

Hello again, friends,

Our September meeting had a slightly smaller turnout than in recent months (18 people), but I'm grateful for all of those who come to see what's going on each month. We welcomed one new guest and had a visitor/observer who was invited to sit in to see what we are all about. Those who were not at the last meeting we given their File of Life to record their emergency medical information. If you are a member and still have not received one, let me know if you want one and I'll set it aside for you. Additional files and Pet Info sheets are available at cost. Please contact me if you need these.

I had been approached by one of our members who wanted to share some feelings about his progress in the grieving process, which just passed one year. Lew spoke very eloquently about his wife, their life together, and how he was processing the grief. Like many of us, he has foundered and worked his way through the steps, in no particular order, searching for ways to reconnect to something. He told of his loss, how he got a puppy to help with the loneliness, and his search for something with meaning. He discovered a passage in the *Book of Remembrance* from his synagogue that helped him turn the corner and readjust his thought process, and wanted to share with others:

*"We should remember the good times, the happy times, the special times and not the times of illness, not the trauma of dying. We should remember the symphony of life—with its movements, its rhythms, its beats. Remember life, not death. Remember happiness, not sadness. Remember what your loved ones gave you while they lived, not what they took from you when they died. Yizkor (remembrance) should be a time of happy memories, not sad reminiscences."*

Lew was so moved by this passage that he decided to reach out to various high schools and colleges in the area and secured a job as a sports announcer at Holy Trinity Catholic High School. He is happily moving into the next phase of his life.

Ingrid also shared some of her struggles to cope during this, her second year on this journey. She said her first year following Andrew's death was extremely busy with plans, paperwork and learning to do navigate life alone. The first part of her second year has been busy, but since summer, things have slowed down and she felt herself in the doldrums. She wrote down some of her feelings, told of conversations with people that helped lighten her mood or redirect her thinking, and the importance of making yourself do things that you are avoiding. For her, carrying on Andrew's legacy of support for the annual Hospice fundraiser is helping her to deal with her grief by doing something that was meaningful to him. She shares this Native American Proverb: *"The soul would have no rainbow if the eyes had no tears."*

#### Announcements:

- Friday, September 23: Suddenly One lunch at the Oak Room Grille, 11:30. Please let me know if you plan to attend so I can give the club an accurate count.
- **The next meeting is October 14<sup>th</sup>.** The topic will be a video presentation, "Living Without the One You Cannot Live Without", a commentary on grief by Professor Natasha Josefowitz, with discussion afterward.
- The November 11<sup>th</sup> meeting will be held at Sholom Park, where Ingrid will lead a meditative walk. More details will come.

Some of our members work or have other obligations on Fridays and would like other opportunities to get together. One option would be to move the Friday lunch to a Saturday or add an event to an evening or weekend day. If you have any ideas, please contact me.

The latest membership roster is attached. For those of you who don't have email addresses, Ingrid Crane will deliver this message and any attachments to your home. *If you don't plan to return to the group, or don't want to receive this information, please let me know, and I'll remove you from the list.*

Hope to see all of you at the next meeting.

Shelley  
210-410-0090

P.S. Lynn sends a shout out to Ron for helping her move some furniture.