



November 2009

Grief and Guests

Grief often comes to us as an unwelcome guest that is invading our space and pushing us out of our comfort zone. We want the guest to just go away, or at least come for the visit at our convenience.

The truth about grief and unwelcome guests are that neither come at a convenient time. However, grief, like some guests, will not be ignored; grief will continue to knock until you open the door. Once inside, the unwelcome guest that from a distance was dreaded is discovered not to be a foe but rather a friend. It is in the embracing of grief that we receive the help of grief. Read the poem below that I wrote as I struggled with my grief after the death of my father.

The Unwelcome Guest

The knock was firmly quiet
echoing from my door,
it almost went unnoticed, yet
would not be ignored.
More steady than the clock
that ticks upon the wall,
came this persistent knock
and its solemn call.

Like the wind that blows the
damp and chilling breeze,
the guest that wanted entrance
did not bring me ease.
What if I should lock the door,
perhaps he will go away,
maybe he'll become confused
and somehow lose his way?

Rude and intrusive this guest
appeared to be,
peering through my window

looking straight at me.
Why is he here and just how
long will he stay,
doesn't he know it is not
convenient to visit me today?

As I looked more closely, the
shadow on his face,
concealed eyes of compassion
and a gentle grace.

What is your name, I asked the
unwelcome guest?
"Grief's my name and I have
come to give you rest!"

'The burden of a broken heart
cannot be healed alone,
you need a friend like me to
give you back your song.
My gifts are tears, sobbing
cries, angry words expressed,
they will mend a broken heart
and rescue from distress.'

'The tears that flow from your
eyes will wash away the fear,
they will open again your heart
and make the cloudy clear.
I am grief, but I'm your friend
please don't turn away,
you must believe when I tell
you I will not forever stay.'

'Open now the door and
embrace your shadow friend,
and watch the Lord in all his
grace let the sunshine in.
My name is grief, but I am a
friend sent down from above,
I will open again your heart
and fill it with love.'



J. Chris Adams
D. Min.
Spiritual and
Bereavement
Services Program
Manager, Gentiva
Hospice Division



GRIEF AND THE HOLIDAYS

Tuesday, November 17
6:00—7:30 pm

McAlister-Smith Funeral Home
869 St. James Ave. (Hwy 176)
Goose Creek

Wednesday, November 18
10:30 am—12 noon

McAlister-Smith Funeral Home
1520 Rifle Range Rd
Mt. Pleasant

Wednesday, November 18
6:00—7:30 pm

McAlister-Smith Funeral Home
2501 Bees Ferry Rd
Charleston (West Ashley)

We have partnered with McAlister-Smith Funeral Home to offer these programs designed to let you know that there is no specific way to handle your grief during the holidays. However, there are tips offered that will assist you during this hard time of year. Learn that it is certainly okay to cry, to laugh, to grieve, and to enjoy the season.

Kindly contact Rebecca Imholz
#843-884-3833 or
Rebecca@mcalister-smith.com to
register for one of these free
programs.
(Refreshments will be served)

BEREAVEMENT SERVICES CONTACT INFORMATION

Alabama

Huntsville Keith Lorick/Dan Anderson
256.519.8808
Florence Fred Wilks/Steve Reed 256.764.0873
Montgomery John Sparks 334.271.1293
Opp Roger Stone/Lee Joyner 334.493.0725
Birmingham Jim Elrod 205.682-9441
Dothan Eddie Biss/Charles Goldsmith/
Paul Cowley/Bill Frank/Tallmadge Butler
334.792.1100
Jasper Jeanine Pope 205.384.3882
Eufaula Tim Stevenson/Randy Worrell
334.616.0061
Cullman Fred Wilks 256.737.7234
Oxford Winfred Logan 256.831.2964
Gadsden Richard Bradford 256.442.3208
Mobile Dave Tarvin/Candler Cain 251.340.6387

Florida

Crestview Jim Vail 850.689.0300
Fort Walton Frank Dole 850.862.1069
Marianna Gino Mayo 850.526.3577
Panama City Mike Young/Craig Brannon
850.769.0055
Pensacola Bill Eddins/Shane Tucker
850.474.7288

Georgia

Marietta/Rome Don Reed/Johnnie Porter
770.951.6251
Stockbridge Oliver Cameron 770.389.5760
Bainbridge Andy Glover 229.246.6330
Newnan Rick Harden 770.502.1104
Riverdale Ken Rose 770.907.2410

Lawrenceville Bill Daniels 770.822-6377

South Carolina

Greenville Dave Garner 864.329.0588
Columbia Edison Cheeks 803.213.9986
Charleston Greg Mason/
Alan Poe/Emily Buchheit/
Frank Butler 843.529.3100

Tennessee

Cookeville Barry Boggs 931.528.5133

Mississippi

Tupelo Ryan French 662.844.9725
Columbus Marquette Rodgers 662.327.9669
Jackson Terry Robinson 601.362.780



Give the Flag the Respect it Deserves

If your flag is ready for retirement, drop it off at Insty-Prints, 320-A Old Trolley Rd, Summerville. Your flag will be retired in a dignified manner by VFW. Call 843-875-0056 for details. In remembrance of Veterans Day or any other day of honor.

Remembrance and Honor

TWELVE THINGS I WANT TO REMEMBER ABOUT MY LOVED ONE

Choosing to remember is a wonderful way to celebrate your loved ones life...put your thoughts into words.

“Nothing can make up for the absence of someone we loved, and it would be wrong to try to find a substitute; we must simply hold out and see it through. That sounds very hard at first, but at the same time it is a great consolation, for the gap, as long as it remains unfilled, preserves the bonds between us. It is nonsense to say that God fills the gap; he does not fill it, but on the contrary, keeps it empty and so helps us keep alive our former communion with each other, either at the cost of pain.”

—Dietrich Bonhoeffer, *Letters and Papers from Prison*, ed. Eberhard Bethge, rev. ed. (New York: Macmillan, 1967), 200.

4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

1. _____
2. _____
3. _____

RIGHTS FOR GRIEVERS

1. I have the right to experience my own unique grief.
2. I have the right to talk about my grief.
3. I have the right to feel a multitude of emotions.
4. I have the right to be tolerant of my physical, emotional, and financial limits.
5. I have the right to experience "grief-bursts."
6. I have the right to make use of additional rituals.
7. I have the right to embrace my spirituality.
8. I have the right to search for meaning.
9. I have the right to honor my memories.
10. I have the right to move toward my grief and to heal.

—Adapted from Alan D. Wolfelt,
The Journey Through Grief: Reflections on Healing, 141-43.

Permission to Mourn

The holder of this certificate, _____, is hereby entitled to publicly acknowledge his or her loss, to mourn openly, to share narratives of the loss, and to recruit social support in my own way and time, without apology or embarrassment. Tears, memories, silence, uncertainty, and strong emotions are hereby enfranchised.

Please treat me with kindness, compassion, and love.

This certificate has no expiration date.

PUTTING YOUR GRIEF INTO WORDS....give this a try, it helps.

"To be able to put into words and phrases what others only think is what makes poets and sages!" —*Sidney Jourard*

Take the suggested phrase and write a poem. You may choose to have lines rhyme or not rhyme. Be creative. There is *no* way you can mess this up!

Grief came knocking at my door one day

I keep hoping that one of these days

Hospice of Charleston
3870 Leeds Ave, Ste 101
N. Charleston, SC 29405

Our Bereavement Staff are available to you, please call us at 843-529-3100 to discuss additional community resources and individual grief concerns.

“Hope In Healing”

Grief Support Group

2nd Thursday of each month

10:30am-11:30am

Hospice of Charleston, 3870 Leeds Ave, Suite 101 North Charleston 29405

Please contact Emily Buchheit at 843-529-3100
or emily.buchheit@gentiva.com for information

Candlelight Memorial Ceremony

November 22, 2009

Program Starts at 5:30pm

We invite you to join us at Colonial Lake in downtown Charleston for a message

of hope and a time of quiet contemplation.

Please call 843-216-7323 or visit website

www.hospiceofcharlestonfoundation.org

for information and candle order forms.

