

From Us to You

Welcome to Newsletter No. 3
January ~ February ~ March 2022



2022 - A New Year

A time of resolutions and hope for change – but also a time of sadness as we face another year coloured by the loss of our loved ones.

Almost time to “Spring Clean”

Let's hope that Winter will begin to disappear! Trees will start to bud, animals will come out of hibernation – even people, will hopefully be thawing out after the few cold days of Winter. Perhaps it's time to get ready for Spring!

AFTER A LOSS

The death of a loved one can feel like the bitter days of Winter. You go into hibernation, and turn inside yourself to cope with your pain and sorrow. It may be months before you pick your head up and look around and realise you have been immersed in your





grief for so long that you've turned out everything else, your family, your friends, even the change of seasons. You can only just now start to look around and move a little more outside yourself. This is what we call the heart and soul's "spring awakening".

It is the time in your grief journey when your heart and soul begin to "bud" with little shoots of hope – where you can recall your loved one's death and still feel sorrow but you also begin to remember the joy of your relationship.

The "stuff"
does not equal the person

When you are ready to begin to
"spring clean" your grief, you
will begin to go
through your
l o v e d
o n e's



"stuff", clothes, belongings, etc. It will be a sort of "a life in review" for you, as you look through those papers and clothes and files and personal items, the things they loved and used and cherished don't be surprised if it opens up the sadness all over again. The intensity of this grief may take you by surprise, like unexpected snow in April. This is normal! Remember: you are not giving away that person; you are only giving and throwing out the "stuff".

You can never give them away; your love for them will always be with you and comfort you.

It is actually very healthy for you to reminisce and cry and daydream of your loved one. While you are literally cleaning out your house you are also cleaning out your heart and soul . . . and that is healing.



“Spring cleaning” tips

One really great way to do this “spring cleaning” is to do it with someone who loves you and understands this bittersweet time. Reminisce about your loved one. As you go through their belongings, tell stories of the life you shared with that person. There is comfort in the shared joy and sadness this task will bring. Sometimes, knowing you are helping others can relieve some of the grief you are feeling. Many people give away the “stuff” they clean out to charities so that the gift of your loved one’s life can go on. Keep your most treasured, favourite items to celebrate the life of the person who has died, and if you want, display them proudly.

Make small changes, lean on your friends and family for support and take it one step at a time. You CAN do it!

We are all here at Jonathan Terry’s to help you.

The death of a loved one is devastating. But death and loss are NOT the final word. Seasons change, and with death relationships change too. But, in the circle of life Spring always follows Winter and new life grows from the greatest despair and loss.

Embrace your pain, and when you are ready, do some “spring cleaning” and start letting it go. Your emptiness will be filled with the gifts and ways of loving your loved one, and you will be able to move on to the next season of your life.

We cannot make your pain go away, nor can we provide answers for you, but here, at Jonathan Terry’s, what we can do is help you to find the tools that you need to work through your grief journey.



Welcome to ... Poetry Corner



JANUARY

from Maisie, aged 8, and Nannie Margaret

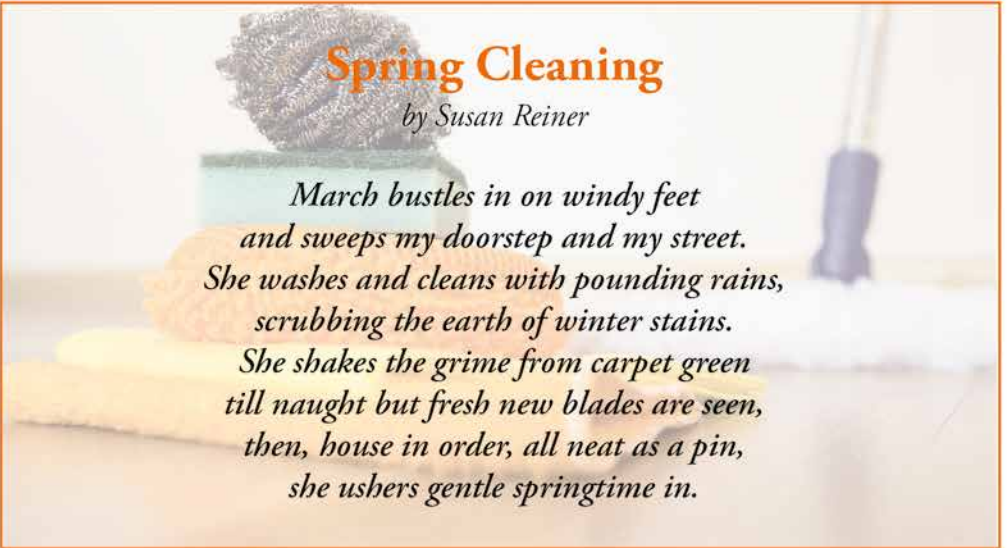
*Frost upon the windows, snow upon the trees,
ice upon the puddles, - How my hands do freeze!
Aches in all my fingers, chilblains on my toes,
sitting by the fire, I rub my crimson nose.
In comes dear old Nannie - "What are you about?
Put your woolies on, dear, You are going out"!*



Spring Cleaning

by Susan Reiner

*March bustles in on windy feet
and sweeps my doorstep and my street.
She washes and cleans with pounding rains,
scrubbing the earth of winter stains.
She shakes the grime from carpet green
till naught but fresh new blades are seen,
then, house in order, all neat as a pin,
she ushers gentle springtime in.*





17th CENTURY NUN'S PRAYER

LORD Thou knowest better than I know myself that I am growing older and will someday be old. Keep me from the fatal habit of thinking that I must say something on every subject and on every occasion. Release me from craving to straighten out everybody's affairs. Make me thoughtful but not moody: helpful but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but Thou knowest Lord that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains. They are increasing, and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of others' pains, but help me to endure them with patience.

I dare not ask for improved memory, but for a growing humility and a lessing coxsureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken. Keep me reasonably sweet; I do not want to be a Saint - some of them are so hard to live with - but a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places, and talents in unexpected people. And, give me. O Lord, the grace to tell them so. **Amen.**

The title of this prayer is traditional. The source unknown



Let's get sharing . . .

Let's get sharing is a space where you can read stories, narratives, poems and creative expressions contributed by those bereaved who want to share in sights from their own grief journey.

"Helping and being helped by other people with whom one shares a common experience seems to provide an opportunity to feel hope and see new possibilities for the future".

Submitted by Penny

What can I say about my Mum? She was not only the life of the party, but often the reason for the party.

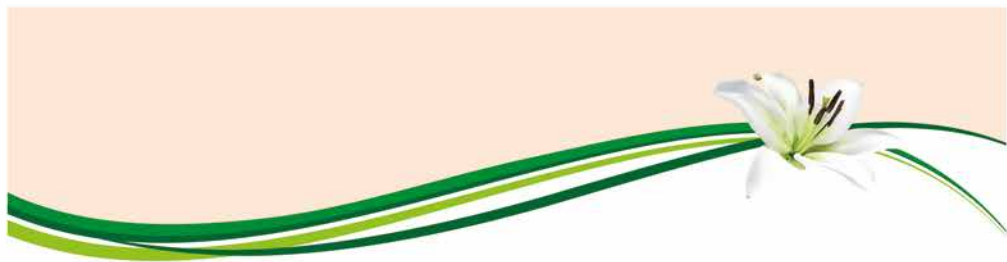
She used to always say to us "Don't be so serious, life is too short, just have fun"!

In her late 30's, Mum was diagnosed with Parkinson's disease. As some of you may know, Parkinson's disease affects the brain and muscular control of the person that has the disease. I remember when Mum was diagnosed, now over 15 years ago, she was firm, gentle, hopeful, yet well aware her life was changing. There is no cure for

Parkinson's disease, and over the years that followed her diagnosis, I admired her spirit and the way she woke up every day, drove us to school, and was standing at the door smiling when we got home from school.

Over the last few years, we all saw how her health deteriorated. Her spirit of fun, but her zest for life was always present. She insisted on being present at all family functions, whether it was at school productions, a friend's wedding, Easter or Christmas celebrations, or just regular Sunday lunches with the family.

On our last night with our Mum we spent the whole night with her. She



was always a spiritual person, and I know it was her faith that helped her through those last few months.

As I was cleaning out her home, I found this poem in her dressing table drawer and I would like to share it with you all.

I think this poem gives us an inside look into how Mum viewed the world both in life and in death. It has provided our family with great comfort.

POEM OF LIFE

Life is but a stopping place, a promise of what's to be,
a resting place along the road, to sweet eternity.
We all have different journeys, different paths along the way,
we all were meant to learn some things but never meant to stay . . .
Our destination is a place, far greater than we know,
for some the journey's quicker, for some the journey's slow.
And when the journey finally ends, we'll claim a great reward,
and find an everlasting peace, together with the Lord.

Author Unknown

Thank you for letting me share this with you. Penny x

Let's get sharing . . .

Update from

“GARDENER” JAMES

I am probably not the only person who is determined to lose a little weight after all those delicious – but fattening – meals and puddings served up over Christmas!

One way, my daughter Karen keeps telling me, to feel satisfied and lose weight, is to eat more salads and enjoy more vegetables!

WHAT!

Anyway, that's her plan for me.



She has bought me a packet of kohlrabi seeds . . . what on earth is kohlrabi? It appears, from reading the words on the packet, it is a member of the cabbage family and from the photograph I am prepared not to like it since they will look like space aliens in the garden when they have grown. Anyway, I can't plant them until May or early June so why has she given them to me in the middle of winter! . . . I'll let you know how I go on with them.

I have found half a purple cabbage that has been lurking in my vegetable drawer since September. I expected it to be stale but it was fine. It appears cabbage is easy enough to grow but I don't think I'll bother because besides not liking it much it's cheap and readily available at the local farm shop! - DON'T tell Karen . . .

Happy gardening! “Gardener” James

Remember When . . .

Changing Times

submitted by Joyce

Spotted this sign! Oh, how the world has changed – for better or for worse?

REMEMBER WHEN
PEOPLE HAD DIARIES
AND GOT MAD
WHEN SOMEONE READ
THEM?

NOW THEY PUT
EVERYTHING ONLINE
AND GET MAD
WHEN PEOPLE DON'T!



Changing Times

for Nature Words

The words 'Tweet', 'stream' and 'cloud' all once evoked images of the great outdoors.

But mention these words to today's children and they're more likely to think you are talking about social media or digital technology.



A new survey by language experts revealed 37 percent of children associated the word 'web' with the internet rather than spiders, while just one percent of those asked said 'tweet' referred to birds.

Snippets from the DOCTOR'S SURGERY

Medical Knowledge?

*Hospital Notes found in sentences
written on patient's notes
and sent to the Surgery.....*

The patient is tearful and crying
constantly. She appears to be depressed.

Patient has two teenage children,
but no other abnormalities.

On the second day the knee was better,
and on the third day it disappeared.

I saw your patient today, who is still
under our car for physical therapy.

HOW YOUR EMOTIONS CAN HARM YOU.....

ANGER

Weakens the liver

GRIEF

Weakens the lung

WORRY

Weakens the stomach

STRESS

Weakens the heart and brain

FEAR

Weakens the kidney

Look after them all!

CARING ...

For some, the role of becoming a carer is something that creeps up slowly as a loved one's condition changes over time, for others it's the result of a sudden, shocking crisis that throws their life into chaos.

Either way getting the right support is crucial, although it can be really hard to know where to turn. There is help available but you have to know how to seek it out. All carers are entitled to a free Carers Assessment from their local council, who can make recommendations that might make life a little easier. You should also ask for a Needs Assessment for the person you care for as there may be equipment, changes to your home or practical help available. Simply contact your local Social Services department to request yours.

BENEFITS ...

Many people are left bewildered by the benefits maze . . . make sure you are not one of them . . .

Make sure you are getting all the benefits to which you are entitled – many people miss out simply by not claiming.

For help and advice call the age UK helpline on 0800 678 1602 or visit www.ageuk.org.uk



SCRATCH

Southampton City and Regional Action to Combat Hardship

Scratch is a registered charity founded in 1999 to relieve the effects of poverty for families and individuals with needs recognised by approved referral agencies in Southampton and surrounding areas. Located in Southampton they provide assistance for families and individuals in Southampton and across Hampshire.

They achieve this by recycling donated PRODUCTS.

- Furniture and Household items
- Paint
- Volunteering opportunities
- Advice and guidance
- Domestic Appliances**
- Toys and Gifts at Christmas
- Small electrical items
- Training
- Utility Vouchers **

** for certain areas subject to meeting strict criteria.

*Anyone who would like to donate
to any of the above please contact:*



SCRATCH
Fighting Local Poverty

SCRATCH

33, Mount Pleasant Industrial Estate
Southampton SO14 0SP

Tel: 023 8077 3132

email: reception@scratchcharity.co.uk.

Book Corner

HOME IS COMING

A true story of grief and gratitude
Louise Blyth



In this gripping memoir, Louise Blyth charts the love story she shared with her husband and shares how it prematurely toppled into grief, pain and enlightenment.

A true story that shares a beautiful insight into one of life's biggest milestones. This book will speak to all of those who have loved, lost and searched for the meaning of life after death.

Our Newsletter

Thank you for reading this edition of our Newsletter. It is our goal to make it a continuing regular publication out and use it to keep you in touch with topics dealing with grief and loss. It can be a challenge to find the resources we need to educate ourselves and our loved ones on what is happening and how best to keep going forward. We will try to keep future issues as informative and interesting as we can.

We encourage all our readers to contact us with thoughts, comments, suggestions or contributions.

We would love to hear from you!



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The White Lily Centre is sponsored by Jonathan Terry Independent Funeral Directors Limited