

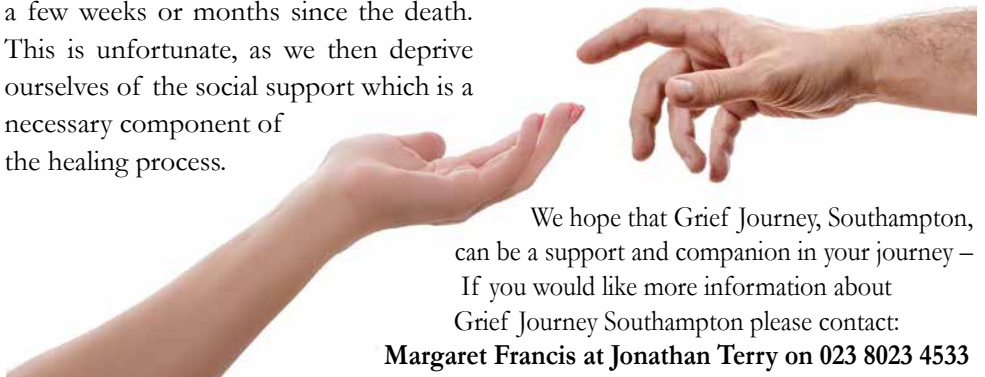
From Us to You

Welcome to Newsletter No. 19
July ~ August ~ September 2019

Reaching Out ... Finding the Courage to Reach Out

Even though grief is a normal, natural response to loss and death, many of us are still unprepared for the depth of the pain that we experience. We often hear messages that imply “we should be better by now,” or even “everyone experiences grief and you don’t need counselling or support from anyone else.” So often we don’t usually reach out to others for support, thinking we should be able to handle this ourselves. In fact we may have “bought in” to the expectations of others and told ourselves that “we should be over this by now,” even though it may only be a few weeks or months since the death. This is unfortunate, as we then deprive ourselves of the social support which is a necessary component of the healing process.

Some grievors even shut themselves off from others in their own families or their close friends fearing that they may burden them or add to their pain. It is important to hear that “grief shared is grief diminished” and “grief heals best in a social context.” We hope that Grief Journey, Southampton, can help you to understand the grief process, and will give you ideas of what to expect and coping tips to help you get through your grief, not over or around it but through. It represents courage and strength to lean into your pain.



We hope that Grief Journey, Southampton, can be a support and companion in your journey –

If you would like more information about Grief Journey Southampton please contact:

Margaret Francis at Jonathan Terry on 023 8023 4533

Congratulations . . .

Much love, health and happiness to you both

Re-marriage does not equal forgetting – let no one tell you otherwise. Loving again does not imply lack of or the end of love for the past. You are not destined to remain in mourning forever ... that isn't why you are here. Embrace and carry forward the legacies that were entrusted to you by your late beloved. If you choose it, living your new life can include companionship ... and love. Choose carefully, choose wisely – and love again abundantly.

Because you can.



When Pat and I lost our partners, we thought the world had ended, fortunately we joined the Groups generously sponsored by Jonathan Terry. Neither of us were looking for a partner, but after a year of knowing one another through the groups, one day some magic unexpectedly happened and later we married. Without the JT groups we'd have never met, and would still be lonely, whilst it's defiantly not a dating agency, it shows, despite how low you feel after a loss, good can unexpectedly come out of the bad.

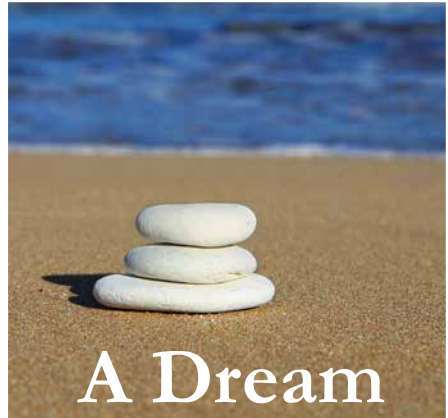
All the best
Peter & Pat



Learning to live with Losses

There are no quick and easy answers to the questions of how to live without the person you loved. Somehow, as time passes, you develop strength from coping with the feelings and challenges that arise in your new situation. One day at a time, you go through new experiences simply because you cannot go around, or over them, you must go through them to survive.

Learning to love without your loved one takes time. When you were a baby you were completely dependent on others. It took time, but you learned to walk on your own. You still possess the astonishing human potential for learning. You can learn to live with your loss, but healing takes time.



A Dream

*“We had a dream that we would
build a house upon a hill,
so we could see the ocean just
by standing on our windowsill.
The dream is gone now that he
is no longer here,
but I cherish all our dreams,
because it keeps him near:
Maybe someday in another time,
I’ll have another dream
and I’ll make it mine.
But just for now I’ll hold on
to what we had
because somehow it helps
when I feel sad.
As time passes when the pain
is not so fresh, I’ll sigh
And find comfort in the memories of
those times gone by.”*

Sandy Feingold

Share your story . . .

your thoughts, stories and experiences

When you tell the story of your grief, you may find that it is now no longer the burden it once was. There may even be a kind of release as others read about how you grappled with all the confused emotions that accompany grief, especially the kind that follows an untimely or unnatural death. At the same time you will be giving others permission to tell of their loss.

A HUGE THANK YOU to those who have and are sharing their stories.....

We are grateful to everyone for letting us share their experiences and for their honesty and positive outlooks. They are all inspiring and we're sure that their stories will be of great help to those who find themselves in similar situations.



From James . . .

My experience has been that most people don't want to hear about loss, especially death and disappointment. Some get easily upset by these topics and others even confuse them for complaining. My mother died in late 2016 of cancer. Two months later, my wife died of a freak kidney infection. The two deaths have turned nearly all of my discussions into ones of loss and pain. I have good friends and family that have been supportive but I've noticed that a surprising number of friends have kept their distance from me. At first it was hurtful, but then I came to understand that a lot of people just can't or don't want to deal with such painful issues. Now that I know what it's really like to grieve, I want to make sure I'm there to listen and comfort my friends and loved ones when they go through their periods of loss. Unfortunately, for all of us, it's not if but when.

Thank you James

That sounds very painful James. There is something in what we learn when we grieve, it's true, that many can't listen. What a gift you give to those you encounter if you can listen to them. Thank you.



• • • • • • • •

Rosemary ...

Oh Rosemary, Rosemary. Rosemary. You were my Protector, my Life, my reason for being. Today I question your existence and play mind games with your disappearance. I wonder where you are and what you are doing while I am waiting for you. My life has come to a temporary halt without you in it and I do not understand entirely what is happening to me. I constantly question the loss of your wisdom, the loss of your love and your companionship. Unhappiness pervades my very existence.

Where are you Rosemary?

I can talk to you. I can talk about you. I can question you. But – I can't touch you. I can juggle a vision of you, I can recall the smell of you and I can enjoy loving you still, but I must live my life without you. It is a way of life I suffer with grace and patience. A pain I endure constantly. I will always carry pictures of you in my heart. Your beauty, kindness, elegance, love and humour – they all fill me with pleasure still and keep you strong in my heart. You remain always one of life's treasures and a joy to behold. A joy I was fortunate to share with you for so many years.

Just thinking of you brings such wonderful memories into sharp focus along with inevitable tears and sadness.

I will always love you and I will never question your love for me.

You will be in my heart forever.

I love you Rosemary

Brian xxx

AND NOW

18 months into my sojourn without you at my side, my thoughts of you remain sharp and focused and my love and devotion are undimmed. The questions remain unanswered, I fear never satisfactorily resolved. You still fill my mind with such wonderful love and respect and you still occupy my mind with your generosity, humour and beauty. These recurring thoughts will never leave me. I will write to you again soon. I love you and I always will.

17/02/2019 Brian xxx

Thank you so much Brian for this lovely tribute to Rosemary showing your respect and admiration for this lovely lady and how much she will always be missed.

Share your story . . .

your thoughts, stories and experiences

This letter was sent by Peter to all his friends and work colleagues that sent him cards, letters of condolence and messages on the death of his dear wife, Kathleen.

My dear

As you know I have recently experienced the death of my dear wife Kath. This loss is devastating to me and it will take time for me to work through my grief. Sometimes I fear that you may expect me to heal quickly but grief cannot be rushed. I will cry more often than usual for a while. My tears symbolize the release of my feelings and are a healthy sign that I am recovering. Those tears are neither a sign of personal weakness nor a mark of faith and hope.

Because my emotions are all highlighted by the strain of grief, I may seem irrational at times. Please be patient and forgiving if I become irritable and angry for no apparent reason. Grief comes in unpredictable waves. I know that you are probably at a loss for what to do or what to say to help me. Your presence and understanding is all I ask. I need you to listen to me. There are no magic words you can say to take my pain away. Touch me or give me a hug to let me know you care. Please don't wait for me to call you. I am often too overwhelmed to think of

reaching out for help. I need you more than ever in the months ahead, but my pride sometimes prevents me from telling you. Give me space to heal, but don't allow me to withdraw from you. Pray for me, if you wish; but pray that I will find the courage and the strength I need to deal with my grief constructively. Faith is not an excuse from the process of grief.

If by chance you have had a similar loss, please share it with me. It will not make me feel worse. Grief shared is grief diminished, so I was told. Telling me to "cheer up, it could be worse" makes me feel discounted and angry. This loss is the worst thing for me right now. But, I will heal and live again. While there are painful days ahead for me, I will not always feel as I do now. One day I will be able to laugh again and find new joy in living. I appreciate your concern and caring and thank you for all your kind words and thoughts. Your understanding and support is a gift which I will always treasure.

Sincerely,
Peter



I'm There
Inside Your Heart

Right now I'm in a different place
And though we seem far apart
I'm closer than ever I was....
I'm there inside your heart.

I'm with you when you grieve each day
And when the sun shines bright
I'm there to share the sunsets, too....
I'm with you every night.

I'm with you when the times are good,
To share a laugh or two
And if a tear should start to fall....
I'll still be there for you.

And when the day arrives
That we no longer are apart
I'll smile and hold you close to me....
Forever in my heart.

Remember the
MACMILLAN
COFFEE MORNING

September 25th – bring all your friends

Some cakes, please, for the cake stall
And gifts for the tombola,
A pack of biscuits, tins of fruit,
Or cans of fizzy cola.
We always have white elephants
But we try to be discreet,
The things that we find ugly
To someone are a treat.

There's lots of friendly chatter,
Some gossip – nothing spiteful,
The cheerful clink of cups and spoons,
The coffee smells delightful.
Please come along at half-past ten,
But just a word of warning:
Make sure there's money in your purse,
Enjoy our Coffee Morning!

Iris Hesselden

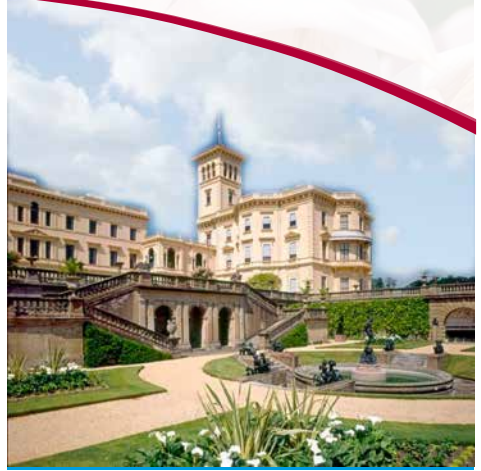
Out of the mouths . . .

*From one of Maria's grandchildren ...
Aged 7 years!*

“Grandma, my Mum and Dad
said I was telling fibs today”.
“What did you say Simon?”
I just looked at them and said
“Tooth Fairy, Easter Bunny,
Father Christmas”.
“What did they say Simon?”
“Nothing, I just walked away like a boss!”

Annual Coffee Morning Coach Outing

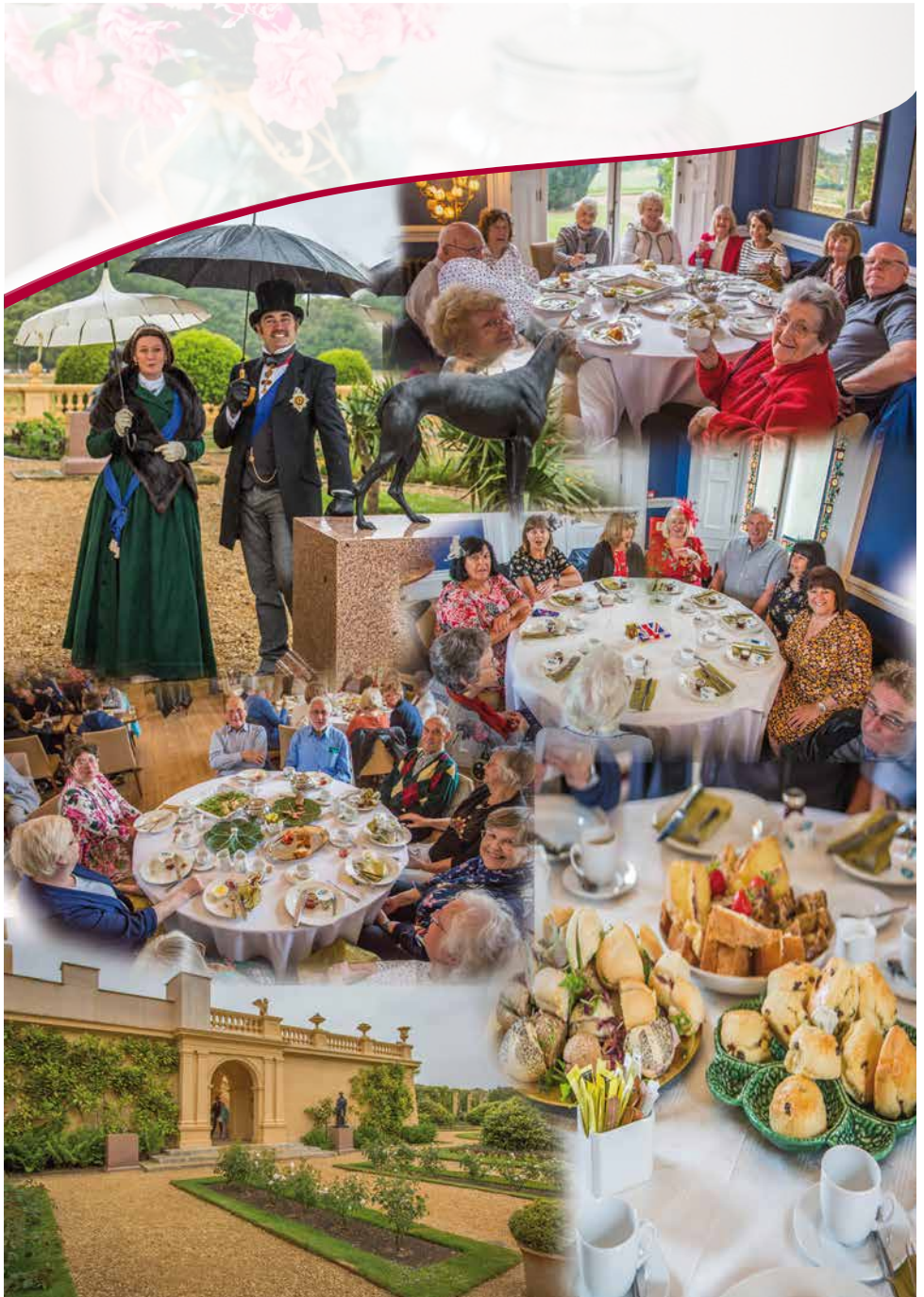
English Heritage marked the 200th anniversary of both the births of Queen Victoria and Prince Albert with a new display at Osborne House on the Isle of Wight. Osborne, was whenever possible, where the Royal couple spent their birthdays and where their celebrations were very much a family affair. Queen Victoria said of Osborne “it is impossible to imagine a prettier spot” and the Italianate house is still filled with original furnishings, priceless artworks and the personal mementos of the Royal couple and their children. A group of more than 80, from the Jonathan Terry coffee mornings, were privileged to visit Osborne House on the 29th May. Highlights in the house included the opulent State Rooms, Queen Victoria and Albert’s bedroom, the Royal nursery and the Indian inspired Durbar Room.



Outside, in the extensive grounds, and dodging the rain, visits were made to the walled garden, the refurbished Swiss Cottage, where the Royal children learnt to keep house and Queen Victoria’s private beach with her bathing hut.

The Group was also treated to a wonderful Victorian afternoon tea in the Terrace Restaurant. A most interesting and enjoyable day was spent by all.

Thank you so much to Jonathan for all his attention, care and support to so many bereaved families. It really is VERY much appreciated.



Thoughts . . .

for the month

Goodbye June . . . Hello July!

May July be filled with an abundance of warmth, hugs and love.

August

Circle of love

from Phyllis who was married in August

Still it gives me pleasure,
As I look upon my hand,
It isn't very modern,
Just a plain gold band.
It didn't cost a fortune,
But all we had that day,
We think it was a bargain,
It brought happiness our way

September

To any reader who is finding the road of life rough.

I say – keep going.

Remember, it takes a little rain as well as sun to make a rainbow.

Charity News

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Anne Jackson
Jonathan Terry Independant Funeral Directors Ltd
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SO19 7JJ

24th April 2019

Dear Anne

On behalf of the staff and children at the Honeypot Children's Charity, I would like to extend my warmest thanks to you and everyone at the Bereavement Group for welcoming me to your meeting at Woolston & District Bowling Club on 27th March. Sorry for the delay in writing to thank you – I've been a busy bee out and about giving talks and taking some time off over the Easter weekend. Thank you for the £111 raised from the raffle and also for the £59.29 that was in my collecting pot. This brings the total to £170.29! I so enjoyed meeting you all and am grateful for your support. Thank you.

As you know as a charity, we rely on donations in order to continue our much-needed service because we receive no government funding. This donation is enough to fund all the meals for 6 young carers whilst they are on a first time respite break here at Honeypot House during the school holidays. This is fantastic, thank you so much.

I thought you might like to hear some feedback we have received from a little 8 year old boy, a young carer from Bournemouth, who came back to Honeypot House recently for a respite break. He said: "The best bit about being at Honeypot House is being able to play with my cars on the floor." This little boy lives with his Mum in one room that is their bedroom. The only floor space there is around the edges of the bed...which is crammed with all their belongings. For this little boy, having space to play is his dream and Honeypot provides this for him...every year.

As I said, I would love to welcome a group from the Bereavement Group to Honeypot House to see the impact of your support, please do contact me if you would like to arrange this. Thank you once again for your support and helping us to ensure that young carers and vulnerable children get the opportunity to make the most of their one chance at childhood.

Yours sincerely

Mrs Viv Carter
Regional Community Fundraising Officer
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The Honeypot Children's Charity

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Registered Charity No. 1011672



one childhood, one chance

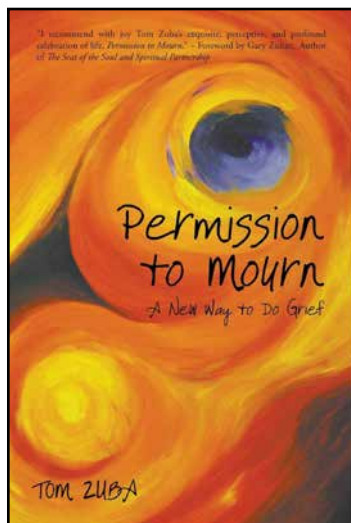
Book Corner

PERMISSION TO MOURN

A New Way to do Grief by Tom Zuba

An expert in the field of grief, Marty Tousley, has this book as outstanding. The Author, Tom Zuba, knows only too well the challenge of coping with loss having lost two children and a wife. Once he stopped repressing and denying his grief as many of us do, he discovered that 'Grief is not the enemy, Grief can be one of our greatest teachers.'

It is easy to read and up to date with the most current research in the field of grief. But it is not a dry textbook, it is filled with wisdom and love, and inspires hope in those who read it allowing them to grow and achieve a richer life.



Jonathan Terry Est. 1998

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