

# LIFT

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

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

## IMPORTANT DATES TO REMEMBER

Grief Education Support Group  
Tuesday, November 7, 5:30 pm  
WTRC/HOSA Bates Bereavement Center  
1933 University Avenue

NO Monthly Luncheon  
Because of Thanksgiving, we are  
NOT having the November lunch.  
Next lunch: Dec 19, 11:00 am.

Candlelight Memorial Service  
Thursday, November 9, 6:30 pm  
Christian Fellowship Baptist Church  
211 W. 17th Street, San Angelo

Light Up a Life Tree Lighting  
Thursday, December 7, 6:00 pm  
WTRC Conference Room  
1925 University Avenue

*For more information about any of HOSA’s bereavement offerings, please call the Bereavement Department at 325-658-6524 or email Karen at [kschmeltekopf@wtrc.com](mailto:kschmeltekopf@wtrc.com).*

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## Thoughts for November

As Thanksgiving approaches, the message below from Marcus Aurelius, translated so well by Martha W. Hickman in her book *Healing After Loss*, seems especially appropriate. As we deal with grief from losing a loved one, the inclination is strong to view the holiday with apprehension or downright dread. But as both Aurelius and Hickman remind us, a better approach exists. Those two passages are followed by two more from the same book, one from Helen Keller and elaboration by Ms. Hickman, that may be of help as well.

--Billie Birne, LIFT Editor

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Trouble not thyself by pondering life in its entirety...Rather, as each occasion arises in the present, put this question to thyself: “Where lies the unbearable, unendurable part of this task?”. . Next, recall to mind that neither past nor future can weigh thee down, only the present. And the present will shrink to littleness if thou but set it apart, assign it boundaries, and then ask thy mind if it avail not to bear even this!

--Marcus Aurelius

The sorrow of the moment is often difficult enough for us to deal with. But when we let ourselves brood about past events or think of the future times when we shall miss our loved one so sharply, then we are in real trouble! The past—as we know only too well—is over. The future is unknowable. Each day we encounter forks in the road, and always leave behind us alternatives we did not choose. The same will be the case in the future—it is a maze whose patterns we cannot know.

So, as much as we are able, let’s limit our concern to this day only. Chances are that on most days we’ll be able to handle things quite well!

*My experience of today is its own journey and I will savor it for what it is.*

--Martha W. Hickman

When it seems that our sorrow is too great to be borne, let us think of the great family of the heavy-hearted into which our grief has given us entrance, and inevitably, we will feel about us their arms, their sympathy, their understanding.

--Helen Keller

Remember how it is when you meet someone who has had a loss similar to yours? The instant bond, the acknowledgment in the other’s face—*I know you. I know what you’re going through.* And your own feeling, which is almost a physical lightening of the burden, that here is someone who understands.

You will meet such kindred souls, perhaps more often than you expect. People will refer them to you—“I think it would be helpful if you talked with \_\_\_\_.” You will probably run into fellow mourners in groups to which you belong, as though by some principle of natural selection, you gravitate toward one another.

And there will be fellow sufferers whom you may never meet but whose sorrow you may read about or hear of. Your heart will go out to them, and the well of human compassion on which we all draw will be deepened.

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*In my mind, I reach out to fellow sufferers—met and unmet—and feel our support for one another.*

--Martha W. Hickman

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***We are so grateful for WTRC HOSA volunteers! In fact, we couldn’t do the work of HOSA without them! If you are interested in knowing more about HOSA volunteer opportunities, please contact Cherie Venable at 325-658-6524 or email her at [cvenable@wtrc.com](mailto:cvenable@wtrc.com).***

November 2023



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