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Giving Hope

Favourite quotes or expressions:

• "If you live to be a hundred, I want to live to be a hundred minus one day, so I never have to live without you."
~Winnie-the-Pooh

• "A community is like a ship; everyone ought to be prepared to take the helm."
~Henrik Ibsen

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By Janelle Breese Biagioni
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New Beginnings

Greetings! This is the first edition of Giving Hope, a newsletter to inspire and encourage families and individuals who have experienced the death of a loved one or a significant loss in their life. It is also a newsletter that I hope will be of help to those who are supporting someone that has experienced a significant loss or change in their life.

The title of this newsletter is shared by my upcoming

book, *Giving Hope: Transcend Grief and Loss through Awareness, Reflection and Support*. *Giving Hope* (the book), a compelling testimony blended with revolutionary guidance offers a lifeline to those coping with death, transitional losses or the extraordinary grief associated with murder, suicide, catastrophic injury or chronic illness. This book is currently in the early stages of writing. I

am pursuing an agent and publisher for this book and I look forward to keeping you informed of its progress in subsequent issues of this newsletter.

I welcome letters, articles, and tributes from readers for publication in future issues of Giving Hope. In sharing our grief journey with others, we offer them strength and encouragement. We give them hope.

How do we help?

How can you help when someone you know is grieving the death of a loved one? What could you possibly say to ease their pain? These are two of the most common questions asked by those who are supporting a friend or family member.

The best answer I can give is... follow your heart. Too often we miss the opportunity to either do something or say something because we fear that the action we take will either upset the bereaved person or it

won't be profound enough. First of all, they are already upset. You couldn't possibly upset them anymore...their greatest heartache has happened. Second, you don't have to be profound.

People who are grieving the death of a loved one don't expect you to be profound. They simply need your companionship, understanding, and support. Here are a few tips to keep in mind:

- ❖ Use the name of the person who

died. It is actually comforting to the bereaved.

- ❖ It is suffice to say, "I am sorry for your loss."
- ❖ Avoid saying things like, "Don't worry, you are young... you will marry again" or "You can have another baby." Nobody can replace the person they have lost.
- ❖ Listen...for however long it takes.

My Dad ... a tribute by Sarah Ervin



Brian Davies
May 3, 1949 – Mar. 10, 1989

“Time doesn’t heal us. Time does not change us, but it unfolds us.”

~Peg Reuther

Father’s Day is a wonderful time to remember dad and thank him for all he has done. For those of us whose father has died, Father’s Day can be a difficult day. Even though you cannot be with your dad, take a few minutes to remember him and to reminisce on your life with him. Reflect on the love you have for him and do something nice for yourself.

What Makes A Dad
God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle’s flight,
The joy of a morning in spring,

The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so,
He called it ... Dad

~Author Unknown

A Battle Like None Other

On a day to day basis we face challenges and difficult trials. But the death of a loved one can put us into a battle like none other. When a loved one dies, questioning who we are and what worth we have seems to become a universal question.

Starting anew. Forever changed and different, we begin a journey to find that person. It is not an easy journey. It takes time.

Time doesn’t heal us. Time does not change us, but it unfolds us.

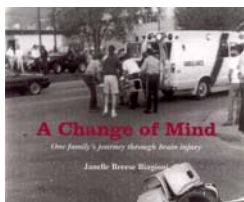
It also takes courage. Courage to smile. Courage to hope. A courage when all else is gone. So when the clouds overwhelm you and darken the life around you.. Remember it takes courage to smile and go on.

Somewhere in the midst

of that journey you will arrive a new, different, and changed someone. And life will become normal once again. A new normal with a new beginning.

~ Peg Reuther

Peg lives in Mandan, North Dakota. Her husband Rod, died in a work-related accident on December 30, 1993.



Other Books by Janelle Breese Biagioni

A Change of Mind: One Family’s Journey Through Brain Injury is a 176 page paperback book that poignantly takes the reader through the personal trauma of brain injury. Gerry Breese, a husband, father and

constable in the Royal Canadian Mounted Police was injured on May 19, 1990. This book offers a unique view into the emotions experienced by a wife and mother of two young children as she was thrust into the complex

and confusing world of brain injury. Very few authors have written with the frank honesty and directness of Janelle Breese Biagioni. To order email soulwriter@shaw.ca or visit Lash & Associates at www.lapublishing.com.