

Hello, friends,

Thanks to all who attended the meeting of Suddenly One on Friday. We're still seeing about 25 people attending, which makes my heart glad. We had kind of a free-style meeting this time, with lots of input from many of our members. I'd like to hear from our regulars on how we can make the meetings even better.

- A reminder about the Wreaths Across America program for national cemeteries. This organization provides wreaths to be placed at the headstones of all veterans buried in National Cemeteries across the United States. You can sponsor a wreath for a specific person in a National Cemetery, or simply sponsor a wreath for anyone in any national cemetery. We are planning a group trip to Florida National Cemetery in Bushnell to lay the wreaths. This will be on December 18, from 11:30 until the wreaths are laid. If you are interested in going with us, please let me know. This is open to all, not just Suddenly One members, so if you know of someone who might be interested, please tell me. I'm attaching a flyer explaining more about this. I will give more details about our trip as it gets closer.
- We discussed ideas for a group outing at least once a month that is separate from the usual meeting. This will give us more of an opportunity to socialize with each other and maybe explore more of our area. Not everyone will be able to attend every outing, but we'll try to make it as convenient as possible for everyone to get a chance to do something. Some of the suggestions made at this meeting included the Butterfly Exhibit in Gainesville, a riverboat ride in Dunnellon or at Silver Springs, or a visit to the Gypsy Vanner horse farm. If you have suggestions, please pass them along.
- We are continuing to compile a list of trusted vendors that we are comfortable recommending to others who can help with handyman chores, lawn or auto maintenance or other things we need someone else to do. If you have someone in mind, please pass the information to me via reply email, text, or bring it to the next meeting. I'm attaching the first draft of this list. I'm hoping that we can add to it as we go and update it as necessary.
- The group also discussed the importance of finding a purpose after a loss and many have found help through volunteering. There are endless possibilities, so finding something that suits your likes and needs shouldn't be too hard. Some of our members have volunteered to drive others to medical procedures, make calls or send cards to people feeling low, or making services available at no cost to members (such as notarizing documents). There were also a number of books suggested that members might find helpful. These are all available through Amazon, but may also be at one of the local libraries.
 - *Finding Meaning: The Sixth Stage of Grief* by David Kessler
 - *Visions, Trips & Crowded Rooms* by David Kessler
 - *Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying* by Maggie Callahan
 - *Proof of Heaven: A Neurosurgeon's Journey into the Afterlife* by Eben Alexander
- The membership roster is attached, and I've added a column to reflect the things that people have said they'd be willing to do for other members. If you have something you'd like to add, just let me know. Please look at the member list closely and check me for errors. 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.
- Some members have requested more permanent name tags. If you'd like a Suddenly One name tag with a magnetic clasp, please let me know. If you prefer to order an Oak Run name tag call Della, 237-6474 for more information.
- We ran out of time, but I meant to mention that I've added a Members Page to the website. It's still in progress, but when it's finished, you'll be able to see a meeting calendar for the upcoming year, access the vendor list and retrieve any meeting notes or handouts from meetings you may have missed. Check out what I have so far at www.suddenlyone.com/members.

A few notes on upcoming events:

- The Canine Club is sponsoring a **Pet Parade on October 23** from 9-12 at the Thatcher Dog Park. Dress up your pooch and win a prize.

- Hospice of Marion County is conducting **Steps of Remembrance, October 23** from 10:00 am – 1:00 pm at the Admin Bldg, 3231 SW 34th Ave. **Must** RSVP to 352-873-7456. Face masks and social distancing will be observed.
- **Hoofin' it for Hospice** will hold its annual event **November 13**. Registration will begin at 8 a.m. at Palm Grove and the walk will begin at 8:30 a.m. This is a relaxing two-mile walk through Eagles Point, rain or shine.

The next meeting will be **Friday, November 12th at 10:30**, **but we will not meet in the card room**. Instead, we will go to Sholom Park, where we will meet at the Pavilion and Ingrid will lead us in a silent walk to meditate and remember our loved ones. For those who can't or don't want to walk, we will remain at the Pavilion until the walk is over. Afterwards, we will go to lunch in small groups or one large group, if we can find a place. Please see this link for more information on the park: [Sholom Park](#). I'll be sending details about meeting up, car-pooling to Sholom Park, and lunch as we get closer.

Thank you for coming, and I hope to see you next month.

Shelley
210-410-0090




MONARCH
Center for Hope & Healing

Presents

Steps of Remembrance *Saturday, October 23, 2021* *10 a.m.-1 p.m.*


“A journey honoring the memory of loved ones”

FREE grief support event for Children, Adults and Families
Activities • Food • Time of Sharing • Memories • Butterfly Release
Meet in the field behind the
Hospice of Marion County Administration Building
3231 SW 34th Avenue • Ocala, FL • 34474



RSVP to (352) 873-7456

*Please note: COVID-19 precautions
per the CDC including
face masks and social
distancing will be observed.*



Thank you!



WREATHS *across* AMERICA

Wreath Sponsorship

Florida National Cemetery, Bushnell, FL 33513

December 18, 2021

11:30 a.m. (until wreaths are distributed)

Wreaths Across America will be at Florida National Cemetery to Remember and Honor our veterans through the laying of Remembrance wreaths on the graves of our country's fallen heroes and the act of saying the name of each and every veteran aloud.

Please help our location lay wreaths at as many graves as possible by sponsoring a wreath or volunteering to participate in the wreath laying ceremony.

What does it mean to sponsor a wreath? It means you'll honor an American hero at one of more than 1,200 locations nationwide this year on Wreaths Across America Day. It's a day that's been set aside to lay wreaths at the places where we can pay tribute to their sacrifices.

We can't do that without your support, though. Your sponsorship will ensure that a wreath is hand-crafted of balsam and hand-tied with a red velvet bow. It will then be sent to one of our participating locations, where a volunteer will place it on the marker of a fallen hero. That volunteer will then "say their name" to ensure that the legacy of duty, service and sacrifice of that veteran is never forgotten.

So, what does it mean to sponsor a wreath? It means you have the opportunity to join a grateful nation in saying "thank you" to our veterans.

REMEMBER the Fallen. . . **HONOR** those who Serve. . . **TEACH** our children the value of Freedom.

Please visit www.wreathsassacrossamerica.org to sponsor a wreath individually. If you don't have a computer, or you want to sponsor a wreath for a particular grave at this cemetery, please fill out the form below.

I am interested in (please check any that apply):

- ☐ Sponsoring a wreath individually, but I don't have a computer
- ☐ Sponsoring a wreath for a specific grave at Florida National Cemetery
- ☐ Making a donation through Suddenly One to sponsor multiple wreaths
- ☐ Volunteering to place wreaths at markers
- ☐ Providing transportation to this event

NAME: _____

PHONE: _____

EMAIL: _____