



**W**e are thinking of you during your journey through grief. We reach out to our TRU family members by phone and with periodic mailings during the 13 months following the death of a loved one. These quarterly grief support newsletters are available to you, your friends and your community at [trucare.org](http://trucare.org) under Our Services/Grief Support.

Please call us anytime for support at 303.604.5300.

## Midwinter and Grief

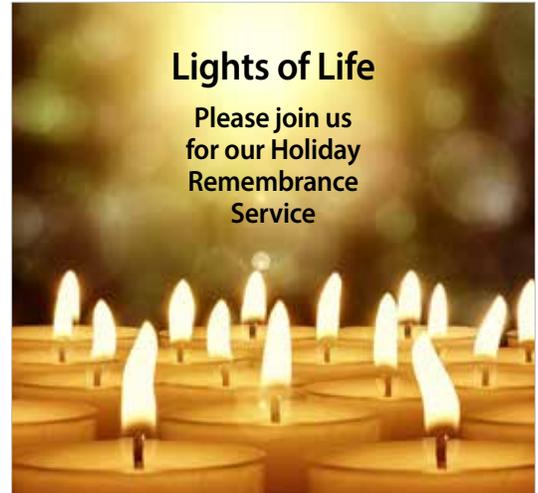
### From Darkness to Light

The Winter Solstice, usually observed on December 21st each year, marks the onset of winter, a time of the shortest period of daylight, and the longest night. This is an astronomical phenomenon which occurs when the Earth's poles are at maximum tilt away from the Sun. The solstice is often celebrated worldwide by many cultures as a "Celebration of Light and New Beginnings."

The impact of grief and loss is often similarly described as a time when "our world is out of balance" or when things seem "turned upside down." It equates to what one might call "our Darkest Days." To circumvent feelings of darkness, sadness, and loneliness, we invite you to welcome the Light with meaningful celebrations and new, positive ways to be with and to process grief.

As the author of *Permission to Mourn*, Tom Zuba, writes "the death of someone we love cracks us wide open" and the late musician, Leonard Cohen, has sung of the truth of a radiant heart: "There is a crack in everything, that's how the light gets in."

There are many ways to process grief that touch us deeply, that move our emotions and restore our equilibrium in this new life following the loss of a loved one. Whether it is through expressive art, movement, reading, writing, meditation, or music, we can process grief in many ways that alleviate suffering and gently lighten our hearts.



### Lights of Life

Please join us  
for our Holiday  
Remembrance  
Service

**Tuesday, December 4**  
**Doors open at 5:30 PM**

Service begins at 6:00 PM

Unity Columbine Spiritual Center  
8900 Arapahoe Road  
Boulder, CO 80303

This holiday season, TRU Community Care and Unity Columbine Spiritual Center invite you to remember someone who has been special in your life by attending our Lights of Life Holiday Remembrance Service.

Our indoor service will feature a reading of names, music, and lighting candles, along with light refreshments and snacks. You will have a chance to connect with others who are in similar situations and feel supported going into the holidays.

Guests are invited to bring a photo or memento to place on our memory table. If you choose, you may also bring a story, poem, or reading to share during a designated time in the service. You are also welcome to come and just sit quietly.

Our grief groups are available to anyone needing support after the death of a loved one. The meetings, led by experienced bereavement group facilitators, include specific topics and optional personal sharing in a safe and accepting atmosphere.

Registration is required prior to first attendance for all groups. Please call TRU at 303.604.5213 for registration information and details about group times and locations. For additional information, please visit our website at [trucare.org](http://trucare.org).

### Structured Groups

#### Newly Bereaved Support Program

Support, information and networking for persons with recent death losses. Offered monthly

#### Eight-Week Bereavement Support Group

For anyone who has experienced a loss. Groups are held throughout the year depending on enrollment.

#### Eight-Week Bereaved Parent Group

For parents who have lost a child of any age. Groups are held throughout the year depending on enrollment.

#### Healing Circles Grief Groups

For children (ages 5 -12), teens (ages 13 -18) and families. Groups are held year-round.

### Ongoing Grief Groups

#### Lafayette Grief Support Group

For those who have experienced the death of someone significant. Meets 4th Tuesday 6:00 - 8:00 PM

#### Bereaved Parents Group

Support meeting with program and sharing for bereaved parents only. Meets 3rd Wednesday 6:30 - 8:30 PM

#### First Year Spouse/Partner Grief Support Group

For spouses or partners whose loved one's death has occurred within the past 12 months. Meets 2nd Tuesday 6:00 - 8:00 PM

#### Spouse/Partner Loss Group

For people who have experienced the death of a spouse or partner. Meets 1st & 3rd Tuesdays 6:00 - 8:00 PM

#### Widowed Senior Grief Support

For men and women who have lost a spouse or partner. Meets 4th Wednesday 10:00 AM - 12:00 PM

#### Boulder Hiking Group

Combines exercise and support for people who are grieving or caregiving. Seasonal

## Healing Through Expressive Arts

From January 9th through February 13th on Wednesday evenings from 6:00 – 8:00 PM, join Abby and Cindy at Bohemia Studio in Boulder on a creative journey in healing grief through art-making.

Using paint, collage and other materials, you will have the opportunity to transform feelings into images and give voice to the unconscious through the process.

From expressive painting, which simply follows intuition and moves color, to other mixed media projects, you will be free to work as much or as little as you choose.

There are no rules and absolutely no experience is necessary. This is all about the journey, not the destination.

*\$120 plus a one-time \$10 materials fee*

TRU Grief Services also looks forward to offering a writer's grief workshop and a movement grief group (yoga/dance/movement) in 2019.

Please watch for updates at [trucare.org](http://trucare.org) or our TRU Facebook page.

### Grief Groups Location

Grief Services: 2593 Park Lane, Lafayette, CO 80026



### Permission to Mourn, A New Way to Do Grief

by Tom Zuba

### A Lamp In the Darkness, Illuminating the Path through Difficult Times

by Jack Kornfield

### Using Music to Help with Grief

<https://www.griefhealingblog.com/2017/03/using-music-to-help-with-grief.html>

*While the darkness has purpose, it is not meant to be your forever place.*

- Tom Zuba

Image courtesy of jscreationzs at FreeDigitalPhotos.net



*Be still, breathe deeply, and hold your heart with gentle hands.*  
- Author unknown

## A Good Place to Start

There is no easy answer about what to say when someone is grieving. What is right for one person may be all wrong for another and timing can make all the difference.

Often, the best things to say aren't words of comfort at all. It is often more helpful to simply be present and acknowledge the pain. It's better not to say "at least..." or to look for a silver lining.

Avoid forcing common experience. Even those who have had similar experiences don't really know how another person feels. Instead, share stories and memories. Listen.

Rather than offer unsolicited advice, offer support according to actual needs. Only offer advice if there is a concern for the grieving person's safety and well-being.

Don't project into the future or suggest that it will get easier. Be open to the pain they are now experiencing. Get comfortable with difficult emotions and affirm that they do not need to hide or rush.

While there aren't any surefire "rules" about the best things to say, these tried and true ideas may be a good place to start.

Articles adapted from  
*64 of the Best Things Ever Said to a Griever*  
<https://whatsyourgrief.com/what-should-i-say-to-someone-grieving/>

## The best things to say...

Be kind to yourself

There is no right or wrong way to grieve

You don't have to talk - I'll just sit beside you

Don't hold back your tears

You're allowed to feel and be exactly as you are

We'll get through this together

What can I do to help?

It's okay to have bad days

## Helping Kids Cope with Grief and Loss through the Holidays

Holidays may pose special concerns for children experiencing grief and loss. At a time when the world around them seems merry and bright, grieving children may struggle to cope. Yet, there are some things we can do to help.

### Listen.

It's simple, it's effective, and it matters. Allow grieving children to talk about whatever it is they wish. Validate their feelings. "That's tough." "Your sad is super-sized right now." The "right now" is a really important qualifier. It recognizes the current state of emotion, yet offers hope for the future.

### Allow all feelings.

While it's normal for us to want to tell grieving children, "It will all be okay," it's important to refrain from doing this. Stay in the moment, hear how they are feeling right *now*, and don't try to pull them towards moving on before they're ready.

### Get Their Input.

Ask kids what they think about how to celebrate. Past family traditions may be too difficult to manage. Ask about which traditions they think should be "kept" and which should be put on hold. Play things by ear and tweak as you go.

### Be Flexible.

A child may say, "I don't want to go caroling this year. I'd miss mom too much." Later, they may change their mind. That's okay. Be flexible. Go with the flow.

### Create New Traditions.

Ask the child if he or she would like to come up with a new way to celebrate or honor their loved one. Perhaps they could light a candle, create a special "memory" tree with ornaments that reflect what their loved one enjoyed, or make a donation to a favorite charity. Find ways to lighten the load and take a break from the heaviness of grief.

*Adapted from <https://kidlutions.blogspot.com/2013/12/helping-kids-cope-with-grief-and-loss.html>*

## Healing Circles

### Family Grief Support Group

Ages 6 -18  
and Parents/Caregivers

### Healing With Horses - Coping with the Holidays

Ages 6 -18  
Sunday, December 9, 2018  
Cost \$25 per child

Counseling is available for TRU Community Care kids and teens. Consultations, information, and presentations for community families, schools, and professionals are also available. Groups are available to both TRU families and community members free of charge. For specific times, dates, and locations and to register, please call 303.604.5300. Pre-registration is required for all events.

### Grief Services Staff

**Raegan Gyorffy**  
Director of Grief and  
Volunteer Services

**Thad Frye**  
Adult Grief Counselor

**Charley Rosicky**  
Adult Grief Counselor

**Richard Mercer**  
Adult Grief Counselor

**Reta Morrisette**  
Grief Group Coordinator

**Shelli Worrall**  
Office Coordinator

### Contact Us

303.604.5300

Visit us at  
[trucare.org](http://trucare.org)  
and [facebook.com/](https://www.facebook.com/TRUCommunityCare)  
[TRUCommunityCare](https://www.facebook.com/TRUCommunityCare)

TRU Grief Services welcomes donations at [trucare.org/donate](http://trucare.org/donate). Donations help provide group resources and materials. TRU Community Care is a nonprofit 501(c)3 organization. We appreciate your support.