



Bereavement Newsletter

March 2011

200 Fourth Circle • Dodge City, KS

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The Paradox

By Jennifer L. Welch

Tears are paradoxical in nature. Though they are linked with joy, they are linked even more readily to sorrow. It seems that we have been conditioned to fear tears, deny them, dread them and avoid them. Sometimes we even go so far as to hate tears.

We humans are a peculiar lot, hating something God has given us for survival. For some reason, we have made tears our enemies instead of our friends. We have been deceived into believing that if we deny tears,

we can vanquish pain. The act of crying gets blamed when we are feeling pain that rips at our hearts and rocks our souls. Actually, the real culprit is resistance to the truth that we become devilishly gifted at denial. Oh, how adept mankind has become at putting the cart before the horse!

Who told us the lie that crying is weakness, and denial and anger are strength? We have learned to ascribe dishonorable adjectives to those who are brave enough and wise enough to cry whenever they need to. We have participated in such childish name

calling because of our own fears, insecurities, and dysfunctions.

The wisest of souls are those who have learned how to appreciate tears for the reason God gave them to us. They are a released valve! When we take away our tears, our release valves may become alcohol, drugs, unhealthy relationships, and worst of all, the trigger of a gun! Tears are truly a release. They are a river of flowing surrender within a person's spirit. They take the form of truth and life and allow us to be fully in it.

Tears are not the indulgence or the perpetuation of sorrow, but rather they are the first essential stop to healing. The meanness in the world, the empty ache of loneliness are just a few of the reasons that make tears so necessary in this life. These wounds to the heart are as a concrete sidewalk is to our knees when we fall off a bike. When skin is torn and exposed, do we grab just any old filthy rag as a bandage and then go on to pretend we are not injured? Absolutely not. We carefully clean and doctor the wound. If the assault is severe enough we favor and coddle the injury until it has begun to heal itself.

It is interesting how the body is so innately wise when it comes to physical survival and healing, but we are so unwise about the healing of souls. It would behoove us to view tears as a spiritual/emotional antibiotic for the soul. Tear are healing streams, cleansing the soul and removing debris left by the emotional "bike wrecks" of life.

Hospice of the Prairie Memory Bears

Deciding what to do with a loved one's clothing is can be an emotional and confusing task. That favorite shirt Mom used to wear is special, but what do you do with it now that she is gone?

Allow Hospice of the Prairie to transform that beloved shirt or robe into an adorable teddy bear. The bear will become a huggable keepsake of your loved one and a family treasure to be cherished by generations.

18 inch bears are \$60 each.

Allow 6-8 weeks for delivery.

Payment is due on delivery.

A Memory Bear Photo album is available at the Hospice of the Prairie office. For more information, please contact Nancy Renner at 620 - 227 - 7209.



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*There is a sacredness in tears.
They are not the mark of weakness,
but of power.
They speak more eloquently
than ten thousand tongues.
They are messengers
of overwhelming grief . . .
and unspeakable love.*

--Washington Irving

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BEREAVEMENT NEWSLETTER is a publication of Hospice of the Prairie, Inc., 200 Fourth Circle., Dodge City, KS 67801, (620) 227-7209, www.hospiceoftheprairie.com. Please help us keep our printing and mailing costs down by notifying us if your address has changed or you no longer wish to be on our newsletter list.

Calendar of Upcoming Events

- Mar. 10 Thursday Night Grief Support Group, 6:30 p.m., Hospice of the Prairie Meeting Room; Jerry Hodges, facilitator
- Mar. 14 Compassionate Friends Support Group-for families who have experienced the death of a child, 7 p.m., Hospice of the Prairie; Nancy Renner, facilitator
- Mar. 16 Bereavement Luncheon, 12 noon, Inn Pancake House, 1610 W. Wyatt Earp, Dodge City; Dick Robbins, host
- Mar. 24 Thursday Night Grief Support Group, 6:30 p.m., Hospice of the Prairie Meeting Room; Jerry Hodges, facilitator

Coming in May!

Dr. Alan Wolfelt - author, educator, grief counselor
presents
"The Wilderness of Grief: Finding Your Way"

Watch the mail for a brochure with more information!



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