



# From Us to You

Welcome to Newsletter No. 3

July ~ August ~ September

## How will we get through Summer ?

*“Long stormy springtime  
wet contentious April, winter chilling the lap of May  
but at length the season of summer **does** come.”*

This is a quote from Thomas Carlyle,  
a Scottish Philosopher (1785-1881).

At the time of our last Newsletter we saw the  
start of Spring but Summer has now arrived  
- it **does** come!

All of us, in our bereavement, often wonder  
if the dark winter days of grief will ever end  
and it can be hard for us to watch other  
people enjoying carefree summer days.

We hope that, with each others  
help, summer **will** come to us  
all because we know, from many  
attending our Coffee mornings,  
that even though there is a “long stormy Spring”  
Summer **does** come.



## Take Time

Take time to gaze at a sunset sky  
Where colours blaze to dazzle the eye.  
Take time to watch a moonlit sea  
And look in awe at a towering tree.  
Take time to look in the heart of a flower  
Adorned with diamonds from a gentle shower.  
Take time to view a mountain high  
With snowy peak against bluest sky.  
Take time to listen to the song of birds -  
A paean of joy without need of words.  
Take time to tell your closest friend  
Your love and loyalty will never end.  
Take time to stop and stand and stare  
At wonders round you everywhere.  
Take time to make time -  
For all too soon there is no more time.

*Author unknown*

## Let's Get Sharing

### Thoughts from a GP

*My Families, My Patients and My Life Lessons*

Each day, in my role as a GP, I care for patients struggling with grief and the profound sense of loss that accompanies it. Each of these people are names and faces to me. My professional role allows me to care for multiple generations in many families from the beginning of life to the end.

As I reflect on many experiences, I realise how rich my own life and perspective has become, due to the honour and privilege to care for these families at the most difficult times in their lives.

I have lost many patients over the years and I remember many moments that I was able to privately spend with them. I have learned the difference between empathy and sympathy, and, for my own well being, learned the need for balance. Instead, I focus on my chance to have known and served these people, getting to know them and their willingness to entrust their most personal and painful issues to my care. It is an extraordinary honour and responsibility to have people share their innermost thoughts, often unknown to anyone else, and ask you for your opinion/ideas/advice/supportive ear. I am lucky to have cared for many people in my life, in many ways, and to be given the gift to see the complexity and richness of humanity.

### Memory Lane

*“Eileen”*

Last week my husband and I took a small trip to a place where we used to take his parents every year. We have not been back since they both died so it was a bitter sweet experience. We found ourselves taking the same route, visiting the same eating spots, looking for the same treasures. The trees were absolutely gorgeous, the weather was perfect, people were laughing and enjoying themselves and we seemed to be handling the crowds with minimal stress. My husband was somewhat nostalgic as he had a tendency to want to see the things that his Dad loved and would say, “do you remember Dad would eat this and go back for seconds?”. I think it was a very healing day for him. As we get older we see the beauty in things that when we are young we are too busy to see. I think I failed to see that his parents would not be making this trip forever and how important it might be for my husband to revisit the place of his memories. I am so glad we took the time, slowed our pace and soaked in the day.

### Take Heart

*“Maureen”*

I have days when it seems such a big piece has been ripped from my life that only a gaping hole is left. Yet I also have days of celebrating new beginnings. My life and my roles are different now, and many of the changes I have experienced are positive ones. I am learning every day how to be a “creative survivor.” And I trust you will too.

*Gonna take a sentimental journey  
Gonna set my heart at ease  
Gonna take a sentimental journey  
To renew old memories.....*

It is a privilege to hear stories from people's lives. These stories are sacred. What memories are you leaving for family? Take some time to consider your legacy. In the end it isn't about the money we leave behind but the meaning our lives have created.

There are many ways to leave your personal legacy. Perhaps writing a letter of gratitude to special people in your life or write down favourite scriptures, songs or quotations that are special to you. How do you want to be remembered? What have you learned in the school of life? You might be surprised at what you might have to share if you jot down some thoughts.

Take that sentimental journey but remember to share it with loved ones.

*A journey of a thousand miles begins with but a single step.  
Chinese Proverb*

### **I Know I am Moving Along in My Grief Journey When.....**

- I want to do more with my life than "just survive"
- I can laugh without feeling guilty.
- I'm not afraid anymore of losing the memory of my loved one. I know it will always be with me.
- I've come to realize that doing little things for myself is OK.
- I'm not as much afraid of the future.
- I don't find myself "searching" for my loved one as much as before.
- I can get through the holidays, birthdays and anniversaries more easily than I used to.
- I can reach out and help other people.
- I can engage in some activities I had given up after the death.
- It doesn't hurt as much as it used to.
- I can see the memory of my loved one as "less saintly" i.e. not perfect.
- I can put away some of my loved one's belongings and feel okay about it.
- I can look back and see my progress.



It is important to stay active and engaged in your local community. Choosing activities that get you out and about, meeting new people or volunteering in your local area can help give you a real sense of achievement in your life. Most people who volunteer give their time in order to help others, but there is a secondary benefit - volunteering is good for you. Working with other people, learning new skills, meeting new friends and knowing that you are making a difference can all help you to stay fit and active.

### **Coffee Morning Dates for 2015**

Wednesday 29th July  
Wednesday 26th August  
Wednesday 30th September  
Wednesday 28th October  
Wednesday 25th November  
Wednesday 16th December

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Don't forget our  
**'Strawberry Brunch'**  
at the next Coffee Morning  
on Wednesday 29th July

and come and be part of the  
**'World's Biggest Coffee Morning'**  
supporting Macmillan Cancer Support  
at our Coffee Morning  
on Wednesday 30th September.



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