

From Us to You

Welcome to Newsletter No. 18

April ~ May ~ June 2019

With Spring Comes Hope

Spring is just around the corner, new life, new colour, new hope. But for many who are experiencing a loss of some kind, the promise of Spring is difficult to envisage and even harder when it arrives. Because



when many people feel light, joyful and renewed, those experiencing a loss may be deep in the trenches of grief and find it difficult to take part in the celebration of a new life, in the happiness and hope that usually accompanies Spring.

The Butterfly in Spring

In the springtime, we think about the pretty butterflies we often see flying around. Butterflies have long been known as a symbol of rebirth, renewal and happiness. They remind us of how beautiful, delicate and fragile life is. They also teach us to appreciate our loved ones and to be grateful for every moment we have with them. As many of us are dealing with loss in our lives, whether it be from a death, loss of a job, divorce, or



some other type, we have to learn how to move forward. Indeed, this seems to be the toughest thing for many bereaved, but many are at a loss on exactly how to do that.

Grief has no expiration date. There is no set time on how long you should grieve. It is important that people give themselves time to grieve, in their own way. Many people love to tell you that you should be moving forward or handling your grief better, but they are not you.



Work your way through grief like a caterpillar goes from being in a cocoon to emerging as a beautiful butterfly: slowly.

At first, many do not feel like themselves.

They are dealing with the realisation that some people they considered friends, are nowhere to be found while also surprised by some who do provide support. Reach out to your best friends as they are our cherished blessings. We are not supposed to go through

From Jonathan . . .

May I thank all of you who completed a feedback form for our proposed extension and bereavement centre at 103 Peartree Avenue. The application has now been submitted to Southampton City Council and we now eagerly await their reply. The centre will be a gathering place for bereavement support, education and comfort and open to all who need support following a loss.

Christmas Service 2018

At Our Christmas services in December 2018 we had a retiring collection, we have donated this to Countess Mountbatten House charity, and I am pleased to say a total of £2000.00 was sent to the charity.

Osborne House Day trip

We are looking forward to our trip to Osborne House on Wednesday May 29th and we have produced an information sheet on timings and costs, this is available from our offices.

Our trip coincides with Queen Victoria's 200th birthday celebrations at Osborne House so there will be other attractions at the house billed as "The Great Victorian Show".

Mr Edward Martin

Congratulations to Ed who has passed his Diploma in funeral arranging and Administration.

The photograph shows Ed receiving his certificate at Birmingham City University.



I wish to thank Anne and my Mother Sylvia for all their hard work in making the Coffee Morning a wonderful place to meet, and to Margaret who is now organising the Afternoon Teas in Shirley. The winter is almost behind us and the clocks will go forward very soon, we will have the brighter nights and hopefully warm weather to look forward to.

With best wishes

Jonathan



from page 1 . . .

grief alone, though sometimes we do need alone time to absorb what we are feeling. Do not hold in your grief. Talk to a friend about how you are feeling. You may even have a friend who has been through a loss, who can relate to what you are going through. If so, they can give you ideas on how they helped themselves move forward. For many to move forward, they need to memorialise their loved one. Some do special memorial services. Some keep journals of how they feel. Some draw, paint or scrapbook. There will always be songs, scents, movies, restaurants and other things in our daily paths that will remind us of the one we lost. Take those good memories and hold onto them. They will help you in the growth process of moving forward. The pain will pass. You can never replace the person you lost, but you can find comfort in solitude and befriend it. You do not have to stay busy all the time, but make sure you get the support that you need.

Jonathan Terry offer different support groups. Some people are able to benefit more from talking to other people about their loss and others like to have one – one counselling. Whatever your choice it will help you reconcile the loss, release the pain, and recognise that you are transformed to soar like a butterfly, moving forward in their grief.

We are here to help.

May the promise of the Springtime,
cheer you,

And the magic that it brings,
thrill you;

May the healing of the sunlight,
warm you,

And the blessings of Easter
fill you.

May the peace of flowing waters,
calm you,

And the strength of the hills,
uphold you;

May the joy of waking earth,
enrich you,

And the blessings of Easter
enfold you.

May the music of the morning,
lift you,

And the hope of all the world,
guide you,

May the love of those you love,
sustain you,

And the blessings of Easter
stay beside you.



Let's get sharing . . .

Hello everyone.

Thank you so much for sharing your stories and your feelings. I am so grateful to hear from others who are grieving. I am learning to feel OK about being sad and not allowing anyone to judge my emotions. I miss my mother and sister and ex-husband and son and daughter and daughter-in-law and grandson. Yes, there is a long story here, I spend so much time establishing ways to change my thoughts and move past my feelings of sorrow but during special holidays it doesn't work and so I allow myself to grieve. Sometimes people don't understand and I have to be respectful of the process I am going through. I am very encouraged when I read the "Let's get sharing" stories.

Blessings to everyone.

Louise

Right after I was widowed just after Christmas last year, my confidence took a deep drop. I was unsure of myself and I did not know if I was ever going to be able to make a rational decision ever again. Life was overwhelming and I just wanted to retreat like a turtle into a shell for protection. The gauge on my confidence meter was on empty. For many days I hid my swollen eyes behind my large sunglasses. My voice was weak and my steps were tentative.

Then came the Spring. The earth started to warm up and through the gift of time and patience, my spirit started to come alive again.

As the bulbs poked through the cold, damp soil, I started to feel myself heal a little at a time. Perhaps this year I will be able to embrace the Spring a little more.

Thank you to all my friends at the Coffee Morning who helped me through 2018.

Sue

Out of the mouths.....

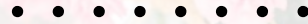
My eight year old granddaughter, Lisa, was chatting to me one day. I told her, with a touch of pride, that I had been attending Bible Class for nearly five years.

Lisa looked at me sympathetically and patted my hand: "Don't worry about it Grandma," she said, "maybe this year you will pass!"

Joan

Treat yourselves to a big spring bouquet of flowers and celebrate the energy of the season. Examine the individual blossoms and notice their beauty and intense colours. Remember, they were once small, dull bulbs buried in the dark earth. Get close enough to smell their fragrance and the sweetness of life. It is a season to break out and to be your best. You deserve nothing less!

HAPPY SPRING!



In Memory of a Loved One

*To lose someone I loved so much
brings pain beyond belief,
There are no words to ease my
pain, my sadness and my grief,
I feel I've lost someone so close,
so wonderful, so dear,
I think about your special ways
and wish that you were near,
But although you
have left this world
you'll stay within my heart
guiding like an Angel,
even though we are apart.
For love is everlasting
and so are my memories –
Your legacy that's always there
to light the way for me.*

from Jan

THE WOLVES WITHIN . . .

An old Grandfather, whose grandson came to him with anger at a schoolmate who had done him an injustice, said. "Let me tell you a story. I too, at times, have felt a great hate for those that have taken so much, with no sorrow for what they do. But hate wears you down, and does not hurt your enemy. It is like taking poison and wishing your enemy would die. I have struggled with those feelings many times."

He continued, "It is as if there are two wolves inside me; one is good and does no harm. He lives in harmony with all around him and does not take offence when no offence was intended. He will only fight when it is right to do so, and in the right way."

"But the other wolf, ah!. He is full of anger. The littlest thing will set him into a fit of temper. He fights everyone, all the time, for no reason. He cannot think because his anger and hate are so great. It is hard to live with these two wolves inside me, for both of them try to dominate my spirit."

The boy looked intently into his Grandfather's eye and asked, "Which one wins, Grandfather?"

The Grandfather solemnly said, "The one I feed."

Food for thought! – submitted by John



Thoughts . . .

For April

“Sweet April Showers do spring May flowers.”
“O to be in England now that April’s here.”

ROBERT BROWNING

For May

Tears have wisdom all of 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

For June

“Life is not easy for any of us. But what of that?
We must have perseverance and above all confidence in ourselves.
We must believe that we are gifted for something
and that this thing must be attained”.

MARIE CURIE

Book Corner

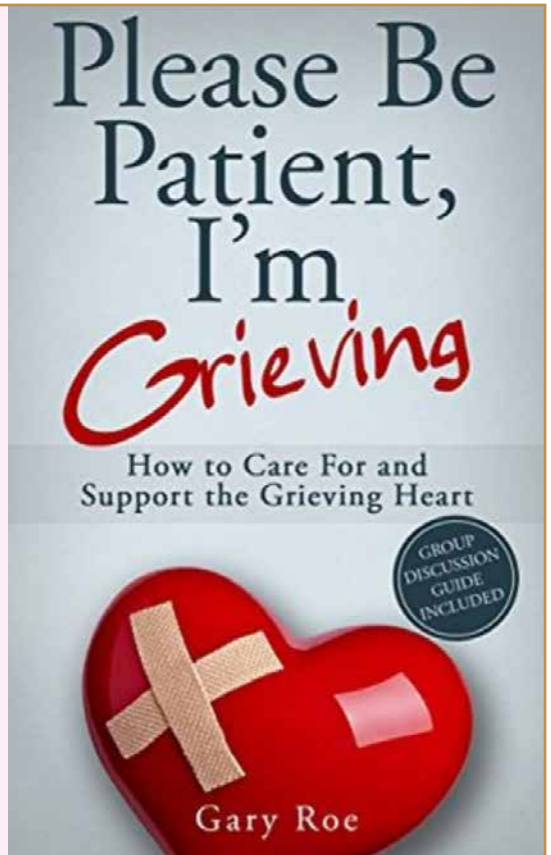
Please Be Patient, I'm Grieving

by Gary Roe

How to Care For and Support the Grieving Heart

A hospice chaplain and grief specialist, Gary Rowe, helps provide comfort to those facing the devastating loss of a loved one. His book is filled with tips on how to manage the ups and downs of grief. Learn how to navigate all the change after the loss of a spouse or significant other, and face the future with hope again. If you want to feel understood, and like you aren't alone, read this book. You will also find suggestions for helping people you love to deal with grief.

Please Be Patient, I'm Grieving looks at the grieving heart – its thoughts, emotions, and struggles.





Charity News

NO LIMITS is a local charity helping young people to help themselves. Through their three drop in centres and work in local secondary schools and F.E. Colleges, young people can get advice on anything they are worried about and support to improve their lives. Young people who are troubled can access one of their specialist services – counselling, money advice, floating support, substance misuse and sexual exploitation.

Last year they saw £5,000 young people from Southampton and Hampshire. Their “Gem of Advice” Campaign is raising funds to make sure young people have someone to give them good advice and to listen to them.



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13, High Street, Southampton SO14 2DF
Tel: 023 8022 4224
nolimitshelp.org.uk



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