

Thank You, Community!



Thanks to the huge hearts of this community, **GriefWorks'** fifth annual breakfast was a fundraising and community outreach success!

GriefWorks' Board of Directors, staff, and volunteers are so grateful for the large community attendance at the October 17th *Partners in Hope* breakfast... and for the \$8,200 in donations and pledges, which will make such a difference in grieving individuals' lives.

Guests' hearts were touched by Auburn School District Superintendent Dr. Kip Herren's educational perspective of healthy grieving and by the testimonials of former **GriefWorks'** clients Thel Harbin and Barbara Schlaitzer. Miss Auburn 2008, Cara Rudd, sang *God Bless America* and *Wind Beneath My Wings*, adding much to an already meaningful program.

GriefWorks is grateful to Mayor Pete Lewis and Human Services Manager Michael Hursh, who opened and closed this community event. We also want to thank breakfast sponsors Advantage Graphics and Everlasting Videos, as well as on-going sponsors GOS Printing and South Sound Printing.

This year's breakfast commemorated **GriefWorks'** tenth anniversary of serving South King and Pierce Counties. Because of the many variables and challenges of sustainability, celebrating ten years is a major accomplishment in the world of nonprofits. Since its founding in 1998 by Mel (Mary Ellen) Erickson and Nanette Flynn, **GriefWorks** has served **over 10,000** children, teens, and adults.

As we plan our next ten years, the mission of **GriefWorks** continues to be to serve as a bereavement resource providing education and support for people grieving a death or seeking to understand the grief process. Our motto is "Together we're mending hearts... and re-landscaping lives."

A special "thank you" to all who are partnering with us to help us fulfill this mission in our community. We appreciate you!

With heartfelt gratitude,

Daryl Thompson
Executive Director
daryl@griefworks.org



Upcoming...

Holiday Support

Please see page 2 for details about the following opportunities for healing:

CAMP GRIEFWORKS Saturday, December 6th, from 9 am to 4 pm.

PUBLIC FORUMS on "Grief and Surviving the Holidays." 10:30 a.m. on Tuesday, Dec. 9th, and 7 p.m. on Thursday, Dec. 11th.

BLUE CHRISTMAS SERVICE, in partnership with the Auburn Police Department Chaplains, 6:30 p.m., Auburn Academy Church on Saturday, Dec. 20th

CHRISTMAS TREE OF REMEMBRANCE at the City of Auburn Mountain View Cemetery.

Winter Daytime and Evening Groups

To pre-register or for information on winter groups scheduled for January and February, please contact our office, (253) 333-9420.

Enumclaw Support Groups

GriefWorks staff facilitate two support groups at the Enumclaw Public Library. There is no cost or pre-registration for these twice-monthly groups, which are sponsored by Enumclaw Regional Hospital. For information, call (360) 825-2505 or **GriefWorks** (800) 850-9420.

Grief Support Group:

First and third Wednesday of each month, 1-2:30 p.m.

Caregivers Support Group:

First and third Thursday of each month, 1-2:30 p.m.

Grief Tip

During this season, in addition to finding healing through holiday services and rituals, consider giving a gift in your loved one's memory. Whether you buy a gift for someone in need, give of your time to others, or donate your money to a worthwhile cause, your gift can honor the one who has died. In helping others, you may help yourself heal.





Ask Dr. Bob

*Everything you wanted to know
about loss,
but were afraid to ask*

Dear Dr. Bob,

My best friend was killed in a car accident 9 months ago. It has been really hard on me. One of the things that I've been thinking about is how I'm dealing (or not

dealing with this). In the first few months, I thought about him just about all the time. Now it's less often, and I feel like I'm—I don't know—like I'm forgetting him or betraying him, or something like that. Have you seen people do this or worry about this before?

Thom

Dear Thom,

In the field of Death Education, one way of looking at grief is the *Dual-Process Model*. It means that when a person dies, during the course of the next few days, weeks, months, and years, we oscillate by leaning into our grief and then away from it. This back and forth movement can occur for a few seconds or a few hours. For a period of time after a person dies, we find ourselves frequently leaning into our grief and less often leaning away from it. As one man said after his father died, "For the first couple years I thought more about my dad than I ever did when he was alive."

I'm willing to bet that you feel the same way. The fact that you're not leaning in as much as you used to does not mean that you are forgetting (betraying) your friend. Here's a suggestion: Take out a pen and paper and write a list of memories of your friend. Each entry should be words that stimulate a story of your friend's life.

As the months turn into years you will find yourself at times still leaning in, likely triggered by a memory—a sight, a sound, a smell. This will tell you that you still have some work to do. As the work diminishes, continue to find a way to keep the memories. Your friend came into your life and stayed for a time. Now, as your grief begins to subside, continue to hold him gently in your heart while living your life. If the roles were reversed and he had survived you, I'm sure you would want the same for him.

Regards,
Dr. Bob

Bob Baugher, Ph.D., has taught for over 25 years and currently is a psychology professor at Highline Community College, where his classes include Death and Life. He has led numerous community and national bereavement workshops as well as written or co-authored several books, available at www.GriefWorks.org.

Founder's Corner



The holidays are here, ready or not! Many who are grieving would like to flip the calendar to January 2nd as a way to detour the pain of missing loved ones who have died. Surprisingly, there is an array of choices to be made that can support healing as well as bring authentic moments of joy into the holidays. It is important to know these choices and be intentional about doing activities that ensure good times and sweet moments mixed in with the inevitable painful ones.

GriefWorks is mindful of the difficulty of this time of year. In partnership with volunteers and other organizations, we offer the following events to support the bereaved in the community:

CAMP GRIEFWORKS will be on Saturday, December 6th, from 9 a.m. to 4 p.m. in Auburn. This is a family day camp experience, with age-appropriate groups for 5 years and up. It includes crafts and memorial activities. Families will bring sack lunches. The cost is \$20/person. Register now by calling the **GriefWorks** office, 253-333-9420 or 800-850-9420.

PUBLIC FORUMS on "Coping with the Holidays" will be held at the Evergreen Community Center at 10:30 a.m. on Tuesday, December 9th, and at 7-8:30 p.m. on Thursday, December 11th. Hard questions like, "How can family members grieve differently?" and "What if I can't handle the festivities?" will be addressed. Our staff will offer handouts and lots of healing choices.

BLUE CHRISTMAS SERVICE, in partnership with the Auburn Police Department Chaplains, will be held at the Academy Adventist Church on Saturday, December 20th at 6:30 p.m.

CHRISTMAS TREE OF REMEMBRANCE will be at the City of Auburn Mountain View Cemetery and at the **GriefWorks'** office. Write your loved one's name on a special tag to hang with the snowflakes, symbolizing that they continue to be "unique, beautiful, and gone too soon."

The **GriefWorks** staff join me in wishing everyone holidays that contain...

- * peace that passes all understanding
- * hope for the future
- * joy in relationships with those present in your lives

*Mel Erickson, along with Nanette Flynn, founded **GriefWorks** in 1998 as a bereavement resource providing education and support for people grieving a death or seeking to understand the grief process.*

GriefWorks

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