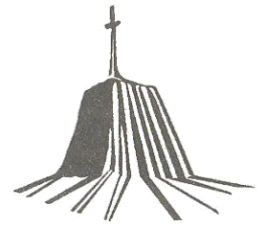




**Cedar Community Home, Health & Hospice and St. Frances Cabrini Parish Bereavement Support Group**



The Bereavement Support Group is an **ecumenical group** serving West Bend and the surrounding communities. We meet on the **first Thursday of the month at 6:30 p.m.** in the **Adult Meeting Room of St. Frances Cabrini Parish. Enter from the lower parking lot and proceed to the room directly across from our Church Hall.**

If you have lost someone to death and are experiencing grief in your life, you may want to attend a meeting to draw support from others in similar situations.

**NEXT MEETING:  
THURSDAY, FEBRUARY 4, 2010  
6:30PM**

**Am I Normal? A Grief Journey Toward Healing...**

What is 'normal'? Is there such a thing as 'normal'? Who sets the standards of 'normal'? In our gathering we'll explore some common myths about grieving which, if believed, lead people to think they may or may not be 'normal'. We'll also discuss an understanding of what healing is and is not, and we'll look at the connections between spirituality and grief.

Our presenter will be Pete Reinl, Director of Grief Support Services for Church and Chapel Funeral Homes. In addition to experiencing the loss of several significant people in his life due to death, Pete's background includes certification in pastoral care ministry, religious education, spiritual guidance, and respecting choices. Prior to serving Church and Chapel Funeral Homes he worked in a similar position for a funeral home in the Appleton, WI area.

**DUE TO INCLEMENT WEATHER IN JANUARY WE HAD TO CANCEL OUR MEETING SO OUR SPEAKER AGREED TO COME BACK IN FEBRUARY.**

**Upcoming Meetings**

- March 4, 2010—Judy Koepl—grief counselor
- **April 1, 2010—NO MEETING—HOLY THURSDAY**

**Quotable Quotes**

- "Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content." -- Helen Keller
- "Contentment is not the fulfillment of what you want, but the realization of how much you already have." -- Unknown

**Area Bereavement and Grief Support Groups**

- *Grief Support Group—Meets at 10 AM every other Tuesday at Fifth Avenue Methodist Church, West Bend. Call Shirley @ 920-994-2747 for more information.*
- *Grief Support Group for those who have lost a child or grandchild. Meets the 3rd Thursday of the month at Fifth Avenue Methodist Church. Call Shirley @ 920-994-2747 for more information.*
- *Bereavement Support Group—Meets on the 2nd Tuesday of the month, 7 PM at St. Gabriel Parish, 1200 Gabriel Way, Hubertus. Contact Maureen Mitchell, 262-628-1141, for more information.*
- *Bereavement Support Group—2nd & 4th Mondays, 4:30-6:00 pm at Horizon Home Health Care & Hospice, 110 Lone Oak Lane, Suite 300, Hartford. Contact 262-673-8400 for more info.*
- *Common Ground of Grief— Tuesday, February 2, 11:00 am—12:30 pm, repeated at 6:30-8:00 pm "Grief, Mourning & Healing: Essential Pieces of the Grief Puzzle" at San Camillo, 10200 W. Bluemound Rd. Reserve a place by calling 414-438-4420 ext.302 or emailing patrickdean@griefwork.com.*

## Bereavement Support Group Newsletter

1025 S 7th Avenue  
West Bend, WI 53095  
Phone: 262-338-2366 ext. 12  
Fax: 262-338-2348  
E-mail: carolb@stfcabrini.com

Contact Carol Burczyk at 338-2366 ext. 12 for the following:

- Information about the Bereavement Support Group
- Add or delete names for the mailing of this newsletter
- Topics or speaker suggestions for Bereavement Group
- Requests for visits to elderly parishioners
- Desire to volunteer in Pastoral Care

## Free Activities and Workshops

Offered by Grief Resource Center • 8949 N. Deerbrook Trail • Brown Deer, WI 53223. **RSVP to attend by calling (414) 586-8328 or e-mail to: kayla.waldschmidt@hhch.net.**

- **Collage Art Project:** Bring pictures of your loved one to honor their memory. Art supplies will be provided.  
*Tuesday March 16 3:00-4:00 pm*
- **Relaxation Workshop:** Spend time working through guided imagery and learning breathing techniques that will help you relax in stressful situations. Handouts on relaxation and stress management will be provided.  
*Friday March 19<sup>th</sup> 3:00-4:00 pm*
- **Accentuate the Positive:** Explore your positive emotions that you may have forgotten you had. This five-week workshop will help you identify and appreciate positive emotions about your past, present, and future. Remember your loved ones in a positive light and learn to grow in a healthy, positive way.  
*Mondays 11:00-Noon February 1<sup>st</sup> thru March 1<sup>st</sup>*  
*Or*  
*Tuesdays 3:00-4:00 pm February 2<sup>nd</sup> thru March 2<sup>nd</sup>*
- **Anger-Taming the Flames:** Learn strategies to help you tame the flames of anger so that it doesn't engulf your life.  
*Tuesday February 2<sup>nd</sup> Noon-1:00 pm*  
*Or*  
*Tuesday February 16<sup>th</sup> 2:30-3:30 pm*
- **Let Go and Let God:** Grief and burden can be too much for one person to carry. Your mind is cluttered with all types of thoughts and worries. During this workshop we will sort through what is important and what can be let go. We will decorate "spiritual boxes" and put our unneeded worries in them and hand those burdens over to a higher power.  
*Friday February 12<sup>th</sup> 3:00-4:00 pm*  
*Or*  
*Friday March 5<sup>th</sup> 3:00-4:00 pm*
- **Forgiveness: The Steps Toward Healing:** Learn about the process of forgiveness and the benefits it would have for you, the forgiver.  
*Monday March 15<sup>th</sup> Noon-1:00 pm*
- **Journaling to Assist with Grief:** Practice the four journaling exercises that can help you through your grief. Materials & handouts will be provided.  
*Tuesday March 23<sup>rd</sup> 2:30-3:30 pm*

## The Rules for Being Human

1. You will receive a body. You may like it or hate it, but it will be yours for the entire period this time around.
2. You will learn lessons. You are enrolled in a fulltime informal school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
3. There are no mistakes, only lessons. Growth is a process of trial and error, experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works."
4. A lesson is repeated until learned. A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can go on to the next lesson.
5. Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive there are lessons to be learned.
6. "There" is no better than "here." When your "there" has become a "here" you will simply obtain another "there" that will again look better than "here."
7. Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.
8. What you make of your life is up to you. You have all the tools and resources you need. What you do with them is up to you. The choice is yours.
9. Your answers lie inside you. The answer to life's questions lie inside you. All you need to do is look, listen, and trust.
10. This will often be forgotten, only to be remembered again.