



Holiday Public Forums

This free forum will address how to survive the holidays after the loss of a loved one.

You will connect with others and learn about healing tools and memorial activities that can help you through the holiday season.

Content for the daytime and evening forums will be the same. Please call for exact location.

DAYTIME

WHEN: 10:30 a.m. - 12:00 p.m.
Monday, Dec 10, 2007

WHERE: Call **GriefWorks** Office
253-333-9420 /
800-850-9420

TOPIC: *Grief and Surviving the Holidays*

COST: There is no cost to attend.

EVENING

7:00 p.m. - 8:30 p.m.
Thursday, Dec 6, 2007

GriefWorks Office
Skills, Inc Building - Upstairs
715 30th Street NE, Auburn, WA

A Night to Remember

GriefWorks invites you to attend a special community-wide holiday candlelight service of remembrance to honor your loved one who is gone, but not forgotten.

The interactive program is designed for children to participate. Each family receives a keepsake ornament.

WHEN Friday, December 7, 2007
7:00 p.m. - 8:30 p.m.

WHERE Junior Achievement Building
1610 Perimeter Road, Auburn, WA

COST Our gift to you!



Snowflakes of Remembrance

The beautiful *Snowflake of Remembrance* is a wonderful way to honor loved ones this holiday season. It also makes a thoughtful gift for any grieving person.

Beautifully crafted and personalized, the 6.5-inch opalescent snowflake costs only \$20. It is attractively packaged with an optional gift card enclosure.

Persons honored by a *Snowflake of Remembrance* will be recognized at *A Night to Remember*, the lovely candlelight memorial service hosted by **GriefWorks** on Friday, December 7, 2007 at 7 p.m. at the Junior Achievement Building (see details above).

Comfort and Hope

"I truly do not know how I would have been able to get through everything I had to deal with if you and the support groups had not been available. I am feeling much more confident about moving forward these days."

While this "thank you" was addressed to a **GriefWorks** staff member, we are passing it on to *all* of you who have partnered with us in supporting the bereaved.

To hear from others who have found comfort and hope through **GriefWorks**, please join us at our upcoming breakfast

Compassion Partners

Come learn how you can join us in mending hearts and re-landscaping lives through ...

- Partners with the Brokenhearted
- Partners with Families
- Partners with Students

at

GriefWorks' 4th Annual Benefit Breakfast

Thursday, December 13th
7:00-8:30 a.m.

Emerald Downs, Auburn

For reservations for this complimentary breakfast or to learn about being a Table Host or Corporate Sponsor, please call or e-mail Debbie@griefworks.org.

We also welcome your help in preparing for this important event.

To volunteer, e-mail or call Debbie at:

debbie@griefworks.org
253 333-9420 or
800 850-9420

Thank you for partnering with us in supporting the bereaved!



Ask Dr. Bob

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

Dear Dr. Bob,

One night this fall, I was watching TV and saw an episode on "Boston Legal." On the show, a woman claimed her husband's suicide was - I think she said - caused by his grief therapy or something like that.

Do you know anything about this?

J.H.

Dear J.H.,

I did not see the episode, but I certainly heard about it. It seems they misrepresented the research by citing one unpublished study. They ignored hundreds of published studies that found that bereaved people who choose to go to a qualified grief therapist are helped.

If you would like the whole story, go to the site for the Association for Death Education and Counseling: <http://www.adec.org>.

Although most bereaved people do not need intense therapy, some do find great comfort and help by attending a grief support group.

Take care,

Dr. Bob Baugher

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, including the newly released "The Crying Handbook." To learn more about or to order his resources, visit www.griefworks.org.

About GriefWorks

The mission of **GriefWorks** is to serve as a bereavement resource providing education and support for people grieving a death or seeking to understand the grief process. Since 1998, we have provided healing and hope to more than 9,000 children, teens and adults who experienced a devastating loss.

How is GriefWorks Supported?

GriefWorks relies on generous donations of individuals and organizations. **GriefWorks** is a nonprofit organization, and contributions to **GriefWorks** are tax-deductible.

GriefWorks also depends on volunteer involvement. Do you have a few hours to give each week or each month? Or perhaps you can help on a one-time basis for a large event, such as our upcoming breakfast. To learn more about volunteering your time, please e-mail deb-bie@griefworks.org.

We appreciate each of you who are supporting our work through your time and donations. We also want to express our gratitude to The Lamb Foundation, The York Foundation, The Greater Tacoma Community Foundation, The City of Auburn, and Auburn Valley Kiwanis for their support of **Kid Talk** and **Teen Talk** programs in area schools. Your generosity is making a difference in lives of kids and teens!

Would you like to help? Please send your tax-deductible donation to **GriefWorks**, P.O. Box 912, Auburn, WA 98071-0912. Thank you!

Founder's Corner



Ritual is the most healing intentional grief work I know. One Webster definition of ritual is "a ceremonial act or action."

Ritual allows us to express or give voice to feelings, often without needing words. Ritual allows us to demonstrate our love for a person who is no longer here. It is through this expression, called mourning, that we heal.

For example, putting flowers at the gravesite or beside a photo are two meaningful ways to demonstrate our caring.

Lighting a candle (battery candles are safe to keep burning!), placing a special ornament on the tree, creating a memory album or box, making a toast, and planting bulbs, seeds or a special tree are other examples of ritual making love visible.

The nicest thing about ritual is that children can participate, allowing them to demonstrate their love and to experience a sense of belonging and meaning. Almost every **GriefWorks** session with a child includes some form of ritual.

A favorite is the tearing of a paper heart to show how our heart is torn apart when someone we love dies. The difficulty gluing it back together validates how much work it takes to heal.

Probably the most beautiful opportunity for healing ritual through **GriefWorks** is the lovely candlelight memorial service which we call "A Night to Remember." It includes beautiful original music by harpist Gwen Lyons, readings, and the ringing of a bell as the name of every decedent is read.

The family may come forward, light a candle, and take a keepsake ornament from the tree. This service is a warm-fuzzy way to include loved ones we hold dear, but who are no longer here, in the holidays.

You are invited to join us on December 7th. We look forward to sharing this special occasion with you.

*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.*