

# From Us to You

Welcome to Newsletter No. 6  
October ~ November ~ December 2022



## Hope and Inspiration

The spring and summer is quite a hectic time for people in their lives, but then it comes to autumn and to winter and you can't help think back to the year that was and then hopefully look forward to the year that is approaching.

Hope is the life force trying to come through.  
Hope is seeing stars brighten the dark night.

It's knowing that sunset is followed by sunrise. It may feel like grief kills all hope, but hope has a way of waiting for us to be ready to rediscover it.

It is possible to make ourselves understand that there is always hope. It may be hidden and require courage and persistence to uncover, but that does not mean it is not there.





## A message from Jonathan

As we find ourselves heading towards the end of another year, if you're anything like me you will be wondering "Where on earth did that go?"

For me it is a time for reflection and looking back over everything that has happened in 2022 and thinking about the families we have been privileged to serve.

For some it will have been the hardest year of their lives, having lost someone they love so very much. For others it will have been less raw, as they are continuing on their journey through their grief.

This year saw the official opening of The White Lily Centre and the rededication of our chapels of rest. We were finally able to recommence some of the activities we had to forego during the lockdowns, such as our Summer coach trip, our Friday morning "Drop in" and our Grief Journey programmes. Our online "Meetup" group is back to full strength. We decided to continue to hold our coffee mornings twice a month as this has proved popular.

I am pleased to say that this Christmas we will be returning to holding our

Remembrance services and the details will be announced nearer the time.

As I think about the ways in which we have been able to offer all of this I am very aware that the most important ingredient of everything we do is you. Without your help and support, none of it would be possible. You have been there for each other, welcoming newcomers, showing each other compassion and understanding, helping each other through your common bond of bereavement. For this I thank you from the bottom of my heart.

As I write this, the sad news has just been announced of the passing of Her Majesty The Queen. Our thoughts are with her family at this very difficult time and I hope that our new king, Charles III will be able to make time for his own private grief process among all his official duties.

Wishing you peace, joy and continued friendship for what is left of this year and into 2023 and beyond.

Kindest wishes

*Jonathan*



# In Loving Memory




**HER MAJESTY  
QUEEN ELIZABETH II  
1926 - 2022**

We remember with gratitude  
and affection the life  
of our own dear  
Queen Elizabeth II.

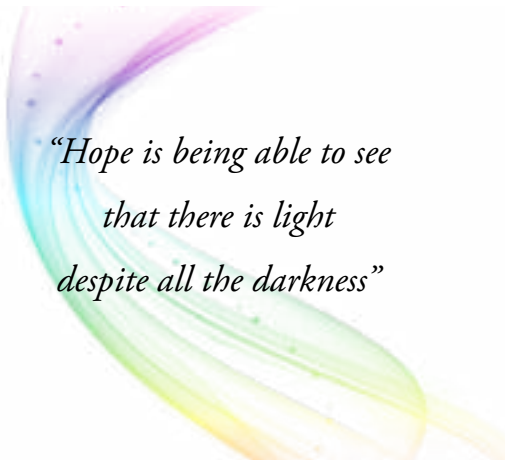
We give thanks for her long  
and unstinting life of service  
to her subjects at home  
and around the world.

Our thoughts and prayers  
are with her family,  
who are mourning the loss  
of their beloved  
Mama, Grannie  
and Great Grannie.

May she rest in peace.



*continued from page 1 . . .*



*“Hope is being able to see  
that there is light  
despite all the darkness”*

We often feel that hope dies along with the person we love. Our hopes for our future are irrevocably changed. Our hopes for the person to fight, to live, to survive, are gone. If we can no longer pray with hope, we can pray for hope. If we prefer not to pray, we can visualize.

There is certain timing for the message of hope to reach us. To force ourselves to consider hope too early can make us cynical about the possibility of it appearing. It is often best to sit in our anguish and allow our tears to flow.

*Hope will come when you are ready,  
not before.*

Jean Kay has, every morning during her life, written a poem. Contained in this Newsletter you will find samples of Jean's poems that she has written over the past twenty two years. Her goal is to create poetry that is easy to read and understand and will speak to you in a special way.

### **DAILY GRATITUDE**

Every morning I can choose  
to have a wonderful day,  
no matter how I'm feeling  
or what hurdles are in my way.  
Being grateful for what I have,  
what I see, hear, smell or touch,  
help me to remain peaceful  
in a world that needs peace so much.  
I make time each day to be quiet,  
to acknowledge my inner power,  
to be the best that I can be  
in every precious hour.  
No one thinks exactly like me  
or knows what is on my mind.  
My actions are what speaks to them  
so I strive to be loving and kind.  
Am I perfect? No I'm not!  
My knowledge grows each day.  
I don't always get it right  
I do my best, my way.

*Jean Kay*

# Let's get sharing . . .



## *Save the Date . . .*

### **TUESDAY 22ND NOVEMBER**

Our speaker at the coffee morning on 22nd November will be a face familiar to us all, our own Margaret Francis.

Margaret will be inviting us to think about the stress we all have in our lives and the impact it is having on our mental and physical wellbeing.

She will be giving us some practical tips to help us combat what has been described as "The scourge of modern life".



## **Out of the mouths . . .**



My nine-year-old daughter walked in while I was getting ready for work. "What are you doing?" she asked. "Putting on my wrinkle cream." I answered. "Oh." She said, walking away. "I thought they were natural."


*from Cathy*

## **Not that old yet!**

"This is your great grandma and great grandpa," I told my grandson as I handed him a photo of my parents. "Do you think I look like them?" He shook his head, "Not yet" was the answer!

You've got to love them  
haven't you?

*from Dave*



Let's get sharing . . .

## Snippets from the DOCTOR'S SURGERY

### Mental Wellbeing

Feeling well is not just about being physically fit and healthy – it's equally important to your overall health that you feel good mentally.

There's no need to feel embarrassed about struggling with your feelings. There are several things you can do to look after your mental wellbeing, as well as steps you can take if you think you need some help. It's never too early or too late to seek help.

Try doing the following things to boost your mental wellbeing:

- Eat and drink sensibly
- Keep active
- Stay in touch and meet people
- Research an interest or learn something new
- Create structure to your day and set yourself goals

Some people call mental health 'mental wellbeing', 'emotional health', or 'emotional wellbeing'. Our mental health affects how we think and feel, and how we cope with life's ups and downs. As we move through different stages of life and our circumstances change our mental health can change too.

The sooner you can address your problems, the less likely they are to develop further. Although it can be difficult, speaking to your friends and family about how you feel can help you see things from a different perspective. If you would rather speak to someone you're not close to, you may find it helpful to talk to a counsellor or visit a support group.

If you would like an information leaflet about any of the above points, please ask for one at the

**Jonathan Terry  
Coffee Morning.**

## Let's get sharing . . .



It has been 5 years, 12 days and 10 hours since my beloved wife passed away, but whose counting? I am still hanging in there but at this moment I am having one of those times when I am at the bottom of one of those down times that is always creeping up on you. Everybody is affected by grief in different ways and degrees; however, it does have many things in common. Everyone goes through denial, anger, depression, and guilt, and, hopefully, finally at some point in time, acceptance. There is no timetable for when they happen or when they go away and they can happen more than once. It is like a big roller coaster and, in time, at least for me, the ups and downs got smaller and less often. One of the things that bother me is when people say to me or others in the grief process, "isn't it time for you to be over that now?", my answer is, "I have over 60 years of memory to go through and as soon as I forget them I will be over grieving." I will always cherish the loving memories of my beloved wife and will still cry at some of the remembrances as I travel through those 60 years of life that I shared with her. I will laugh, cry and share them with friends and family.

*Richard*

*Thank you Richard for sharing  
your story with us.*

My beautiful wife died two years ago. The fun and support of a wonderful "JT Coffee Morning" crowd of fellow widows/widowers and my ability to only allow small thoughts

when I'm feeling vulnerable, then bigger thoughts when I feel strong, have helped me through so far.

An acceptance of "There's nothing I can do to bring her back" and a determination to make my dear wife proud, have also helped!




*Anonymous*

If you have a story to tell that you think may help others, and that you would like to share, feel free to get in touch with us at:

**The White Lily Centre**

or e.mail your story to:  
**[anne@thewhitelilycentre.co.uk](mailto:anne@thewhitelilycentre.co.uk)**



# Poetry Corner

*All the following Poems have been written by Jean Kay*



## OCTOBER

### MAKING TIME

Almost time to turn the clocks back, our nights will seem much longer;  
but, the good news is, our morning light will be earlier and stronger.


More motivation to get out of bed and start to enjoy our day,  
go for a walk, breathe fresh air, enjoy life in our own special way.

Leaves started autumn change early as summer heatwave dried them out –  
red, orange, gold and yellow leaves are underfoot as we walk about.

I enjoy the “settling in” feeling as long, cool nights appear.  
for me it’s ‘work on projects’ time that I’ve been putting off all year.

Are you ready to settle in and work on a special goal?  
Make time to achieve your wants and desires it’s important food for your soul.

Allow approaching Halloween to show cobwebs holding you back.  
Sweep them away to oblivion so you stay on track.  
Make time for you.





# NOVEMBER

## LET'S REMEMBER

November 11th is a special day  
a time to remember our past.  
so many brave people fought for us  
to provide peace intended to last.

Young men and women joined forces  
to do what their country would ask,  
many knew their lives were at risk  
but they stepped right up to the task.

Family losses were many,  
wars definitely take their toll,  
but our memories are alive and well  
as we honour each blessed soul.

An important part of remembering  
is to prevent it from happening again.  
Peace must build in each of us  
as our attitude as Ladies and Men.

Peace in our personal environment  
is up to each one of us.  
Let's not find fault or hold grudges  
nor think negatively or cuss!

You may think "that doesn't matter  
one person cannot do much",  
but each of us individually  
can provide a peaceful touch.

So, as we remember  
past heroes  
with our hearts full  
of gratitude,  
let's strive to keep  
peace they created  
by reinforcing our own attitude.

**Think Peace!**



# DECEMBER

## SPIRIT OF CHRISTMAS

I'd like the spirit of Christmas  
to be part of us all year through,  
the excitement and anticipation  
of things we are yet to do!

Sparkles on a Christmas tree,  
the cosy warmth of a fire,  
sharing of cheer-filled greetings,  
and love, which we all desire,

We sing of silent, star-filled nights,  
and sing of peace on earth,  
we sing of kings and angels  
and a lowly stable birth.

We sing of guidance and of love  
at gatherings everywhere.  
We make an extra effort  
to show others that we care.

Imagine a world filled with Christmas  
all those happenings – every day.  
With peace agreed to, one day at a time,  
it would eventually be here to stay.

Each of us can do our part  
to make the spirit last –  
by sharing love, spreading peace  
and forgiving acts of the past.

This Christmas star was a symbol  
of guidance by intuition,  
if we follow the light of our instincts  
all our goals will gain fruition.

When I close a letter with "lots of love"  
or "take care" or simply "cheers",  
I'm extending the spirit of Christmas  
so it will last throughout the years!

### **Retirement, the WI and Bereavement**

**Looking for a new interest when I retired I was recommended, by a friend to try the Women's Institute.**

At the first meeting I attended I met ladies whom I already knew, one of which was the Treasurer of Woolston and Sholing WI. She wanted to retire from the post and the committee were asking for a volunteer Treasurer and I found myself doing just that! My late husband was an accountant, which was useful and I had dealt with cash and figures for most of my working life. I love being involved in the running of anything I join.

The following month the handover took place and this coming November I will have been doing this for 14 years! During my husband's long illness and since his death, the WI has been a godsend. The work has highs and lows but now I am quietly confident on Excel on my laptop, having resisted the change from bookwork for quite a while. The accounts, audited in April each year, are usually ok with an occasional tweak here and there!

The WI has been fun, educational and a lovely way to make friends. Each month we have a speaker, demonstration or activity including crafts and quizzes, whilst at Christmas and the WI Birthday, we have special entertainment. The Committee produce a programme for the year and arrange coach trips and parties. Several members have special interests and talents and do fundraising for their favourite charities as well as for our own funds. Our group of local WI's in Hampshire have quizzes, Darts and Skittles Tournaments as well as twice yearly group meetings to meet fellow members.

#### *Meetings:*

*1st Thursday in each month from  
2-4 p.m. at the Salvation Army  
Hall, North East Road.*

If you would like any more information I attend the Jonathan Terry Coffee Mornings so if you would like further information about the WI please do not hesitate to ask me.

*submitted by Lyn Giles*



## A Thank You Message from Lorraine

As the Nation experienced a four-day June Jubilee Bank Holiday, communities came together to celebrate and have street parties, lunches and laughter.

It is with the support of Jonathan and Anne that the residents of Bishops Crescent were one such community to take part in a Big Picnic Lunch on Sunday 5th June.

A year in the planning, with approval from Southampton City Council, as co-ordinator I had to get the word out to the resident senior citizens who live in Bishops Crescent that a party was planned for them. My heroes enabling this came with the support from Jonathan and Anne.

Whilst at a Jonathan Terry Coffee Morning at Woolston Bowling Club I mentioned to Anne my difficulty of informing 60 households of their opportunity to come together as a community for the first time in several years and celebrate HM The Queen's Platinum Jubilee.

Jonathan and Anne pulled out all the stops and within a few weeks I was in humble

receipt of 60 beautifully presented leaflets, designed by Emma at Checker Graphics, to give out to each and every household.

Everything was setting up to be a wonderful gathering. The event was fantastic. The residents gathered together, there was a raffle, a quiz, a visit from an ice-cream van, music and singing, fun and laughter on a scale not seen in Bishops Crescent for a long time. This would not have happened had the residents not received the leaflets. Thank you, Jonathan and Anne, you both really made a difference and I just want to say how truly grateful I am for all your support.

Kindest regards  
*Lorraine*

*Thank you, Lorraine, for your very kind words, they really are very much appreciated. What a lovely day you had, bringing neighbours together to share time, friendship and fun celebrating such a wonderful event as the Queen's Platinum Jubilee. I am sure they will talk about it for a long time.*

*Well done!*

# Book Corner

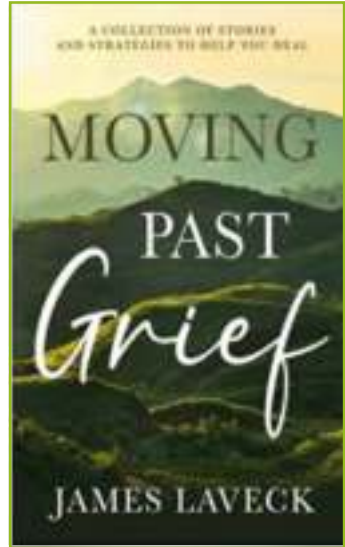
## Who Am I?

My name is James LaVeck and before I was 48 years old I was widowed twice.

I shared my story in *Life After Losses: A Memoir of Self-Healing* and I'm sharing over 25 years of knowledge, lessons, stories and strategies from my healing journey in ***Moving Past Grief: A Collection of Stories and Strategies to Help You Heal.***

I don't believe we move on from grief, but I do believe we can move past the burden of grief so we can live again.

*If you are seeking inspiration, advice or support in dealing with loss, this Collection of Stories and Strategies has you covered.*



## The White Lily Centre

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