



# WinterSpring News

Center for living with loss and grief

Issue 34

P.O. Box 8169, Medford, OR 97501 | 541/772-2527 | www.WinterSpring.org

Spring, 2006



Center for Living with Loss & Grief  
P.O. Box 8169  
Medford, OR 97501

WinterSpring



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*The only truly dead are those who have been forgotten.*

*-Old Jewish saying*



*I still miss those I loved who are no longer with me, but find I am grateful for having loved them. The gratitude has finally conquered the loss.*

*-Rita Mae Brown*



THIS NEWSLETTER IS DEDICATED TO  
All the people who support  
WinterSpring's mission with time,  
money & love

## SPRING FOR WINTERSPRING

We are determined to continue WinterSpring services, and we need your help. Please make this an "early spring" for WinterSpring's future by becoming a Gifting Leader - give an extra gift or pledge now, to help us kick off our May "Spring for WinterSpring" campaign. When you extend your compassion further, by digging a little deeper, and adding a bonus gift to your usual donation, or making a first-time donation, you inspire others! You become part of the fundraising "action" by serving as a terrific example of giving from the heart.

Meeting the \$25000 goal will mean that WinterSpring will remain a vital source of support for grieving people. Your gifts make it possible for a child to feel safe again, for a widower to experience the warmth of friendship, for a grieving parent to find the strength to survive, for a family to find unity in the midst of heartbreak.

### May we count on your support?

**\$3000** sponsors a low-income family for an entire year.

**\$1500** sponsors a child throughout the school year.

**\$525** pays WinterSpring's rent for one month.

**\$150** sponsors a bereaved parent or widow for eight weeks.

**\$100** sponsors a teen in a school-based group.

**\$50** purchases much-needed supplies for WinterSpring activities.

We do not rely on government support or foundation grants to keep the doors of WinterSpring open - we rely on you!

Pledges to give each month are especially helpful. With pledges, we know what to expect in the future, and can plan effectively for next year, or, if you pledge for three years or more, we can plan several years in advance.

Please use the enclosed envelope for your gift. Your credit or debit card is happily accepted. You may call us at 541 772-2527 to make your donation, or to learn about planned giving and other gifting options. ♣

## Giving Sorrow Words

Giving Sorrow Words is a support group using poetry and journal writing to help cope with sorrow associated with events such as the death of a loved one, separation and divorce, loss of a pet or moving on- leaving friends and familiarity behind. Participants will be introduced to journal writing and poem-making techniques shared by Debra Thornley, a poetry therapist. It is an opportunity to explore the creative process of writing for emotional healing. The group will meet Thursday mornings from May 4th to June 22nd from 11:30 a.m. to 1:00 p.m. in a Medford location.

Debra is a poetry therapist with the National Association for Poetry Therapy. She has a Masters Degree in Transformative Language Arts, and has taught in the AdultContinuing Education Departments of Southern Oregon University and Everett Community College. She has recently completed a WinterSpring group for the OnTrack Dad's Program for men in treatment for addiction, using poetry and journal writing techniques, and has facilitated writing groups with incarcerated teens as well as for women in midlife transitions. She is an Oregon State representative for the National Association for Poetry Therapy. Donations are encouraged. Please call 772-2527 for location and to register. ♣

## ♣ The Gifts of Gypsy Soul ♣

We often listen to Gypsy Soul's latest album, Beneath the Covers, in the WinterSpring office, and remember the remarkable evening of their benefit concert for WinterSpring in December. They are musicians who create melodies of spun silver, and their hearts are pure gold, raising much needed money to help grieving adults and children. A generous discount from Alan DeBoer and the Old Ashland Armory, items contributed by local businesses, and volunteers for the bake sale all helped make this event successful, raising over \$3000 so more people can get help when they need it.

Gypsy Soul is planning another concert for WinterSpring next winter, tentatively scheduled for December 16th. Mark your calendars now, and plan to join us for an extraordinary evening next holiday season!

## RESPONDING TO TEARS

It's important to show sympathy to someone in tears. Crying along with another person out of sympathy is perfectly all right.

What not to say:

"There, there, don't cry." We stop crying when we no longer need to cry.

"I know exactly how you feel." No one can fully understand another person's grief.





Director's  
Corner



From  
Donna Taylor

## MY HEROES

When I think about heroes, my spirits lift and discouragement flees. My heroes lead the way through difficult times, and help bring out the best in me. Hero may be only an old-fashioned term for role model, but the word captures my imagination and describes the people I try to emulate.

One such person is Donna Schuurman, the national director for the Dougy Center for Grieving Children and Families. As the Center's Executive Director from 1991 to 2004 she helped it become an international model of how to help grieving children. WinterSpring's Children's Program is modeled on the Dougy Center. In early May, Ms. Schuurman is coming to the Rogue Valley at the invitation of Lovejoy Hospice and WinterSpring. I hope you can come to the two-day training offered for only \$35.00. This would cost several hundred dollars plus travel expenses at the Dougy Center in Portland.

WinterSpring's Board Members are also my heroes. They take on the responsibility of WinterSpring's success, guiding it through rough times and smooth, without payment and with little recognition. This spring, three people have come on the Board. Allen Hallmark, Rich Adams and past Board member Edgar Weakland join current members Shirley South, Jim Titus, Mike Sewitsky, Jan Murphy, and Charyl Ray.

I can't name them all here, but WinterSpring volunteers are in my personal book of heroes. They are driven by compassion and empathy to take the time for WinterSpring training, then support others over grief's difficult path, often staying for years and moving from one volunteer position to another as their

## DOUGY CENTER TRAINING WITH DONNA SCHUURMAN

### When Kids Grieve

Presented by Lovejoy Hospice and WinterSpring

Saturday, May 6:

*Understanding and Supporting Grieving Children and Teens*

Sunday, May 7:

*Individual and Group Facilitation Skills for Use with Children/Teens*

at

Lovejoy Hospice, 939 SE 8th Street, Grants Pass OR 97526



Don't miss this opportunity! Enhance your understanding and skills in working with grieving children. This exceptional training opportunity is for anyone who cares about grieving children: people without experience as well as seasoned professionals. Thanks to grants from the Autzen Foundation and the Hospice Education Institute, it is offered for only \$35 for two full days (\$25 for a single day). The conference has been approved for 12 hours of CEU's by the Oregon Chapter of the National Association of Social Workers. If you haven't received a registration form in the mail, you may call **1-888-758-8569**. *Be sure to note "WinterSpring" on the form.*

interests change and grow.

Every child and adult who comes to WinterSpring is a hero as well. It takes courage and wisdom to ask for help from others, and to do the very hard work of grieving. I am inspired each day as I see the transformation from unremitting pain to a new sense of purpose that participants reach in the course of their personal grief journeys.

None of this would be possible without that most fundamental of WinterSpring heroes—our donors. When the next grieving person asks for help, our doors will be open because you gave what you could afford, and then gave some more. It is because every hero reached deeper, and tried harder, and loved more, that WinterSpring is here.

## Speaking from the Heart

How does a small organization do so much good with so few employees? We do it with friends like you. We have no budget for advertising, but when you tell your friends about WinterSpring, they tell others, so people know to call us when they need help during grief. If you find satisfaction in volunteering, and tell your friends about it, they will want to volunteer. We don't have a fundraising director, but when you share your story, or tell about how we helped someone you know, the person you are talking to will want to help other grieving people, and will want to give.



## Seasons of the Heart

You are invited to attend

*The Eighth Annual "Seasons of the Heart"*

*A free, informal, outdoor memorial event*

**Sunday, May 28th, 2:00 PM**

Music with Stefani Skidmore in the WinterSpring Memorial Grove at Medford's Donahue-Frohnmayr Park on the Corner of Spring Street and Springbrook Road  
*A time and place dedicated to the memory of your loved ones.*

## GROUP FACILITATORS

Rich Adams  
Jeff Borchers  
Jaci Buckmaster  
Sue Carroll  
Linda Cook  
Jude Gabriel  
Tara Garlock  
Elisa Harris  
Christine Hunter  
Jody Karp  
Cindra Kellogg  
Mary Leitz  
Stefani Skidmore  
Fern Snogren  
Shirley South  
Debra Thornley  
Cass Waldo  
Diane Ware

## "COMMUNITY CIRCLES" PROJECT:

Rich Adams  
Steve Berman  
Jackie Brodsky  
Norma Burton  
Sue Carroll  
Josue DelGado  
Sharon Dvora  
Mary Foster  
Paul Firnstein  
Abdi-Azziz Guled  
Marie Hunter-Ripper  
Dr. Judith Rahima Jensen  
Carol Kelling  
Melida Mezta  
Bruce Newman  
Robin Noll  
Nancy Salucci  
Fern Snogren  
Marian Spadone  
Rogue Valley Interfaith Ministries



## YOU KNOW YOU ARE MAKING PROGRESS WHEN...

- You can laugh and enjoy being with others
- Taking care of yourself is not only O.K., but it feels good
- You can handle special days without falling apart
- The future is less frightening
- You can share humorous memories without crying
- You begin to enjoy activities that you gave up after the death
- Your emotional roller coaster is slowing down
- You can recognize the progress you've made
- You skip a ritual such as visiting the cemetery and don't feel guilty
- You want to reach out to others who are grieving

Healing doesn't stop when you have strong feelings of grief again. Grief ebbs and flows, so it is normal to have very strong feelings again, often at unexpected times. You can make it through the pain and your healing will continue.

## Wish List

- A New Home!
- Bathroom tissue
- Kleenex
- Paper towels
- Kitchen garbage bags
- Small paper plates
- Nice Blank Journals
- Nursery Quality Annuals
- Gardener
- Light office cleaning
- Volunteers!

## Newsletter Credits

EDITOR: Donna Taylor  
CONTRIBUTORS: Donna Taylor, Lois Brewer, Fayegail Mandell Bisaccia, Stefani Skidmore, Blake Spencer, WinterSpring Youth Support Group  
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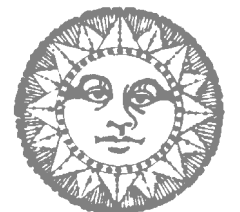
## WinterSpring Services Include

- . General bereavement support groups for those whose loved one died by accident or from illness.
- . Workshops, speakers and interactive presentations available to community groups.
- . Butterfly Group, an on-going group for those whose loved one died by suicide.
- . On-going Children's Support Group, for children under twelve.
- . Bereaved Parents Support Group.
- . Teen Grief Support Groups, in school or community settings.
- . Individual support for people grieving or facing life threatening illness.
- . Grief and Loss Education Series, for volunteers and community members.
- . Legacy of Love, memorial gatherings and support for people grieving the death of a pet.
- . Coping with the Holidays, a series for anyone who has experienced significant loss or change.
- . Library resource materials for clients, reading room available for community.
- . The WinterSpring Memorial Grove, a place for community remembrance.
- . The WinterSpring Theatre.

**Website <http://www.WinterSpring.org>**

*We do not provide: therapy, crisis intervention, drop-in or hotline phone support.*

*WinterSpring Center for Living with Loss and Grief: helping ease the transition from the darkest winter to the re-awakening and hopefulness of spring.*



Thank you to all our wonderful contributors for your generous support

**Donor Key**

- ❖ \$10,000 or more
- ❖ \$1000-\$9999
- ♥ \$500-\$999
- ♦ Pledge
- ★ United Way Donor

**INDIVIDUAL GIFTS**

- ❖ Anonymous—Building Fund
- Anonymous—Building Fund
- Anonymous Gifts
- Elena Assali
- Ted & Jean Barss
- Poppie Beveridge
- Geraldine J. Bish
- Fitz & Ann Brewer
- Carl & Retha Brophy
- Kathy & Gary Cadle
- ★ Mark D. Cole
- Mary Jane Dellenback
- Sally Densmore
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- Allen Hallmark
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- Duane Murray
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- Elizabeth Presicci
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- Trudie Revoir
- Marcia Rodine
- Brian Rosenthal
- Neil Sechan & Matt Messner
- Patricia Singer
- Joan T. Spear
- Shirley South
- Barbara Steeley
- Kathy Swanton
- Eugene Tennyson
- Barbara Traynor
- Don & Elaine Turcke
- Robin Turgeson
- Charlie & Becky Versteeg
- Goldye Wolf

**In Memory Of...  
Given by...**

- Brandon Adams**  
Jackie Adams
- William Aker**  
Gloria Aker
- Judith B. Benson**  
Dean Benson
- Eileen J. & Jerry R. Bolien**  
Diane R. Bolien
- Laura Ebel Bowman**  
Lois Ebel
- Nicki Brewold**  
Nancy Brewold Johnson
- Beverly Anne Brown**  
Tee A. Corinne  
Donna Taylor
- Norma Jean Coleman**  
Tee A. Corinne
- Clifford W. Curl**  
Marilyn Mulhall
- Frank Desimone**  
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Ruth Schwada & Carl Caplan
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- John W. Eads, Jr**  
City of Medford
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Nancy Brewold Johnson
- Edith Miranda Fairbanks**  
Carol Brockfield
- Phyllis Ann Farley**  
Tee A. Corinne
- Fred & Josephine Gordon**  
Patricia Gordon
- Justin Michael Granger**  
Pamela Crumb
- Hannah Grierson**  
Lori Plaxe
- Ruth L. Haberlach**  
Bill & Bette Haberlach
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Linda K. Hamilton
- Tom Holbert, MD**  
❖ Carolyn & Jerry Barrett
- Gregory Allen Hom (Horndogg)**  
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Patti & Dennis Proctor
- Monzella Howe**  
Janet & Michael Murphy
- Albert E. Hueners**  
Janet & Michael Murphy
- Jake & Cody**  
Richard Nudelman
- Leon R. Jenny**  
Steven & Coleen Jenny

- Margaret Merriman Lanterman**  
Elizabeth Merriman Leben  
❖ Kathy Swanton
- David Levin**  
Sue Acuff
- Cliff Lowe**  
Lynn & Doris Sjolund
- Bob Luther**  
Sally & Al Densmore
- Sean Macher**  
Dan & Kathy Fennell
- Earl MacPherson**  
M.J. MacPherson  
Janet & Michael Murphy
- June Maplesden**  
Hooper Maplesden
- Wendy Miles**  
Jan McChesney
- Jack Milhoan**  
Marilyn Mulhall
- John Nelson**  
Robert Daniels & Matt Naumes
- Judy Overstake**  
❖ Kathy Swanton
- Lois "Jeanne" Owen**  
Janet & Michael Murphy
- Rose Marie and Herbert E. Robb**  
Janet & Michael Murphy
- Jack Sabin**  
Ann & Paul Westerman
- Leslie W. Saffer**  
Arnold Mellow & Clydus Williams  
Lorraine Saffer  
Renaë Rua  
Jim & Mary Blair
- Daniel Sanders**  
Grete L. Kriens  
Sarah Sanders
- Anna Scheidereiter**  
Harold W. Salter
- Ann Schmidt**  
Elenora Halliday
- Ed Setzler**  
Marilyn Mulhall
- Charles Smith**  
Kathy Bryon
- Pearl Anita Sorenson**  
James R. Sorenson
- Kathryne Stevenson**  
Bill & Bette Haberlach
- Tyler**  
Beverly Carlton
- Anna Lee Valentine**  
Tracy Lamblin & LeClaire Prince
- Bob E. White**  
Paul & Linda Anderson
- Fred E. Winger**  
Lorraine B. Winger

**In Honor of...  
Given by...**

- Marjorie D. Connolly**  
Diane Ware
- Tee A. Corinne**  
Donna Taylor
- Angel DeShane**  
Karen & Lawrence Vanover
- Sharon Heisel**  
❖ Jean & Ray Auel

**GIFTS-IN-KIND**

- Barb Barasa
- Sue Carroll
- Angel DeShane
- Christine Hunter
- Dee Marlow
- Olivia Levin
- Shirley South
- Kathleen Swanton
- Donna Taylor
- Lorraine Winger
- AmeriCorps
- Ashland Public Library
- Apple Cellar
- Avista Utilities
- b.Ella
- Bear Creek Corporation
- Café Dejeuner
- City of Medford
- First Presbyterian Church in Ashland
- Galbraith and Associates
- Great Harvest Bakery
- Gypsy Soul
- Historic Ashland Armory
- Medford Central Library
- Medford First Christian Church
- Oregon Cabaret Theatre
- Oregon Shakespeare Festival
- Rogue Regency Inn
- Roosters Restaurant
- Ski Ashland
- SoundPeace
- Southern Oregon University
- Terra Firma
- Volunteers who baked for the Gypsy Soul Bake Sale

**CORPORATE DONATIONS  
& GRANTS**

- American Foundation for Suicide Prevention Northwest
- Gypsy Soul: Cilette Swann and Roman Morykit
- LTM General Contractors--Medford

**Poetry Corner**

**LIGHT A CANDLE**

*And I will light a candle for you.  
Shatter the darkness and  
Bless the time we knew.  
Light a beacon in the night  
The flame will burn bright  
And guide us on our way.  
Oh today I light a candle for you.*

*The seasons come and go,  
And I'm weary from the change  
I keep moving on,  
You know it's not the same.  
And when I'm walking all alone  
Do you hear me call your name?  
Do you hear me sing the  
Songs we used to sing?*

*You filled my life with wonder,  
Touched me with surprise,  
Always saw that something  
Special  
Deep within your eyes.  
And through the good times  
And the bad,  
We carried on with pride.  
I hold onto the love and life we  
Knew.*

*By a WinterSpring Youth  
Support Group*

**Another Stage of Life**

*Think of death as another stage of life  
And not as a time of misery and strife  
Do not look with fear at the things that will  
come  
But enjoy the present before it is done  
So lift up your head and encourage great joy  
So the past, present and future you will not  
destroy*

*By Blake Spencer Age 8  
In honor of Corrine Burkert*

❖ S N A P S H O T S ❖



*Making candles in memory  
of loved ones at a  
WinterSpring Children's  
support and play group.*



## WinterSpring Training in April

Register now for WinterSpring's Grief and Loss Education Series that will begin on Saturday, April 22nd in Ashland. Christine Hunter is the lead instructor for the series, which includes guest appearances by several area professionals. The classes are designed for anyone who encounters grieving people in the course of work or personal life, and wants to learn more about how to help. The training has often been described as "a life altering experience." A recent trainee said, "My goal to enhance my skills as a grief supporter have been fulfilled." Her friend added, "I will never be the same." Teachers, caregivers, social service providers, chemical dependency counselors and medical professionals add to their professional skills with grief and loss education.

The series, scheduled for two weekends and one evening, is required for people who want to help grieving children and adults by volunteering at WinterSpring. Volunteers who assist facilitators will gain experience in the group process. People who want to work directly with bereaved people on an individual basis will witness the positive difference such support can make in a person's life. Classes include Issues of Death and Dying; Bereavement; Child and Teen Grief; Pet Loss; Communication Skills; Laughter and Play Therapy; and Personal Growth Opportunities. Space is limited, and pre-registration is necessary, so participants are urged to call 772-2527 right away, or visit the website at [www.WinterSpring.org](http://www.WinterSpring.org).

## The WinterSpring Community Circles Project

The many speakers and performers who volunteered to share perspectives of their various faiths and cultures as part of the WinterSpring Community Circles project were remarkable. Audience members repeatedly commented on the interesting and profound experience they shared. A man who identified himself as Christian said, "I intended to learn more about ideas that are foreign to me, and to become more tolerant, but it was so much more than that. This enriched and strengthened my

We appreciated the series on KDRV Channel 12's news reports about suicide and suicide prevention with Jennifer Seeker, especially the information about WinterSpring support groups for people who lost loved ones to suicide. Jeff Golden and Jefferson Public radio helped in our outreach efforts by featuring WinterSpring on The Jefferson Exchange about suicide and prevention and a second program about how to deal with depression during the holiday season. Rogue Valley Community Television aired our public service announcements. Appropriate support during grief is a valuable prevention strategy, helping people through the grief process. Bereavement support is recommended in the Oregon Department of Human Services plans for youth and adults. Often, it is these survivors who honor the memories of their loved ones and find a new sense of purpose by becoming involved in suicide prevention efforts.

WinterSpring youth support groups were held at schools throughout the Rogue Valley during the school year, and off campus groups will meet this summer. Call 772-2527 to have a WinterSpring educator speak at your local youth group, summer camp or other event, or to find out more about our support groups for teens. WinterSpring and other organizations and

own spiritual beliefs, and I am amazed at how much my beliefs are linked to Muslim and Jewish faiths- even Buddhists and a Native American shaman." A young woman commented, on hearing ancient Jewish chants and songs, "It seemed like it echoed in my soul. Even though it was in a different language, the songs were familiar, down deep, like something from my ancestors."

Several people commented on how much they learned about the challenges encountered by grieving Hispanic families in a new country and culture, difficulties their Latino neighbors and friends had not

## SUPPORT AND PREVENTION: Grief after a Death by Suicide

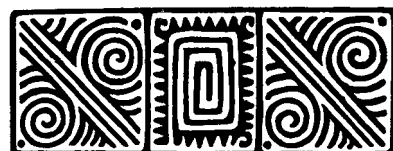
individuals concerned about deaths by suicide formed a Suicide Prevention Coalition. Brochures and other information about recognizing suicide risk in teens and how to get help were distributed to each Middle School and High School in the Rogue Valley.

At the Coalition's request, the Jackson County Commissioners recognized "Suicide Prevention Week" in September. The Coalition also helped host the American Foundation for Suicide Prevention's National Survivor's Day Teleconference in November. We are creating an email "listserv" to enable people who are interested in helping reduce the risk of suicide communicate with one another about plans and projects. WinterSpring is a partner in Southern Oregon University's Strategies Against Suicide plan. SOU's Non-Traditional Student Center arranged space for the coalition and several WinterSpring support groups in Ashland.

The Cow Creek Umpqua Indian Foundation, the Gordon Elwood Foundation, the American Foundation for Suicide Prevention and individual WinterSpring supporters made this work possible in 2005-2006.

shared with them. Learning about how the ancient culture blended with the introduction of Christian religion to Mexico was an interesting look at the tenacity of faith and tradition. The children at WinterSpring especially enjoyed celebrating *La Día De Los Muertos* in honor of their loved ones.

We are deeply grateful to the Meyer Memorial Trust for the funding that made the first year of this multicultural project possible.



## WINTERSPRING THEATER

WinterSpring Theater proudly announces a selection of short plays to be performed this spring and summer.

**Gentle Willow**, adapted from the children's book by Joyce C. Mills, Ph.D., is a story about a community of friends losing a loved one to illness. A fantastical setting and clever characters provide a tender way for young children to approach such difficult issues as death and grief. Youthful actors and colorful costumes are enchanting for audiences of all ages.

**Little Airplanes of the Heart** by Steve Feffer is a multigenerational ensemble piece. Uncle John has always dreamed of flying to Montana, but his small plane crashes in the middle of the journey. His family members grieve in different ways, and struggle to understand and support each other in their loss.

**A Scene from High-School**, collaboratively written by WinterSpring Theater's 2003 Troupe, reveals the many ways classmates and teachers react to a death in the family of a high-school student. This vignette explores themes of unfairness, alienation, well-meaning people, and surprising moments of compassion and healing.

**The Diers** by Jane Pendergast focuses on three women approaching the end of life in a nursing home. Each has a unique perspective on facing death.

Each of these short plays may be performed individually or as part of a longer presentation. They provide excellent material for post-performance conversations about issues faced by grieving people and those who want to support them.

These performances are ideal for your civic organization, church or faith community, school, retirement center or a summer camp. The theater features wisdom and humor

gleaned from the personal grief journeys of children, teens and adults. Performances highlight members' personal experiences and appropriate tools for grieving, while encouraging audience participation.

The theater troupe creates educational theater pieces that examine various issues of loss and grief, and performs to audiences of all ages. With an inter-generational perspective, it is a creative way to explore how friends and family can support one another during many kinds of loss and grief.

Can you help out the WinterSpring Theater as an actor, director, playwright, stage manager, technician, typist, set-up crew or mentor? Male and female actors from 12 to 19 years old are especially needed. The theater is funded by the Carpenter Foundation and individual donations. Stefani Skidmore, WinterSpring's AmeriCorps member and theater specialist, is coordinating this project.

Call WinterSpring at 772-2527 to book a performance at no charge.

### Don't Cry For Me

Don't cry for me, For at last I am at peace  
Tuck me in your memory bank and let your sorrow cease.

You'll hear the wind a blowing as it comes from the sea,  
Don't be sad and lonely, because that wind is me.

When the sun shines in the morning, on the twigs of a bending tree,  
Do not cry and feel lonely, because that sunshine is me.

When the water bubbles sound like laughter, as it flows down the stream,  
Don't cry and fret over me, things are not what they seem.

As the rain falls gently from the sky and lands softly as a mist,  
Don't shiver, don't cry for me, you've just been kissed.

Life is very fragile, it hangs on a tiny thread,  
When I'm gone, don't cry for me, I am the breeze, I am not dead.

Written by Lois Brewer  
In Memory of her Grandson David South



## Dancing In My Mother's Slippers: A Journey of Grief and Healing

"I am finding my balance, and I move through my days with a broadening view. I move slowly, reintegrate myself into the world around me. Grief remains. Life will not be held back. Grief and Life entwine like partners dancing—undulating, grounded, steady. Exuberant. Serious. Patient. The dancers move through soft s and, sinking, sinking; glide on glare ice; sail through the air in a joyous leap of faith. There is something to dance about. Yes."

Fayegail Mandell Bisaccia,  
Ashland, Oregon

Excerpted from *Dancing In My Mother's Slippers: A Journey of Grief and Healing*, 2006, unpublished

