Healing Our Broken Hearts

“Grieving is as natural as crying when you are hurt, sleeping when you are tired, eating when you are hungry, or sneezing when your nose itches. It is nature’s way of healing a broken heart.”

Doug Manning, Don’t Take My Grief Away from Me

As we begin the journey into a new year, our hearts may not feel like they are ready to make the trip forward. Pieces of us may have been left behind as we said goodbye to our spouses, our parents or grandparents, our siblings, our children, or to others whom we dearly loved.

We may still be questioning whether or not it really happened. Some days, the reality of our loss weighs heavily on us and other days, it feels like a bad dream that we hope will be over soon.

We may be overwhelmed by emotion, as tears flow freely at inopportune times. A song plays on the radio and memories come pouring back. Maybe anger wells up as another well-meaning person asks how we are doing. Perhaps we are not feeling much at all and wonder what we “should” be feeling.

We are coping with our loneliness and relearning our place in the world without the presence of our loved one. At the same time, we are finding ways to carry our memories with us to affirm our loved one’s legacy and impact on our life.

We can give ourselves permission to grieve. We can seek moments of comfort within our sadness, drawing on our strengths and finding support from those around us. We are healing our broken hearts by honoring our unique experience, taking one moment, one hour, one day at a time.

If walking with others along the journey would provide you with guidance and hope, please consider joining one of our support groups or reaching out to services listed on page 3. There is much to share and learn from one another.

Christine

Calendar of Upcoming Events

Grief & Loss Support Groups

Jan 7th – Feb 11th from 1:30 – 3pm (Wednesdays in Ashfield)
Jan 20th – Feb 24th from 6 – 7:30pm (Tuesdays in Easton)
Feb 12th – March 19th from 2 – 3:30pm (Thursdays in Bethlehem)

“The Psychology of Illness and the Art of Healing” with Dr. Bernie Siegel
April 22nd at 7:30pm
Grief and Loss Support Groups

These are 6 week support groups for adults grieving the loss of someone significant in their lives. Our support groups provide an opportunity to come together with others who have experienced the loss of a loved one to share stories, offer and receive support, and find hope and healing. Groups offer both peer support and education and information about the grief journey. It is important that participants are able to attend all 6 weeks. Registration for these groups is required. There are no drop-ins permitted. Please note that all groups are subject to be canceled if sufficient registration is not reached. Space is limited. Please call for more information.

Lehighton Area
January 7th - February 11, 2015 from 1:30 – 3pm.
Dinkey Memorial Lutheran Church, 1742 Dinkey Road, Ashfield, PA.
Call Michaelene Ross at (484) 241-7538 to register.

Lehigh Valley Area
January 20th – February 24th, 2015 from 6 – 7:30pm.
St. Luke’s Anderson Campus (Medical Office Building, Conference Room A), 1820 Riverside Circle, Easton, PA.

February 12th – March 19th, 2015 from 2 – 3:30pm.
St. Luke’s Bethlehem Education Center (Room 111), 801 Ostrum St., Bethlehem, PA.
Call Christine Holmfelt at (610) 997-7132 to register for either of these groups.

On Joy and Sorrow
Kahlil Gibran

Your joy is your sorrow unmasked.
And the selfsame well from which your laughter rises was oftentimes filled with your tears.
And how else can it be?
The deeper that sorrow carves into your being, the more joy you can contain.
Is not the cup that holds your wine the very cup that was burned in the potter’s oven?
And is not the lute that soothes your spirit, the very wood that was hollowed with knives?
When you are joyous, look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy.

When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.

Become Part of a Dedicated Team

St. Luke’s Hospice is actively seeking volunteers to serve and support hospice patients and families within the Lehigh Valley and Carbon county areas. Specially trained volunteers are an integral part of the St. Luke’s Hospice team. Volunteers serve as a welcome friend to the family. They share their time and talents in many ways. Volunteers can visit with patients in their homes or in St. Luke’s inpatient Hospice House. They can also assist with administrative office duties and help at special events. For more information or to join our next volunteer training session in Spring 2015, please call 610-997-7121.

*Applicants who have recently experienced the loss of a family member are asked to wait until they have completed a bereavement period of at least one year before applying to become a hospice volunteer.
Adult Bereavement Services in the Community

This is a listing of additional bereavement resources in the area. If you have a need for something and don’t see it on this list, please call Christine at (610) 997-7132 for referrals to other services.

GriefShare Groups are a faith-based, evangelical approach to grief and loss. GriefShare groups are provided at various locations around the Lehigh Valley. To find a location near you, please visit www.griefshare.org.

Free Spirits is a group of more than 2 dozen older widows who go out to lunch once a month to keep active and offer support to each other—and to newer widows. Most are members of Church of the Manger UCC, Bethlehem. Call 610-866-8223 for more information.

VNA/Hospice of Monroe County offers a support group the 1st and 3rd Wednesday each month at noon. Call 570-421-5390 for more information.

Lehigh Valley Hospice offers Ladies Lunch Club the 3rd Thursday each month from 11:30am – 1pm. Please call 610-969-0330 for more information or to register.

Grand View Hospital Hospice offers many groups and services that change seasonally. Please call 215-453-4210 for more information.

Wendy Littner Thomson M.Ed., LPC, RYT offers the following services: Gentle Yoga for Grief, Stress, and Life Transitions; Grief Education & Counseling Group; and counseling for adults and families. For locations, times, or more information please call 610-730-1992 or visit www.givinggriefavoice.com.

The Compassionate Friends offers ongoing support groups for parents, grandparents, and adult siblings grieving the loss of a child, grandchild, or sibling.

TCF of Lehigh Valley meets at Sacred Heart Hospital, 2nd floor, 421 Chew Street in Allentown. The group meets the 2nd Monday each month at 7pm. For more information, call 484-597-0240.

TCF of Quakertown meets at St. Luke’s Hospital, ground floor, 1021 Park Ave in Quakertown in Taylor Conference Rooms A&B. This group is held the 2nd Tuesday each month from 7:30 – 9pm. For more information, call 215-536-0173.

TCF of Easton meets the 2nd Thursday each month from 7-9pm at Good Shepherd Lutheran Church, 2115 Washington Blvd. in Easton. For more information call 610-866-5468.

TCF of Carbon County meets the 1st Wednesday each month from 6:30 – 8:30pm in the Palmerton Community Ambulance Association, 501 Delaware Ave in Palmerton. Please call 610-826-2938 for more information.

Family Answers holds a Survivors of Suicide support group at 411 Walnut Street in Allentown, PA. This group is held the first and third Monday each month from 7-8pm. Call (610) 435-9651 for more information.

Cancer Support Community of Lehigh Valley with St. Luke’s offers the Hope and Healing Series. Call 610-861-7555 or email info@cancersupportglv.org for more information.

We’d like to take this opportunity to extend our gratitude to all of you who have made donations from your heart as a way of expressing your appreciation for our hospice bereavement services. It is an honor to companion you on your grief and life transition journeys. Your gifts ensure that this service continues to evolve in meaningful directions to meet the ongoing and growing needs of our families and our community.

Many of you ask for a telephone number for donation information. You may contact Michele Giletto, Director of Development, at 484-526-3691 or email Michele.Giletto@sluhn.org.

Again, heartfelt thanks.
THE PSYCHOLOGY OF ILLNESS AND 
THE ART OF HEALING

Wednesday, April 22, 2015
7:30 pm
Doors open at 6:30 pm
Central Moravian Church
West Church & Main Streets
Bethlehem, PA

Join us for a motivational evening featuring internationally renowned speaker and author Dr. Bernie Siegel, who changed mainstream thinking with his 1978 book, Love, Medicine and Miracles. The book explores the powerful role the mind can play in fighting illness. Dr. Siegel’s writings continue to spark discussions about patient empowerment and the choice to live fully and die in peace. His philosophy continues to break new ground in the field of healing and living the message of kindness and love.

Motivational, inspirational and down-to-earth, Dr. Siegel’s approach is one of compassion, caring and love coupled with a wonderful sense of humor. His message of hope and love is extended to all who seek a whole person approach for living life fully each day.

General Admission tickets: $10/person
For more information or to purchase tickets:
1-866-STLUKES (785-8537) or
www.sluhn.org/littnerlectureseries

Presented by Friends of Hospice

Wendy Littner Thomson Counseling Services, LLC