

# Sound Waves



*“ I do not believe that sheer suffering teaches. If suffering alone taught, all the world would be wise since everyone suffers. To suffering must be added mourning, understanding, patience, love, openness and the willingness to remain vulnerable. ”*

*– Ann Morrow Lindbergh*

## In This Issue

- 1 When Meaning Seems Lost
- 3 SoundCare Kids
- 4 How can parents help their children to find meaning in their lives after the death of a loved one?
- 5 Adult Support Groups

## *When Meaning Seems Lost*

Our world is a world of stories. At any given moment we are steeped in the daily telling of story. Films, plays, television drama and comedy, newspapers, books, magazines and art are but a few of the many places we encounter story each day. Perhaps more importantly, each of us is caught up in an endless telling and re-telling of personal story as we relate the events of the days of our lives to friends, family members or simply anyone who might be willing to listen. The telling of story is an ongoing, never ending process that becomes central to the 'who' of who we are.

Why story? Why the need to recount events to ourselves and to those who will listen?

Beginning as children, and throughout our lifespan, we consistently utilize story to create meaning in our lives. Seemingly unrelated events can be placed together to create a sense of meaning from the past, to the present and into the future. It is a place of safety and comfort filled with a sense of security.

When your world is shattered by the death of someone you love, that secure place of safety, comfort and meaning may seem to vanish as grief ripples through your life. The ache of loss that resides within the brokenness of your world becomes a constant reminder of that which was, and that which is no longer. What made sense yesterday, may no longer make sense in the light of a new world defined by loss. Meaning can simply disappear.

*Continued on page 2*



# When Meaning Seems Lost

Continued from page 1

When meaning seems lost, it is in story that you can begin to take the first steps toward what Thomas Attig describes as re-learning the world — “learning again how to be and act in the world without those we love by our sides.” Story not only provides us the opportunity to re-learn, but the opportunity to remember, restore, reclaim and renew.

How your story of remembering and renewal is lived or told may be reflected in a variety of ways. The telling may come through the spoken word, a visual image, journaling, photography, musical rhythm, life review or ritual. The possibilities for the telling and living of story are endless. It is a process that restores connection both to the self and to others. And in that connection a sense of meaning begins to reawaken.

The great poet Rumi wrote, “Don’t turn away. Keep your gaze on the bandaged place. That’s where the light enters you.” By returning to story, you have the opportunity to reflect upon the “bandaged place” and the wound of loss that lies beneath it. The light entering that wound is the light of meaning and potential growth. It is a place often filled with questions that may have no apparent answers.

## Recommended Readings

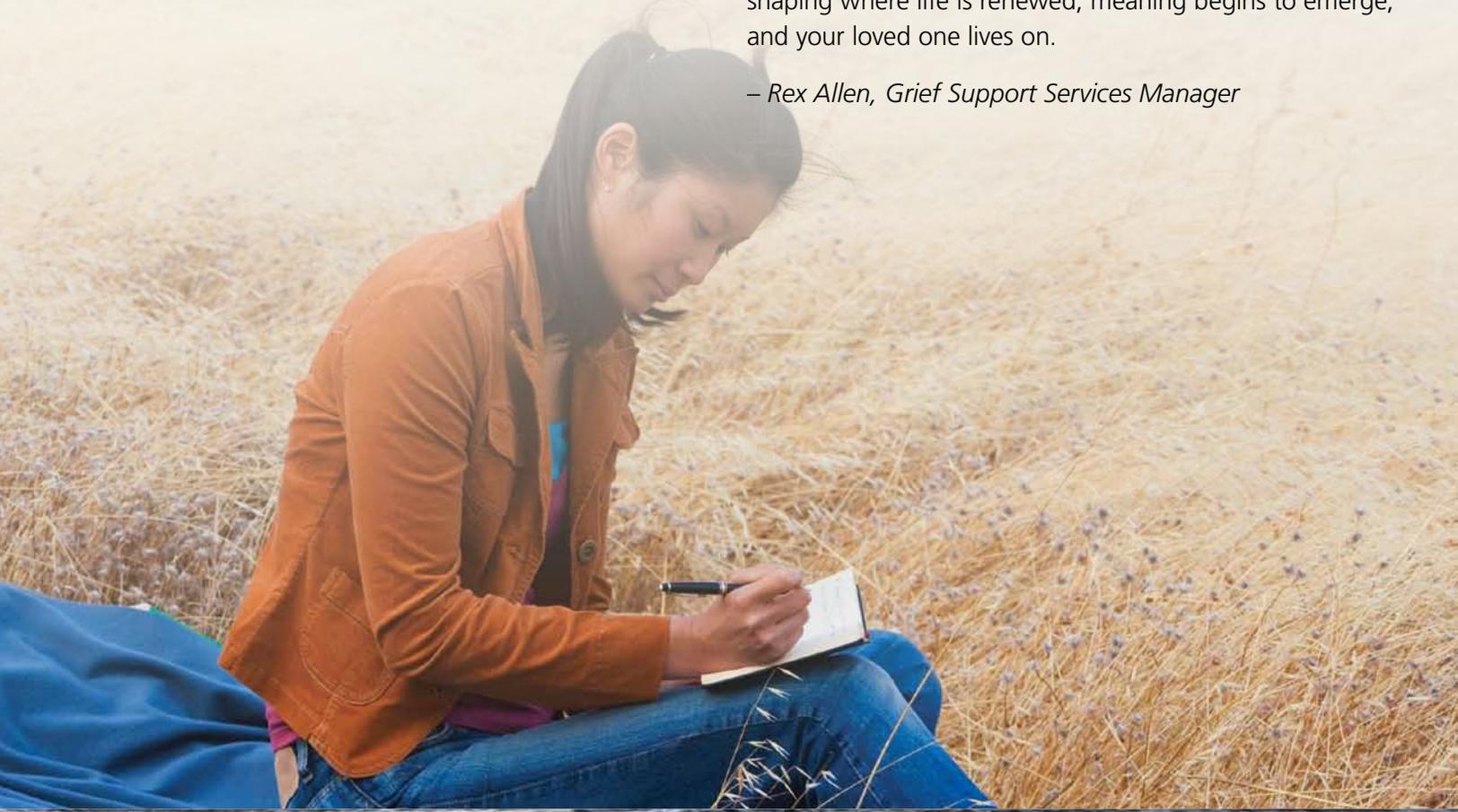
*The Healing Power of Grief: The Journey Through Loss to Life and Laughter* By Gloria Lintermaus and Marilyn Stolzman, PhD, LMFT

*“The Courage to Grieve: Creative Living, Recovery and Growth Through Grief”* By Judy Tatelbaum

Meaning doesn’t necessarily come easy. No matter how much meaning you find, it doesn’t erase your emotions or explain away the death. And meaning isn’t simply something that exists — it’s something to be discovered or created.

In the days to come as you begin to re-learn the world and seek to find meaning in it, I challenge you to find a place where your story may be told, lived and honored. Be grateful for what your story has to teach — both to yourself and others. Remember that all stories have life and that when they are told they shape both the person who hears the story and the one who tells it. It is in that shaping where life is renewed, meaning begins to emerge, and your loved one lives on.

– Rex Allen, Grief Support Services Manager



# Praying

It doesn't have to be  
the blue iris, it could be  
weeds in a vacant lot, or a few  
small stones; just  
pay attention, then patch  
a few words together and don't try  
to make them elaborate, this isn't  
a contest but the doorway  
into thanks, and a silence in which  
another voice may speak.

– Mary Oliver



## SoundCare Kids

GRIEF SUPPORT FOR CHILDREN, TEENS, AND THE ADULTS WHO CARE FOR THEM.

Children, teens and their caregivers have found understanding and support at SoundCareKids for almost 20 years. Group nights begin with pizza and play. Then kids, teens and caregivers meet in small groups (Littles 5-8, Middles 9-12, Teens, and Caregivers) for discussion and activities designed to explore different aspects of grief. Each week builds on the concepts, discussions, and activities of the previous week, so attending all six weeks is recommended. Our regular session topics include:

- Week 1** Learning about grief and getting to know each other
- Week 2** Exploring feelings and learning how to cope with them
- Week 3** Sharing our stories
- Week 4** Dealing with regret, guilt, and other unfinished business
- Week 5** Identifying and adjusting to changes
- Week 6** Memories and staying connected

The SoundCareKids program is provided at no cost to families in Thurston, Lewis and Mason counties through funding from the Providence St. Peter Foundation.

Call Providence SoundHomeCare and Hospice at 360-493-5928 for more information about individual or family counseling or to reserve your spots in the upcoming session. Pre-registration is required.

### 2014 Spring Grief Support Session

Thursdays, 6:15 to 7:45 p.m.  
April 17–May 22



<http://on.fb.me/ikYfdd>

## *How can parents help their children to find meaning in their lives after the death of a loved one?*

It is often easy to lose meaning when a significant loved one has died. How does a young child or teen comprehend that “meaning” can be attached to something as painful as the loss of a loved one?

With guidance and love, a parent can provide a framework for a child to have an understanding about the grief they are experiencing, and also how to honor the significance of the impact the death has had on their lives.



One very simple family activity utilizes natural and readily accessible materials; rocks and stones. Sometimes kid’s grief counselors will use rocks to symbolize the many, varied and often intense feelings which make up a grief response. Rough-surfaced or sharp-edged rocks can represent feelings that are big, hard or painful. Rocks that are smoothed and rounded, with softened edges that have been tumbled through time, can suggest that, with time and processing of experiences and feelings, intense or painful feelings can be softened.

Some rocks are toned with various colors which might symbolize the many people and things in the child’s life which are supportive to them along their grief journey. Some rocks have an inherent beauty – shiny, glittery particles that might represent the joy and happiness that still exists in the world for each child, despite the pain of the death of a loved one. This beauty encompasses hope and dreams for a happy and healthy future.

Children can be invited to collect rocks, given the above information. They and their family can identify a small box, vase or other container to hold the rocks they have gathered. If the rocks are gathered with intention, no words need to be said. Each child or family member might have their own separate container, where each is invited to privately place rocks and keep the container wherever they choose.

This simple activity can carry tremendous meaning in terms of the acknowledgement of the significance of each individual’s relationship with the loved one who has died, and the impact and feelings attached to the death.

– Beverly Goldsmith  
Kids and Teens Grief Counselor

### *Recommended Readings*

*“The Invisible String”* by Patrice Karst

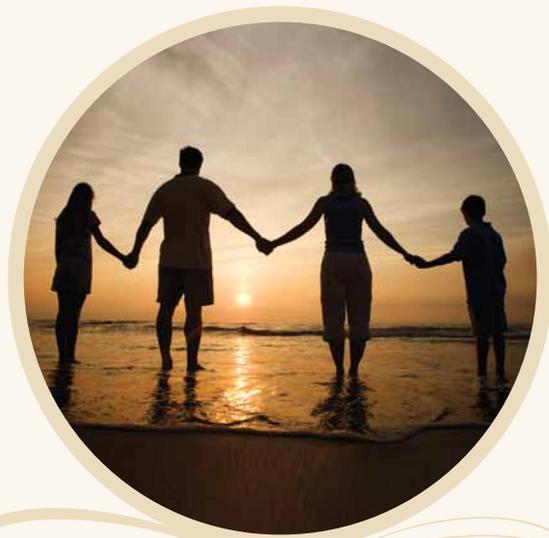
*“Common Threads of Teenage Grief”* by Janet Tyson and Teens Who Know ([www.centering.org](http://www.centering.org))



# Adult Support Groups

Every individual has the capacity to heal and grow after the life-altering experience of a major loss. Our goal is to help people understand and cope with their grief while offering support and opportunities to learn and grow. We help people identify needs and strengths and work with them to develop a plan to address these. We work with individuals, families and groups in the community.

*For information about individual counseling or to make an appointment call: 360-493-4667.*



## ADULT SUPPORT GROUPS (Ongoing)

### Daytime

- 1st and 3rd Monday of each month  
10:00 to 11:30 a.m.  
Lacey Presbyterian Church  
3045 Carpenter Rd. SE, Lacey  
Information: 360-493-4667
- 1st and 3rd Tuesday of each month  
1:30 to 3:00 p.m.  
Shelton Health and Rehabilitation Center  
153 Johns Court, Shelton  
Information: 360-493-4667

### Evening

- 2nd and 4th Tuesday of each month  
6:00 to 7:30 p.m.  
Providence SoundHomeCare and Hospice  
3432 South Bay Rd. NE, Olympia  
Information: 360-493-4667
- Loss of Child Support Group  
(The Compassionate Friends)  
1st Monday of each month  
7:00 to 8:30 p.m.  
Providence St. Peter Hospital (Executive Mtg. Room)  
413 Lilly Rd. NE, Olympia  
Information: Allen Roth at 360-402-6711

**Providence SoundHomeCare and Hospice**

3432 South Bay Road NE

Olympia, WA 98506

[www.providence.org/pshch](http://www.providence.org/pshch)

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
OLYMPIA, WA  
PERMIT NO. 494

# *Grief Support for All Ages*

Providence SoundHomeCare and Hospice provides a full range of grief support and bereavement services for adults and children. We can help you better understand and cope with your grief, while offering support and opportunities to learn and grow.

See **INSIDE** for more information!

# *The Guest House*

*This being human is a guest house.  
Every morning a new arrival.*

*The dark thought, the shame, the malice.  
meet them at the door laughing and invite them in.*

*A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.*

*Be grateful for whatever comes.  
because each has been sent  
as a guide from beyond.*

*Welcome and entertain them all!  
Even if they are a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.*

– Jelaluddin Rumi,  
translation by Coleman Barks