



WALKING THE JOURNEY

Bereavement and Grief



4588 Wesley Woods Blvd, Ste 2A | New Albany, OH 43054
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Walking The Journey

You are in our thoughts as you walk this journey of grief. We express our sympathy at the death of your loved one, and we offer you these words of comfort, support and hope. We thank you for the privilege of caring for your loved one through Wesley Hospice. Enclosed in this booklet you will find a compilation of various strategies for coping with grief, as well as spiritual and cultural words of comfort and hope. Feel free to choose and use whatever is comforting for you. Use whatever is beneficial on your journey. It is our honor to serve all, meeting them where they are regardless of their spiritual beliefs. We continue to offer you support as you journey through your life. If we may be of assistance anytime on your grief journey, please feel free to contact us.

Your Hospice Team



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BEREAVEMENT AND GRIEF

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BEREAVEMENT AND GRIEF

I. WORDS OF GRIEF

Grief: Is the experience of one who has lost a loved one to death.

Mourning: Is the process one goes through in adapting to the loss of the person.

Bereavement: Defines the loss to which a person is trying to adapt.

“Death leaves a heartache no one can heal, love leaves a memory no one can steal.”

•

From a headstone in Ireland

“When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.”

•

Kahlil Gibran

“Memory is a way of holding onto the things you love, the things you are, the things you never want to lose.”

•

From the television show ‘The Wonder Years’

“No one ever really dies as long as they took the time to leave us with fond memories.”

•

Chris Sorensen

“She was no longer wrestling with the grief, but could sit down with it as a lasting companion and make it a sharer in her thoughts.”

•

George Eliot

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II. MYTHS AND FACTS ABOUT GRIEF

MYTH: The pain will go away faster if you ignore it.

Fact: Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing it is necessary to face your grief and actively deal with it.

MYTH: It is important to “be strong” in the face of loss.

Fact: Feeling sad, frightened or lonely is a normal reaction to loss. Crying does not mean you are weak. You do not need to “protect” your family or friends by putting on a brave front. Showing your true feelings can help them and you.

MYTH: If you do not cry, it means you are not sorry about the loss.

Fact: Crying is a normal response to sadness, but it is not the only one. Those who do not cry may feel the pain just as deeply as others. They may simply have other ways of showing it.

MYTH: Grief should last about a year.

Fact: There is no right or wrong time frame for grieving. How long it takes can differ from person to person.

Source: Center for Grief and Healing





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III. GRIEF AND MOURNING: DEALING WITH THE DEATH OF A LOVED ONE

At some point all of us experience the loss of someone important in our lives. Dealing effectively and positively with grief caused by such a loss is central to a healthy and fulfilling life. Many people choose hospice services as their loved one's health declines. Others do not. Wesley Hospice provides ongoing bereavement follow-up to family members and friends for 13 months following the patient's death.

Below is information to help you understand some of the emotions you are likely to go through after the death of a loved one, and to offer some suggestions on how to cope and deal with these emotions.

Good Grief....What is Grief and Am I Experiencing It?

"To everything there is a season, and a time to every purpose under heaven:
a time to be born, and a time to die; ... a time to weep, and a time to laugh;
a time to mourn, and a time to dance."

•
Ecclesiastes 3:1, 2, 4

Grief – Natural Response to Loss

Grief is the normal and universal reaction humans have to the loss of those they love. Our culture envisions healing from grief the same way we think about healing from the flu... that grief is something we get over completely... that if we take a few days off or take some medication, then we should be "cured" in no time. This is not true!

When your loved one dies, you go through a period of bereavement and experience grief that is individual to your experience and yet shares many aspects with all others who grieve.

There is no right or wrong way to grieve. It is thought that intense grieving could last from months to years.

You will grieve in your own unique way, and a general pattern will emerge as you do so. Those around you may be full of ideas about how you are supposed to grieve, and how not. You may be told that grief comes in clear-cut stages, and you may even be given a name for the stage you are supposedly going through. You may hear advice like "Be strong!" or "Cheer up!" or "Get on with your life!" rather than be encouraged to allow your grief to run its natural course. It is important for you to be clear that this is your grief, not theirs. You will grieve in no one's way but your own.

You may have times of disbelief that your loved one actually died; your mind may be confused and your thinking muddled, or have feelings of being in a fog. You may find it difficult to concentrate on just about everything. You may be able to focus your attention, but all you can focus on is the one who died, or how they died, or your life together.

Healthy grief has many possible faces and can express itself in many different ways. You are an individual, with your own personality, life experiences, relationship with the one who died, and understanding of life and death. You are unique and should not expect a "one-size-fits-all grief" to suit you. Despite your individual uniqueness, you will probably discover an overall pattern to your grief as it progresses. It often begins with a time of shock and numbness, especially if the death was sudden. Everything seems unreal. This is usually followed by a time when pain sets in. Sadness, loneliness, helplessness and fear may come over you in powerful waves. Anger and guilt may do the same, and continue for awhile. In time, there comes a slow growing acceptance of what has happened, but it is not necessarily a happy acceptance.



Support From Others

Don't tell me that you understand.
Don't tell me that you know.
Don't tell me that I will survive,
How I will surely grow.
Don't come at me with answers
That can only come from me.
Don't tell me how my grief will pass,
That I will soon be free.
Accept me in my ups and downs.
I need someone to share.
Just hold my hand and let me cry
And say, "My friend, I care."

•
Author Unknown

BEREAVEMENT AND GRIEF

IV. FEELINGS, PHYSICAL REACTIONS, THOUGHTS AND TYPICAL BEHAVIORS

Grief is a normal reaction to the loss of a significant someone or something in your life. Grief is a necessary process that helps an individual adjust to a loss. Grief does not mean you have a lack of faith. Unfortunately, there are no written scripts for how to grieve or for how long to grieve. Each person grieves in his or her unique way at his or her own pace.

FEELINGS

Sadness

- Most common reaction
- Exhibited sometimes by crying

Anger

- Frequently felt
- Can be one of the most confusing feelings experienced
- If it is not acknowledged, it can lead to complicated grief
- Anger comes from two sources:
 - A sense of frustration that the death was not prevented
 - A regressive or more childlike reaction to being abandoned
- The mourner sometimes blames another person for the death in order to make sense of their loss or to validate that it could have been prevented
- Turned inward, anger can cause depression or even suicidal feelings

Guilt

- Guilt is often associated with something that happened or some thing that was neglected around the time of the death

Anxiety

- The more intense and persistent the anxiety, the more outside help is needed to process the grief reaction
- Anxiety comes from:
 - Fear of being unable to care for yourself
 - Awareness of your own mortality

Fatigue

- Often seen and experienced as apathy and listlessness

Shock

- Can occur both with sudden and anticipated deaths

Loneliness

- Feelings of isolation that may be situational or self-imposed

Helplessness

- Feelings of loss of control over situations, others or yourself

Yearning for the lost person

- Desire and longing to return to the past

Relief

- Common when the deceased suffered before the death
- Guilt can follow a feeling of relief

Numbness

- A lack of feelings often occurs shortly after the death

Physical Reactions to Grief

- An empty feeling in the stomach
- Loss of appetite
- Tightness in chest or throat
- Fatigue, insomnia
- Over-sensitivity to noise
- Heavy and repeated sighing
- Lack of muscle power
- Irritability
- Tearfulness
- Shortness of breath
- Dry mouth

THOUGHTS EXPERIENCED IN GRIEF

Disbelief

- Typical reaction when first learning of the death of a loved one
- A sense of depersonalization (nothing seems real)

Confusion

- Difficulty concentrating
- Inability to organize your thoughts
- Forgetfulness

Preoccupation

- Constant thoughts of the deceased and/or how to get the deceased person back

Hallucinations (sensing the presence of the deceased)

- Visual
- Auditory

Behaviors Experienced in Grief

- Sleep disturbances
- Appetite changes
- Absent-minded behavior
- Social withdrawal
- Dreaming of the deceased
- Avoiding reminders of the deceased
- Searching for and calling out for the deceased
- Sighing
- Restlessness
- Crying
- Visiting places or carrying remembrances of the deceased
- Treasuring items that belonged to the deceased
- Over-activity

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V. COPING WITH GRIEF DURING THE HOLIDAYS

Thanksgiving, Christmas, Hanukkah, Ramadan, Kwanza and New Year's Day are annual holidays that can be a very difficult time for people who have experienced the death of someone they loved.

Memories during the holiday season serve as reminders of our loss. Watching others who are feeling thankful and are celebrating when you feel overwhelmed, lonely or sad can be very painful.

The first step in coping with grief during the holidays is to acknowledge that the first holiday season is difficult, and then to prepare for it, in advance, by making specific plans and obtaining the support that you need.

Remember too that sometimes anticipation of a holiday can be more difficult than the arrival of the day itself.

Set realistic expectations for yourself. Remind yourself that this year is different. Decide if you can still handle the responsibilities you have had in the past. Examine the tasks and events of celebrating and ask yourself if you want to continue them.

Surround yourself with people who love and support you. Share your plans with family and friends and let them know of any intended changes in holiday routine. Memories can sometimes be a source of comfort to the bereaved. Share your memories with others of holidays spent with your loved one by telling stories and looking at photo albums. Try to avoid "canceling" the holiday, despite the temptation. It is fine to avoid some circumstances that you do not feel ready to handle, but avoid completely isolating yourself.

Allow yourself some time for solitude, remembering and grieving, but balance it with planned activities with others.





Allow yourself to feel joy, sadness, and anger – allow yourself to grieve. It is important to recognize that every family member has their own unique grief experience and may have different needs related to celebrating the holidays. Not one way is right or wrong. Experiencing joy and laughter does not mean you have forgotten your loved one. Draw comfort from helping others. Consider giving a donation or gift in memory of your loved one. Invite a guest who might otherwise be alone for the holidays. Adopt a needy family during the holiday season.

Take care of yourself. Avoid using alcohol to self-medicate your mood. Try to avoid the hustle and bustle of the holiday season.

Physical exercise is often an anecdote for depression. Writing in a journal can be a good outlet for your grief expression.

Create a new tradition or ritual that accommodates your current situation. Some people find comfort in old traditions. Others find them unbearably painful. Discuss with your family the activities you want to include or exclude this year.

Some examples of new rituals and traditions include:

- Light a candle in honor of your absent loved one.
- Put a bouquet of flowers on your holiday table in memory of your loved one.
- Visit the cemetery and decorate the memorial site with holiday decorations.
- Have a moment of silence during a holiday toast to honor your loved one.
- Place a commemorative ornament on the Christmas tree.
- Dedicate one of the Hanukkah candles in memory of your loved one.
- Play your loved one's favorite music or play their favorite game.
- Plan a meal with your loved one's favorite foods.

The most important thing to remember is there is no right or wrong way to celebrate the holiday season after the death of a loved one.



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VI. BEREAVEMENT BOXES (MEMORY BOXES)

As you begin to organize the material possessions your loved one acquired during life, you will encounter special mementos that describe your loved one. These are treasures that you may want to keep as a reminder of your loved one's life. They give meaning and purpose to your loved one's life and are living reminders of how they lived, what they accomplished and how they touched your life and the lives of others.

These mementos may include some of the following – letters, cards, jewelry, photos, medals, awards, favorite things, memorabilia, and just little things that remind you of your loved one. It may be a souvenir from a trip, a ticket stub from a game, a bulletin from church, a playbill, something that makes you laugh. Whatever it may be, collect all those things that are reminders.

Then, create a memory box. It may be a box purchased in a store, a shoe box or whatever you choose. Place all these items in this box, and store your box in a place in your home. Whenever you need to feel close to your loved one or just want to remember, pull out your box and go through the memories. You may cry, laugh and have every range of emotion. That is okay; it is part of the grieving process. This may be a personal box for yourself or you may choose to share it, and the memory, with family and friends.

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VII. ARE THERE STAGES OF GRIEF?

In 1969, psychiatrist Elisabeth Kübler-Ross introduced what became known as the “five stages of grief.” These stages of grief were based on her studies of the feelings of patients facing terminal illness, but many people have generalized them to other types of negative life changes and losses, such as the death of a loved one or a break-up.

THE FIVE STAGES OF GRIEF:

- **Denial:** “This can’t be happening to me.”
- **Anger:** “Why is this happening? Who is to blame?”
- **Bargaining:** “Make this not happen, and in return I will ____.”
- **Depression:** “I’m too sad to do anything.”
- **Acceptance:** “I’m at peace with what happened.”

If you are experiencing any of these emotions following a loss, it may help to know that your reaction is natural and that you will heal in time. However, not everyone who is grieving goes through all of these stages – and that is okay. Contrary to popular belief, you do not have to go through each stage in order to heal. In fact, some people resolve their grief without going through any of these stages.

And if you do go through these stages of grief, you probably will not experience them in a neat, sequential order, so do not worry about what you “should” be feeling or which stage you are supposed to be in.

Kübler-Ross herself never intended for these stages to be a rigid framework that applies to everyone who mourns. In her last book before her death in 2004, she said of the five stages of grief, “They were never meant to help tuck messy emotions into neat packages. They are responses to loss that many people have, but there is not a typical response to loss, as there is no typical loss. Our grieving is as individual as our lives.”

GRIEF CAN BE A ROLLER COASTER

Instead of a series of stages, you might also think of the grieving process as a roller coaster, full of ups and downs, highs and lows. Like many roller coasters, the ride tends to be rougher in the beginning; the lows may be deeper and longer. The difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss. Even years after a loss, especially at special events, such as a family wedding or the birth of a child, you may still experience a strong sense of grief.

Source: Hospice Foundation of America

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VIII. TASKS OF THE MOURNING PROCESS

Sometimes in your grief you want to be doing something instead of waiting until you feel better. William J. Worden shares about the tasks involved in the mourning process. When you are focused on a task, it seems to help deal with the present situation and cope with the changes in your life.

Worden describes the mourning process in terms of four tasks:

Task 1 - To accept the reality of loss.

Task 2 - To work through the pain of grief.

Task 3 - To adjust to an environment in which the deceased is missing.

Task 4 - To emotionally relocate the deceased and move on with life.

There is no time frame on the mourning process. You continue to work through the tasks until you are finished. The tasks assist you in completing any unfinished business and to say good-bye to your loved one as known on earth, but to continue to treasure the memories and legacy.

As you work through the tasks, you first talk about the actual loss and identify your experiences and feelings. You begin to see what life is like without your loved one physically in your daily life. As you work through the tasks, you take the necessary time to grieve, going through your emotions and feelings, remembering everyone grieves differently. You examine your own coping skills and develop these skills in dealing with everyday events of life.

Resource – William Worden, *Grief Counseling and Grief Therapy*.
Springer Publishing Company, 2002.



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IX. COPING WITH GRIEF AND LOSS

FINDING SUPPORT AFTER A LOSS

Turn to friends and family members – Now is the time to lean on the people who care about you, even if you take pride in being strong and self-sufficient. Draw loved ones close, rather than avoiding them, and accept the assistance that is offered. Oftentimes people want to help but do not know how, so tell them what you need – whether it is a shoulder to cry on or just someone to be with you.

Draw comfort from your faith – If you follow a religious tradition, embrace the comfort its mourning rituals can provide.

Spiritual activities that are meaningful to you – such as praying, meditating or going to church – can offer solace. If you are questioning your faith in the wake of the loss, talk to a clergy member or others in your religious community.

Join a support group – Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. To find a bereavement support group in your area, contact local hospitals, hospices, funeral homes and counseling centers. Our bereavement coordinator can assist you in connecting with a support group.

Talk to a therapist or grief counselor – If your grief feels like too much to bear, call a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving. Our bereavement coordinator at Wesley Hospice is available for support and counsel.

When you are grieving, it is more important than ever to take care of yourself. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after your physical and emotional needs will help you get through this difficult time.

Face your feelings. You can try to suppress your grief, but you cannot avoid it forever. In order to heal, you have to acknowledge the pain. Trying to avoid feelings of sadness and loss only prolongs the grieving process. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse and health problems.

Do not let anyone tell you how to feel, and do not tell yourself how to feel either. Your grief is your own, and no one else can tell you when it is time to “move on” or “get over it.” Let yourself feel whatever you feel without embarrassment or judgment. It is okay to be angry, to yell at the heavens, to cry or not to cry. It is also okay to laugh, to find moments of joy, and to let go when you are ready.

Plan ahead for grief “triggers.” Anniversaries, holidays and milestones can reawaken memories and feelings. Be prepared for an emotional wallop, and know that it is completely normal. If you are sharing a holiday or lifecycle event with other relatives, talk to them ahead of time about their expectations and agree on strategies to honor the person you loved.

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X. WHEN GRIEF DOES NOT GO AWAY

It is normal to feel sad, numb or angry following a loss. But as time passes, these emotions should become less intense as you accept the loss and start to move forward. If you are not feeling better over time, or your grief is getting worse, it may be a sign that your grief has developed into a more serious problem, such as complicated grief or major depression.

COMPLICATED GRIEF

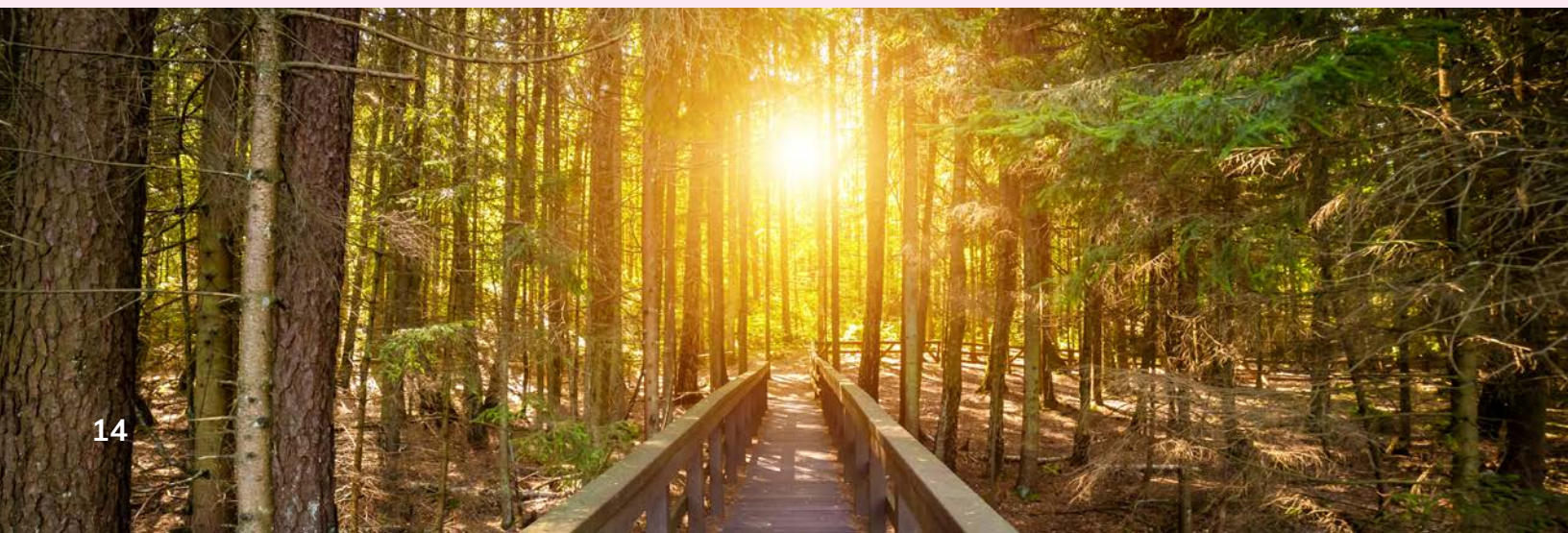
The sadness of losing someone you love never goes away completely, but it should not remain center stage. If the pain of the loss is so constant and severe that it keeps you from resuming your life, you may be suffering from a condition known as “complicated grief.” Complicated grief is like being stuck in an intense state of mourning. You may have trouble accepting the death long after it has occurred, or be so preoccupied with the person who died that it disrupts your daily routine and undermines your other relationships.

Symptoms of complicated grief include:

- Intense longing and yearning for the deceased
- Intrusive thoughts or images of your loved one
- Denial of the death or sense of disbelief
- Imagining that your loved one is alive
- Searching for the person in familiar places
- Avoiding things that remind you of your loved one
- Extreme anger or bitterness over the loss
- Feeling that life is empty or meaningless

Complicated Grief Reactions

- **Chronic Grief** – grief that is excessive in duration and never comes to a satisfactory conclusion.
- **Delayed Grief** – grief that is inhibited, suppressed or postponed because of the situation around you. For example, multiple losses at the same time does not give you time to grieve each loss.
- **Masked Grief** – grief that comes out in physical symptoms or behaviors and you do not realize that they are the way your body is dealing with grief.



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XI. THE DIFFERENCE BETWEEN GRIEF AND DEPRESSION

8 Distinguishing between grief and clinical depression is not always easy, since they share many symptoms. However, there are ways to tell the difference. Remember, grief can be a roller coaster. It involves a wide variety of emotions and a mix of good and bad days. Even when you are in the middle of the grieving process, you will have moments of pleasure or happiness. With depression, on the other hand, the feelings of emptiness and despair are constant.

Other symptoms that suggest depression, not just grief:

- Intense, pervasive sense of guilt
- Thoughts of suicide or a preoccupation with dying
- Feelings of hopelessness or worthlessness
- Slow speech and body movements
- Inability to function at work, home and/or school
- Seeing or hearing things that aren't there

Can Antidepressants Help Grief?

As a general rule, normal grief does not warrant the use of antidepressants. While medication may relieve some of the symptoms of grief, it cannot treat the cause, which is the loss itself. Furthermore, by numbing the pain that must be worked through eventually, antidepressants delay the mourning process.

When to Seek Professional Help for Grief

If you recognize any of the above symptoms of complicated grief or clinical depression, talk to a mental health professional immediately. Left untreated, complicated grief and depression can lead to significant emotional damage, life-threatening health problems, and even suicide, but treatment can help you get better.

Contact a grief counselor or professional therapist if you:

- Feel like life is not worth living
- Wish you had died with your loved one
- Blame yourself for the loss or for failing to prevent it
- Feel numb and disconnected from others for more than a few weeks
- Are having difficulty trusting others since your loss
- Are unable to perform your normal daily activities

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XII. WORDS OF COMFORT AND HOPE

Meditations Before Kaddish

When I die give what's left of me away
To children and old men that want to die.
And if you need to cry,
Cry for your brother walking the street beside you.
And when you need me, put your arms around anyone
And give them what you need to give me.
I want to leave you something,
Something better than words or sounds.
Look for me in the people I've known or loved,
And if you cannot give me away,
At least let me live in your eyes and not in your mind.
You can love me best by letting hands touch hands,
And by letting go of children that need to be free.
Love, doesn't die, people do.
So when, all that's left of me is love,
Give me away.

(A Jewish prayer prayed in the daily synagogue ritual and
by mourners at public services after the death of close relative.)

"I lift up my eyes to the hills, from whence does my help come?
My help comes from the Lord who made heaven and earth.
The Lord is your keeper. The Lord will keep you from all evil; he will keep your life.
The Lord will keep your going out and your coming in from this time forth and for evermore."

•
Psalm 121

"They who wait for the Lord shall renew their strength, they shall mount up with
wings like eagles, they shall run and not be weary, they shall walk and not faint."

•
Isaiah 40:31

CATHOLIC PRAYERS

Our Father

Our Father who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread, and forgive us our trespasses,
as we forgive those who trespass against us.
But deliver us from evil. Amen.

God our Father,
Your power brings us to birth,
Your providence guides our lives,
and by Your command we return to dust.
Lord, those who die still live in Your presence,
their lives change but do not end.
I pray in hope for my family,
relatives and friends,
and for all the dead known to You alone.
In company with Christ,
Who died and now lives,
may they rejoice in Your kingdom,
where all our tears are wiped away.
Unite us together again in one family,
to sing Your praise forever and ever.
Amen.

Hail Mary

Hail Mary, full of grace.
Our Lord is with thee.
Blessed art thou among women,
and blessed is the fruit of thy womb,
Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

JEWISH PRAYER

O God, full of compassion, thou who dwells on High grant perfect rest
beneath the sheltering wings of Your presence,
among the holy and pure who shine as the brightness on the heavens,
unto the soul of our loved one, who has gone to eternity,
and in whose memory charity is offered. May his/her repose be in paradise.
May the Lord of mercy bring him/her under cover of His wings forever,
and may his/her soul be bound up in the bond of eternal life.
May the Lord be his/her possession, and may he/she rest in peace. Amen.

MOURNER'S KADDISH

May His great name be exalted and sanctified
In the world that He created as He willed.

May He give reign to His Kingship in your life time and in your days,
And in the lifetimes of the entire Family of Israel,
Swiftly and soon.

Now say: Amen.

May His great Name be blessed forever and ever.

Blessed, praised, glorified, exalted, extolled
Mighty, upraised, and lauded be the Name of the Holy One.

Blessed is He

Beyond any blessing and song,
Praise and consolation that are uttered in the world.

Now say: Amen.

May there be abundant peace from Heaven,
And life upon us and upon all Israel.

Now say: Amen.

He who makes peace in His heights, may He make peace
Upon us and upon all Israel.

Now say: Amen.

BUDDHIST PRAYER

By the power and the truth of this practice, may all beings have happiness,
and the causes of happiness,
May all be free from sorrow, and the causes of sorrow,
May all never be separated from the sacred happiness which is sorrowless,
And may all live in equanimity, without too much attachment and too much aversion,
And live believing in the equality of all that lives.

ISLAMIC PRAYER

O Lord, grant us to love Thee; grant that we may love those that love Thee;
grant that we may do the deeds that win Thy love.
Make the love of Thee be dearer to us than ourselves,
than our families, than wealth, and even than cool water.

•

Mohammed 570-632

NATIVE AMERICAN PRAYER

Oh Great Spirit,
Whose voice I hear in the wind,
Whose breath gives life to the world,
Hear me!
I come to you as one of your many children.
I am small and weak.
I need your strength and wisdom.
May I walk in beauty.
Make my eyes behold the red and purple sunset.
Make my hands respect the things that you have made,
And my ears sharp to hear your voice.
Make me wise so that I may know the things
That you have taught your children—
The lessons that you have hidden in every leaf and rock.
Make me strong, not to be superior to my brothers, but to be
able to fight my greatest enemy: myself.
Make me ever ready to come to you with straight eyes, so that
When life fades as the faded sunset
My spirit will come to you without shame.

•

John Yellow Lark

The Lord is my shepherd, I shall not want;
He makes me lie down in green pastures.
He leads me beside still water;
He restores my soul.
He leads me in paths of righteousness for his name's sake.
Even though I walk through the valley of the shadow of death;
I fear no evil; for thou art with me;
Thy rod and thy staff, they comfort me
Thou preparest a table before me
In the presence of my enemies,
Thou anointest my head with oil,
My cup overflows.
Surely goodness and mercy shall follow me all the days of my life;
And I shall dwell in the house of the Lord forever.

•
Psalm 23

Jesus said, "I am the resurrection and the life, he who believes in me,
though he die, yet shall he live, and whosoever lives and believes in me shall never die."

•
John 11:25-26

"Peace I leave with you; my peace I give to you, not as the world gives do I give to you.
Let not your hearts be troubled, neither let them be afraid."

•
John 14:27

"Fear not, for I am with you, be not dismayed for I am your God. I will strengthen you,
I will help you, I will uphold you with my victorious right hand."

•
Isaiah 41:10

"Tears have a wisdom all their own. They come when a person has relaxed enough to let go
and to work through his sorrow. They are the natural bleeding of an emotional wound,
carrying the poison out of the system. Here lies the road to recovery."

•
F. Alexander Magoun

"To spare oneself from grief at all cost can be achieved only at the price of total detachment,
which excludes the ability to experience happiness."

•
Erich From

The Blessing

"The Lord bless you and keep you; the Lord make his face to shine upon you,
and be gracious to you; the Lord lift up his countenance upon you, and give you peace."

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Numbers 6:24-26

YOUR HOSPICE TEAM:

Executive Director _____

Director of Clinical Services _____

RN Case Manager _____

Hospice Aide _____

Spiritual Counselor _____

Bereavement Counselor _____

Social Service Director _____

Volunteer Director _____



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