we'd had.

Disagreements are a natural part of any relationship. While some people seem to argue more than others, there are also those who choose to stifle their grievances in an effort to keep peace.

If a loved one passed away while you were in the midst of a disagreement it is certainly normal to feel a certain degree of absence in your resolution. Never having had a chance to make up with them may leave us feeling as though we've left something permanently undone. Most especially when a death is sudden and there is not time for a proper goodbye, or an apology, it can leave the aggrieved a bit confused about what to feel.

There is no law against finishing an argument yourself. You may find it comforting to say all that you had to say to the deceased, even though they are no longer around to hear it. If your relationship with them included regular disagreements as a way of clearing the air, you are free to continue to do so.

The Lessons of Grief

"One lesson I learned is that grief knows no time line. Allow yourself the time to sit with whatever feelings are passing through. What you feel is truly a testament of how special your loved one was and the impact they had on your life."
—Beth O.

"At the end of your life, you find that it is not about how much you were loved by many, but how much you loved so many."
—Alma M.

BREAK TIME

*Sometimes the best advice is a break from advice.
Take 5 and enjoy these tidbits of this & that.*



along with spring cleaning rituals.

- The popular board game Monopoly was invented on March 7, 1933.



- Coca-Cola was invented by John Pemberton in March of 1886.



- Fluctuating temperatures of cold nights and warm days in March cause sap to flow in tree trunks. The sap of sugar maples has the highest sugar concentration of any of our native trees, from 2 to 4%.



"No, I'm fine. It just feels good to lay down for a bit."

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