

From Us to You

Welcome to Newsletter No. 4
April ~ May ~ June 2022



Kindness and the Season of Spring

Greetings everyone

Welcome to the Spring 2022 edition of the Jonathan Terry Newsletter - "From Us to You"

If Spring makes you feel better and to feel new hope, that is a good, positive and nurturing thing. But it may not be true for everyone and no one should feel they have to hide their true feelings.

It is perfectly normal to experience new heightened grief and/or grief-related anxiety in Spring, just as it is in other seasons of the year.

Although warmer, sunnier months can be nurturing and inspire new hopefulness, grief does not suddenly go away because seasons change.



A message from Jonathan

As this long-awaited season of Spring is finally with us our thoughts turn to growth spurts and new beginnings and never has it felt more relevant than this year, filled with the hope of "Life after Covid".

With this in mind, I am pleased to announce that the seeds of bereavement support we have been sowing for many years have blossomed into what is now The White Lily Centre. Although the centre has been gradually unfolding over the past year or so, Covid regulations have prevented us working at our full capacity until now, so it is my great pleasure to announce our official opening celebrations will take place in May.

On Wednesday 4th May our new chapels of rest will be dedicated and blessed by clergy from multiple faiths and the Mayor of Southampton, Councillor Alex Houghton has kindly agreed to cut the ribbon in an opening ceremony for the White Lily Centre. I will be honoured to welcome our good friend Dr. Bill Webster, an internationally renowned grief counsellor, author and speaker and his wife, Johanna, who will be flying in from Canada for the occasion. Sadly, due to limitations of space, this ceremony will be by invitation only.

On Thursday 5th May from 11.00 a.m. to 3.00 p.m. there will be "open house" at The White Lily Centre and everyone is welcome to pop in for a cuppa and have a look around and find out more about the resources we provide. There will be an

opportunity to chat with Dr. Bill in person, as well as the White Lily team and I look forward to seeing you there. Some of you may remember Dr. Bill Webster from our popular Grief Journey programmes, which we will thankfully be able to start running again very soon.

In the evening Dr. Bill will be presenting a seminar aimed at our professional colleagues, such as members of the clergy, medical professionals, solicitors, care workers, bank staff and others. Bill's talks have been very well received in the past and proved extremely informative and insightful for those who come into close contact with bereaved people in the course of their work. The venue will be The Harbour Hotel at Ocean Village.

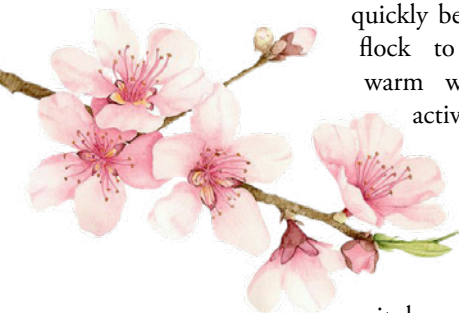
Our coach trip this year will be to Milestones Museum of Living History, in Basingstoke, on Tuesday 10th May. Transport will be provided from the centre and the cost of entry (£12.50 per person) covers an annual pass which can be used multiple times throughout the year. If you have not yet put your name on the list but would like to go please contact Anne Jackson on 07508 052353 or drop her an email at Anne@thewhitelilycentre.co.uk.

Finally, as we go forward into Summer, please remember that Covid 19 is still out there and it is still important to keep ourselves and each other as safe as possible.

Jonathan

continued from page 1 . . .

Spring generally brings a sudden flurry of change and things begin to move faster all around us. There is rebirth and renewal in nature as flowers and trees bloom and everything turns green again and people quickly begin to flock to their warm weather activities.



Try to
take
time
to
sit down, make
some plans that
can nurture you and help you cope with
your losses and your grief.

A helpful way to respond to one's anxiousness about Spring is to remind yourself that YOU are in control and that the warmer months offer unique opportunities for nurturing activities such as travel, planting gardens, nature walks, photography, family gatherings, star-gazing and many other things.

And if it helps, take comfort in the belief that your precious loved ones are with you wherever you are and whatever you are doing.

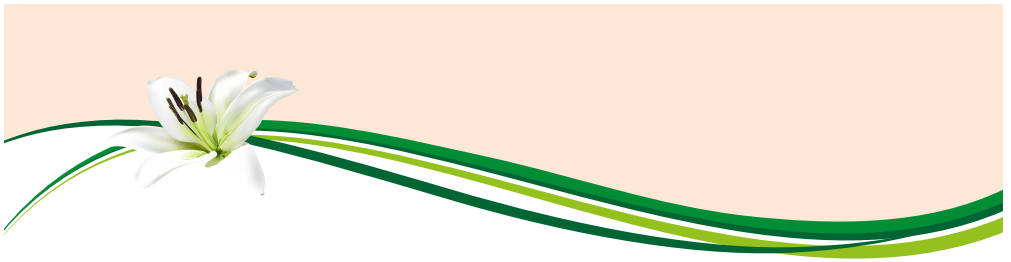
A STILL MOMENT

*Take a moment, put the worries behind,
take in the beauty around,
let it relax your mind.
Watch the golden glow of the
rising morning sun,
embrace the peaceful aura at the
break of dawn.*

*Savor the soft caress of the
gentle moving breeze,
Listen to its nifty tune
among the swaying trees.
Enjoy the lovely scene of a floating butterfly,
graceful flight and happy tweets
of a bird perched up high.*

*Peruse the evening sky
in its dazzling splendour
in the wide and open pallet
merging shapes and colours.
Relish the lovely sight of children
having fun,
skipping feet and carefree voices
under the setting sun.
Spare a still moment every once in a while,
take in the beauty around,
take it in with a smile.*

It's such a fast-paced world.
Find it worthwhile and refreshing
to spare little moments during the day
to ponder nature's beauty around you.



Making a Difference with Our Coffee Mornings . . .

One of the most heartbreaking realities of grief is that it can leave us feeling very isolated, like we're the only ones struggling with this kind of loss and pain. Being together, especially in a group which we find at the Jonathan Terry Coffee Mornings, shows us that we're not alone – we're together, shoulder to shoulder caring and supporting one another.

That simple realization, that feeling of being connected, can make a huge difference when we are struggling. It shows that we have a community around us and that with compassion, gentleness and understanding,

we will find our way through this time of loss together.

Groups of people, wherever they gather – family, friends, clubs – naturally seem to help and support one another. This happens all the time at the Coffee Mornings. When someone is struggling or has had a rough week, others listen and then share stories or ideas that helped them when they struggled with something similar. It's an amazing and beautiful thing to see that kind of caring unfold – everyone gets what he or she needs whether it's a chance to be heard and comforted or the opportunity to help and share.

We all find that no matter which side we're on, receiving help or giving it, there is an uplifting feeling that reminds us that even in grief, life is good, people care and help is there when we need it.

*“It makes every difference
talking to those who really do
know what it's like to
experience a bereavement.”*





We're Here For You

Grief is a difficult journey that is unique for each one of us, but we don't have to go through it alone.

Please call Anne or Margaret, at The White Lily Centre, on 023 8044 0961 if we can help by providing grief resources or support for you.

Support makes a huge difference and can help us heal at least a portion of the loneliness that grief naturally brings.

GRIEF SUPPORT SERVICES AT THE WHITE LILY CENTRE

The White Lily Centre is 'a gathering place for bereavement support, comfort and education' and is based at 103, Peartree Avenue, Bitterne, Southampton SO19 7JJ.

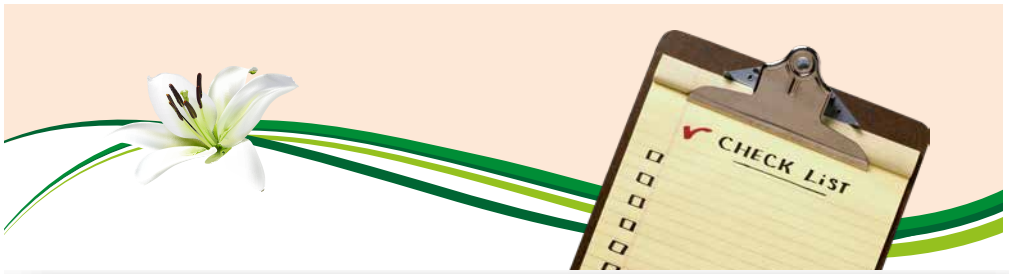
The Centre offers one to one Bereavement Counselling,
Support Groups and Community Events.

Coffee Mornings • Stepping Stones • Friday Drop-In

Leaflets can also be downloaded from www.jonathanterry.co.uk.

You may also visit www.griefjourney.com.

Dr. Bill Webster's grief journey site, launched on Sunday 8th November 2020
In Memory of his dear son, Steve.



A New Look at Lists

Are you a “list maker”? Do you feel like you accomplished something at the end of the day only if you have a lot of items on your “to-do” list crossed off? Me too, or at least, that used to be me.

One morning, not long ago, it occurred to me I was making life harder for myself instead of easier by continually adding to my “to-do” list through the day. I might cross off four things but add seven. I was never going to catch up on my expectations!

So I wondered whether there was another way to help myself accomplish things so that I felt good about it at the end of the day. I changed my “to-do” list into an “already done” list and I simply wrote items on my list after I finished them. So while my list still included tasks like “ran to the local shop” or “filled the bird feeders”, it also had “watched the sunset”, and “tried a new recipe” - (and it was good!).

I discovered that not only was I more productive but I was kinder to myself along the way. And at the end of the day my list had as many joys and blessings as it had tasks to be accomplished. A great tip for keeping a home tidy . . . ‘Don’t put it down put it away!’

What a change. Try it and see!

Some of my mother’s best advice was . . . ‘Always tackle the hardest task first’ ‘Never look down on anyone,’ and ‘Never respond to anger or spite with those emotions.’



Anne

Let's get sharing . . .



Share Your Thoughts

If you have a story, idea, recipe or a suggestion for us, we'd love to hear from you. Send questions or submissions via e.mail:

anne@thewhitelilycentre.co.uk

Remember when . . .

TANNERS AND BOBS

Back in the days of tanners and bobs, when Mothers had patience and Fathers had jobs. When football team families wore hand me down shoes and T.V. gave only two channels to choose.

Back in the days of three penny bits, when schools employed nurses to search for your nits. When snowballs were harmless, ice slides were permitted and all of your jumpers were warm and hand knitted.

Back in the days of hot ginger beers when children remained so for more than six years. When children respected what older folks said and pot was a thing you kept under your bed.

Back in the days of 'Listen with Mother' when neighbours were friendly and talked to each other. When cars were so rare you could play in the street, when Doctors made house calls, Police walked the beat.

Back in the days of Milligan's Goons, when butter was butter and songs all had tunes. It was dumplings for dinner and trifle for tea and your annual break was a day by the sea.

Back in the days of Dixon's Dock Green, Crackerjack pens and Lyons Ice Cream. When children could freely wear National Health glasses and teachers all stood at the FRONT of their classes.

Back in the days of rocking and reeling, when mobiles were things that you hung from the ceiling. When woodwork and pottery got taught in schools and everyone dreamed of a win on the pools.

Back in the days when I was a lad I can't help but smile for the fun that I had. Hopscotch and roller skates, snowballs to lob.


Back in the days of tanners and bobs!

Anon

Out of the mouths of . . .

Submitted by Louise

I had a few over-ripe bananas and told my daughter we wouldn't waste them, but make some banana bread for her Granddad instead. Putting her own spin on my words she told Granddad: "We saved the mouldy bananas from the bin to make some bread for you."



Poetry Corner



APRIL

April is a rainbow month,
of sudden springtime showers,
bright with golden daffodils
and lots of pretty flowers.

MAY

May's a month of happy sounds
the hum of buzzing bees
the chirp of little baby birds
and the song of a gentle breeze.

JUNE

Far up in the deep blue sky,
great white clouds are floating by,
all the world is dressed in green,
many happy birds are seen.

Roses bright and
sunshine clear
show that lovely
June is here.



NOW

If you have kind words to say,
say them now.
Tomorrow may not come your way
do a kindness while you may
loved ones will not always stay,
say them now.

If you have a smile to share
show it now.
Make hearts happy, roses grow,
let the friends around you know
the love you have before they go.
Show it now.

Charles R. Skinner





Update from

“GARDENER” JAMES

with a LITTLE help from daughter Karen.

I was told this week, by a friend and thank goodness not by Karen, to put manure on my Rhubarb. I wasn't too happy about that since I have to say I prefer custard on my rhubarb!

At the end of January I saw a few snowdrops in the garden which always cheers me up and gives me hope that Spring is on the way. Not sure about all the nettles that have appeared – nettles galore - but I must leave a few to attract the butterflies. I got stung walking through some grass with the odd nettle here and there. I rubbed a dock leaf on it and just like magic within ten minutes no pain at all – absolutely magic. Karen told me to put toothpaste on it – must remember that when it is on offer – BOGOF! Going to start putting it on my athletics foot to see if it stops itching. I mean athletes foot not athletics!

Hosta looking a bit poorly, Karen told me to feed it with seaweed. The Chinese takeaway were not too impressed when I ordered it and told them what I wanted it for!


Karen is a mine of information. She has told me that my hydrangea plants need magnesium so I sprinkled them at the base with Epsom Salts. I usually stick those in the bath, because they are supposed to be good for my heart and reduce the risk of diabetes and help with constipation – so Karen tells me! I think she should have been in the medical profession and not working in a Library – she has read too many books!

I am looking forward to improving my tomatoes. Guttled I missed last night's documentary about tomatoes! Guess I'll have to watch it on ketchup!

*Kind hearts are the garden,
kind thoughts are the roots,
kind words are the flowers,
kind deeds are the fruits.
Take care of your garden
and keep out the weeds,
fill it with sunshine,
kind words and kind deeds.*

Henry Wordsworth Longfellow

Happy gardening! “Gardener” James



Charity News . . .

Volunteer – it's good for you

Join our caring community. One of the more well-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest task can make a real difference to the lives of people, animals and organisations in need.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated and provide a sense of purpose. While it's true that the more you volunteer the more benefits you'll experience. Volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

If you've got the knitting or sewing bug and you're looking for some projects to get your teeth into and do some good at the same time you could do a lot worse than using your skills to volunteer for charity.

We've collected together an assortment of projects that are looking for help, so read on to find how you can volunteer from the comfort of your own home.



Cats Protection are looking for knitted mice and blankets to help the thousands of cats in their care.

www.cats.org.uk



Knit a bear for a child
who has no toys or
who's suffered a trauma.

www.teddiesfortragedies.org.uk

CARING . . .

About Funeral Plans

Today, more people are recognising that planning ahead provides peace of mind and demonstrates love and consideration for their families.

Pre-planning means peace of mind for everyone involved. It's a thoughtful decision that helps reduce the stress of indecision and uncertainty when a death occurs. A carefully pre-planned service can be the most comforting to your family, as it spares them from having to face decisions that can be both emotional and financially difficult at the time of death can give them lasting peace of mind to know that they have acted in accordance with your wishes.

When you decide to discuss your pre-planning we can arrange to send you our pre-paid Golden Charter brochure. We can arrange a meeting at your convenience to discuss and if you wish to complete the application forms.

There is no charge and no obligation for this meeting.

**If you would like any
further information call
Mrs. Debbie King
at Jonathan Terry
on 023 8043 4444**



Francis House Children's Hospice offers the families of very sick children a respite from their role as carers and gives the children a loving home from home. Each year knitted Easter chicks are made to help raise much needed funds.

www.francishouse.org.uk

Bonnie Babies

Helping premature babies in the UK. This charity provides premature baby clothes, blankets and tragically burial clothes too.

They are looking for stitchers, knitters and crocheters to contribute.

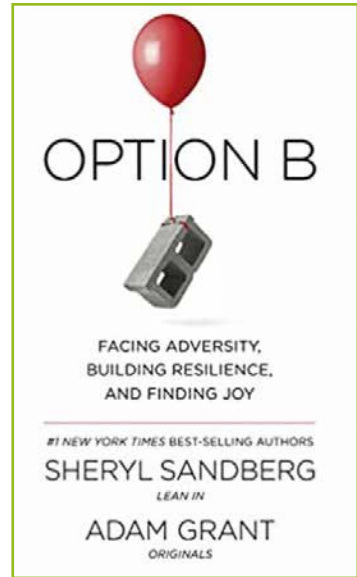
www.bonniebabies.co.uk

Book Corner

OPTION B: Facing Adversity, Building Resilience and Finding Joy.
Named the Best Book of 2017 by Barnes and Noble and Amazon.

After the sudden death of her husband, aged 48 years, Sheryl Sandberg felt certain that she and her children would never feel pure joy again. "I was in a void" she writes "a vast emptiness that fills your heart and lungs and restricts your ability to think or even breathe!" Her friend, Adam Grant, a psychologist, told her that there are concrete steps people can take to recover and rebound from life-shattering experiences.

Thoughtful, honest, revealing and warm, OPTION B weaves Sheryl's experiences coping with adversity. The book offers compelling insights for dealing with hardships in our own lives and helping others in crisis.



The White Lily Centre

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