



**W**e are thinking of you during your journey through grief. We are here to counsel and provide support to all members of the community following the death of a loved one. These seasonal grief support newsletters are also available to you, your friends, and your community at [trucare.org/grief](http://trucare.org/grief). Please call us anytime for support at (303) 604-5300.

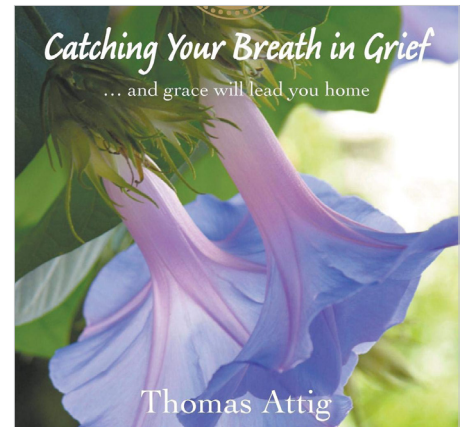
## Setting Boundaries in Grief

Boundaries are limits and needs that a person defines to create a healthier environment between themselves and others. They allow you to feel safe and comfortable. We need boundaries to protect us and create the space we need for things like our time, energy, finances, and health. While tending to your grief, boundaries can be important to ensure you give yourself time to sit with your grief and begin to heal. Below are some grief boundaries that you can set if they fit your needs:

1. You can decline someone's offer to help if it isn't the help you want or need.
2. You can take hard grief days off (off from work, family, friends, whatever you need) no matter how long it has been since the loss.
3. You can limit questions from people: "Though it might not be your intention, I feel \_\_\_\_\_ when you ask me about \_\_\_\_\_"
4. You don't have to share details about your grief or your loss just because someone asks.
5. You can decline an invitation or reschedule plans if you don't have the energy.
6. It is okay to say no and let people know you don't have the emotional bandwidth to help them at this time.
7. You can decline advice and ask someone just to listen.

Grief boundaries are for YOU. By communicating boundaries to those around you, you're protecting yourself and providing space for your grief. Once you're able to figure out what you want or need, you can clearly define the boundary and communicate it to others. There may be discomfort but remember that boundaries are for your wellbeing. As your grief evolves, certain boundaries might change. The important thing is that they change only when you're comfortable being without that boundary.

Article adapted from website [whatsyourgrief.com](http://whatsyourgrief.com).



### *Catching Your Breath in Grief* *...and grace will lead you home* By Thomas Attig

"In *Catching Your Breath in Grief... and grace will lead you home*," author Thomas Attig captures the best of what he has learned in over forty years of reflection on loss and grief. He reflects on aspects of a universal story whose themes thread through the world's great spiritual and religious traditions, even as they weave through our own lives, link us in our common humanity, and shape our uniqueness."

TRU Grief Services is selling copies of Thomas Attig's *Catching Your Breath in Grief* for \$15. 100% of contributions support sponsorships for our youth programming, including Healing with Horses and Healing Circles.

Copies of the book can be found at the front desk of our Grief Services Administrative building. Please call (303) 604-5300 with any questions.

Our adult grief groups are available to anyone needing support after the death of a loved one. Support groups are free of charge. 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. To register please visit [trucare.org/grief](http://trucare.org/grief) or call (303) 604-5300 for group information, times, and locations.

## Ongoing Adult Grief Support Groups

### 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 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.

### Widowed Senior Group

For senior men and women who have lost a spouse or partner.

Meets 4th Wednesday,  
10:00 AM - 12:00 PM.

### Spouse/Partner Loss Group

For people who have experienced the death of a spouse or partner.

Meets 3rd Tuesday,  
6:00 - 8:00 PM.

### Sudden Loss Group

Support for those who experienced the sudden, unexpected loss of a loved one.

Meets 4th Monday,  
6:00 - 8:00 PM.

### Yoga After Loss Group

Exploring grief through yoga poses, breath work, and meditation.  
Periodic Offering.

## Structured Adult Grief Support Groups

### Creative Expression Group

Exploring grief through the process of making art. Periodic offering.

### Eight-Week Support Group

For anyone who has experienced a loss. Offered monthly.

### Newly Bereaved Support Program

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

## Introducing...

### Stepping into the Holidays Grief Support Group

It is often assumed that the holidays in the wake of a loss are something that requires "coping." While this is often true in various degrees, there is also the possibility of celebrating and connecting with our loved ones in meaningful ways, "stepping in." Join us for an engaging conversation around this topic. We look forward to sharing this time with you!

This group will meet Wednesday, November 9th from 6 to 8 pm both on Zoom and at 2594 Trailridge Drive East in Lafayette. Save the date!

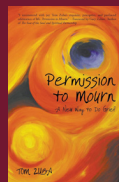


*"To pass through this brief life as nature demands. To give it up without complaint. Like an olive that ripens and falls. Praising its mother, thanking the tree it grew on." — Marcus Aurelius*



### Permission to Mourn: A New Way to Do Grief by Tom Zuba

This is the book Tom Zuba wishes he had read after his daughter Erin died. And after his wife Trici died. It's the book he wishes he'd been handed following his son Rory's death. But Tom had to live it. First. Before he could write it. For you.



### Healing After Loss: Daily Meditations for Working Through Grief by Martha Whitmore Hickman



For those who have suffered the loss of a loved one, here are strong and thoughtful words to inspire and comfort - meditations for each day of the year.

# RAIN: A Practice of Radical Compassion

The acronym RAIN is an easy-to-remember tool for bringing mindfulness and compassion to emotional difficulty.

## **R – Recognize what’s going on**

Recognizing means consciously acknowledging, in any given moment, the thoughts, feelings, and behaviors that are affecting you. This can be done with a simple mental whisper, noting what you are most aware of.

## **A – Allow the experience to be there, just as it is**

Allowing means letting the thoughts, emotions, feelings, or sensations you have recognized simply be there, without trying to fix or avoid anything. You might recognize fear and allow by mentally whispering “it’s okay” or “this belongs” or “yes”. Allowing creates a pause that makes it possible to deepen attention.

## **I – Investigate with interest and care**

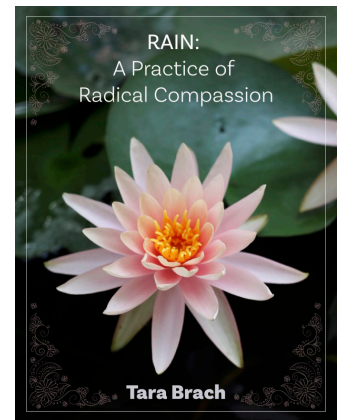
To investigate, call on your natural curiosity – the desire to know truth – and direct a more focused attention to your present experience. You might ask yourself: what wants my attention most? How am I experiencing this in my body? What am I believing? What does this vulnerable place want from me? What does it need most? Whatever the inquiry, your investigation will be most transformational if you step away from conceptualizing and bring your primary attention to the felt sense in the body.

## **N – Nurture with self-compassion**

Self-compassion begins to naturally arise in the moments that you recognize you are suffering. It comes into fullness as you intentionally nurture your inner life with self-care. To do this, try to sense what the wounded, frightened, or hurting place inside you most needs, and then offer some gesture of active care that might address this need. It might be a mental whisper, I’m here with you. I’m sorry, and I love you.

In addition to a whispered message of care, many people find healing by gently placing a hand on the heart or cheek; or by envisioning being bathed in or embraced by warm, radiant light. If it feels difficult to offer yourself love, bring to mind a loving being – spiritual figure, family member, friend, or pet – and imagine that being’s love and wisdom flowing into you.

Adapted from *Guided Meditation – The Practice of RAIN* by Tara Brach, Ph.D.



## Like a Leaf...

By Thich Nhat Hanh

One autumn day I was in the park, absorbed in the contemplations of a very small, beautiful leaf, shaped like a heart and it was barely hanging on the branch, nearly ready to fall down. I asked the leaf whether it was frightened because it was autumn and the other leaves were falling.

The leaf told me, “No. During the whole spring and summer I was completely alive. I worked hard to help nourish the tree, and now much of me is in the tree. I am not limited by this form. I am also the whole tree, and when I go back to the soil, I will continue to nourish the tree. So I don’t worry at all. As I leave this branch and float to the ground, I will wave to the tree and tell her, ‘I will see you again very soon.’”

That day there was a wind blowing and, after a while, I saw the leaf leave the branch and float down to the soil, dancing joyfully, because as it floated it saw itself already there in the tree. It was so happy. I bowed my head, knowing that I have a lot to learn from the leaf.



# MY GRIEF RIGHTS: TEN HEALING RIGHTS FOR GRIEVING CHILDREN

by Alan D. Wolfelt, Ph.D.

Someone you love has died. You are probably having many hurtful and scary thoughts and feelings right now. Together those thoughts and feelings are called grief, which is a normal (though really difficult) thing everyone goes through after someone they love has died.



The following ten rights will help you understand your grief and eventually feel better about life again. Use the ideas that make sense to you. Post this list on your refrigerator or on your bedroom door or wall. Re-reading it often will help you stay on track as you move toward healing from your loss. You might also ask the grown-ups in your life to read this list so they will remember to help you in the best way they can.

1. I have the right to have my own unique feelings about the death. I may feel mad, sad or lonely. I may feel scared or relieved. I may feel numb or sometimes not anything at all. No one will feel exactly like I do.
2. I have the right to talk about my grief whenever I feel like talking. When I need to talk, I will find someone who will listen to me and love me. When I don't want to talk about it it's okay too.
3. I have the right to show my feelings of grief in my own way. When they are hurting, some kids like to play so they'll feel better for awhile. I can play or laugh, too. I might also get mad and scream. This does not mean I am bad, it just means I have scary feelings that I need help with.
4. I have the right to need other people to help me with my grief, especially grown-ups who care about me. Mostly I need them to pay attention to what I am feeling and saying and to love me no matter what.
5. I have the right to get upset about normal, everyday problems. I might feel grumpy and have trouble getting along with others sometimes.
6. I have the right to have "grief-bursts." Griefbursts are sudden, unexpected feelings of sadness that just hit me sometimes – even long after the death. These feelings can be very strong and even scary. When this happens, I might feel afraid to be alone.
7. I have the right to use my beliefs about my god to help me deal with my feelings of grief. Praying might make me feel better and somehow closer to the person who died.
8. I have the right to try to figure out why the person I love died. But it's okay if I don't find an answer. Why questions about life and death are the hardest questions in the world.
9. I have the right to think and talk about my memories of the person who died. Sometimes those memories will be happy and sometimes they might be sad. Either way, these memories help me keep alive my love for the person who died.
10. I have the right to move toward and feel my grief and, over time, to heal. I'll go on to live a happy life, but the life and death of the person who died will always be a part of me. I'll always miss the special person.

## Grief Services Staff

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## Contact Us

(303) 604-5300

Visit us at:

[TRUcare.org](http://TRUcare.org) and  
[Facebook.com/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.