

LIFT

Grief is a process, not a state. –Anne Grant

May 2023	Living Is For Today
Bereavement Newsletter	West Texas Rehab’s Hospice of San Angelo

IMPORTANT DATES TO REMEMBER

Grief Education Support Group

Tuesday, May 2, 5:30 pm

WTRC/HOSA Bates Bereavement Center

1933 University Avenue

Monthly Luncheon

Tuesday, May 16, 11:00 am

WTRC/HOSA IDT Room

1933 University Avenue

Artistry of Life Memorial Event

Tuesday, June 6, 6:00 pm

West Texas Rehab’s Conference Center

1925 University Avenue

For more information about any of HOSA’s bereavement offerings, including individual counseling, support groups, and/or memorial events, please call the Bereavement Department at 325-658-6524 or email Karen at kschmeltekopf@wtrc.com.

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Exploring Desolation
From *Healing After Loss*
By Martha W. Hickman

It is a world we do not want to enter, a world for which we have no hunger. We would turn from it if we could. Yet we find ourselves in it. And our company is a multitude.

There is a story of a woman who came to the Buddha seeking help after the death of her child and was told that, for healing, she need only find a mustard seed from a household that had never known sorrow. According to the story, she traveled over all the world in vain, never finding such a household, but found instead—understanding, compassion, friendship, and truth.

The world of desolation is a world that calls many of us. There is no going around it. There is only going through it, if we are to find healing and new life. It is a world worth exploring and it offers to us those same qualities the bereaved mother found—understanding, compassion, friendship, truth.

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Nothing is to be gained by turning away from the truth. When the circumstances of my life are grim, I will face the grimness, learn what it has to teach me, and walk on through.

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Changes in Seasons
From *Healing After Loss*
By Martha W. Hickman

It surprises us. We know it’s a fluke. We know it won’t last. Happiness? Contentment? Joy?

And not just a quick flash of joy, of contentment—as when we are lifted up on wings of song—or by prayer—or by a spectacular sky—or because of a daisy blooming in some field. But a sense that in some way we are going to be able, after all this, to be happy! Whoever would have thought it?

That assurance, too, may slip away. But it will come back. Perhaps each time it will seem less like an astonishing stranger, someone come to visit us in disguise. No, it is real—this fecundity, this extended daylight, this warmth, this beauty of a summer evening. Even in the wintry distress of our pain, we will believe in summer.

Summer has its storms, too. But they will pass. Maybe they will clear the air, and bring the world fresh and clean to our attention once more. It is life calling to us—*See you are mine. I have wonders in store for you, believe it or not. And I will wait for you—beneath the snow, if necessary, and beyond the storm.*

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In the midst of winter I will entertain the possibility that summer will come.

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Thank you to all WTRC HOSA volunteers! Whether it's caring for patients, delivering flowers, helping with the monthly lunches, printing and folding the LIFT newsletter, or working in the Building Bridges program, to name just a few, we couldn't do the work of HOSA without you! If you are interested in knowing more about HOSA volunteer opportunities, please contact Shrona Shannon at 325-658-6524 or email her at sshannon@wtrc.com.

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