

The Isaiah Center for Loss & Transition, Inc.

Executive Pastor: Rev. Nancy Miller-Hauptert

Phone: 260-433-9278

Location:
6606 Maplecrest Rd.
Fort Wayne, In 46835

Fort Wayne Winter Newsletter 2008 *Holy Happenings*

Remembering With Love



Saturday,
November 15

9:30 a.m.-

11:30 a.m.

Create

Holiday

Remembrance

Ornaments

✦ Candle Wreaths

Candle -Lighting,
Music and

Goodies

Co-sponsored by

Heartland Hospice

Join us for the

opportunity to

make holiday

ornaments and

remembrance items

in honor of a loved

one and participate

in a candlelight

ceremony.

Also enjoy light

refreshments.

Register at 433-9278

Our Mission

We seek to provide an ecumenical Christ-Centered approach to life's changes, losses and transitions by empowering all to live out a holistic model of grief and mourning through education,



Oh Come,
Oh Come,
Emmanuel!

The Isaiah Center



For Loss & Transition, INC

Check Inside
for Calendar
of Events

Highlights:

- Bereavement Poetry
- Book Recommendations
- Song

In The Stillness of a Winter's Night

Holiday Dinner,
Christmas Carols,
Inspirational Music
and a Candlelight
Remembrance

Tuesday, December 16
6:00 pm—8:00 pm

Holiday Support Open House

The Isaiah Center for Loss & Transition, Inc. will be open to all individuals who seek grief support or just the presence of smiling faces during the holidays. Join us for Christmas Cookies and Hot Chocolate.

Tuesday, December 16 through
Tuesday, December 23
9:00 am—2:00 pm

Inside this issue:

<i>Holiday Tips</i>	2
<i>Give Yourself Permission</i>	2
<i>Coping with The Holidays Checklist</i>	3
<i>Colts Raffle</i>	3
<i>Isaiah Fountains</i>	3
<i>Holiday Scrip Fundraiser</i>	4
<i>GoodSearch</i>	4
<i>Highlights</i>	4
<i>November Calendar</i>	5
<i>December Calendar</i>	6

“Holidays and Grief”

Holiday Tips

Ways to make holidays as peaceful & meaningful as possible:

- **Set Boundaries & Expectations**—Set limits in what you will do. Inform others of what you are able & willing to do. Remember, it’s OK to change your traditions, allow others to help and to conserve your energy.
- **Have a Meeting or Discussion with Family & Friends about Holiday Planning**—Remember, individuals grieve differently & family members may have different needs. Say what you want! Say what you need!
- **Rehearse How You Will Respond Beforehand**—If you already know certain family/friend interactions will be difficult, rehearse how you might respond or “enter into a conversation”. Make a list of your fears & anticipation’s: “I’m afraid I might cry if I talk to...” Let the day be an opportunity to nurture yourself emotionally, physically and spiritually.
- **Make the Holidays an Opportunity for Healing, a “Holy Day” of Self-Renewal**—Nurture your wounds, provide care and comfort to yourself. Give yourself permission to do what will help you “get through the day”.
- **Create a Day of Rest and Relaxation**—Take a walk, take a hot bubble bath, get a massage, sleep late, ride a bike, go to the zoo, play tennis, rent a canoe, go to the gym.
- Physical exercise & movement helps reduce stress & refuels the body’s resources for coping with the “roller coaster of grief”.
- **Honor Your Emotional Life**—Where are you today, emotionally? What have you been holding in? Spend time with a friend, counselor or pastor.
- **Connect to the Spiritual**—Spiritual -”that which nourishes your spirit”. Pray (as you can & however you can). Listen to a healing song or an inspirational speaker. Read a book. Have a memorial service with meaningful readings/music. Take a walk near the ocean. Light a candle. Release a balloon with a message to your loved one. Reconnect to laughter. Have a good cry. Remember, you are mind, body & spirit.
- **Be Flexible**—Being flexible is being friendly to yourself. You can change your mind at the last moment. Listen to yourself & your needs.
- **Be Open to Signs**—Just say thanks when an occurrence has meaning for you or when you are comforted. Signs/mystery/occurrences can be healing of their own without explanation or justifying your thoughts about them. Ask yourself “did I feel comforted by this happening or sign”?
- **Recreate or Change a Tradition**—In changing something this year, it doesn’t have to be forever. Start something new. Be creative. Go to a new place. Go on a vacation.
- **Bring the Special Touches of Your Loved One to the Holiday**—If you desire, take a special holiday item of your loved one and do something creative with it. ex: take a stocking and cut into ornament squares or place material from stocking around picture frame. Be Creative!
- **Gifts & Giving**—Reflect on the “gift of the person” who died & what that person meant to you; what he/she taught you. Make homemade gifts or photo albums to give to family.
- **Buy a Gift for Yourself & Someone Else**—Give yourself something that honors the legacy of your loved one. Reach out to someone who is lonely or alone. Write a card to someone far away or call someone.
- **Have Some Plan**—Whatever you do, have some plan. Plan to be with a few people or go out to dinner with one person or go to a family gathering for a short time. Rent a good video. Have food in the refrigerator. Go to an alternative church service.

Listen to the still, small voice within you and you will know what is best for you! Above all be loving to yourself!

Give Yourself Permission

Part of the struggle with the holidays comes from the fact that most of them are based in our religion. When a death comes our faith is also changed. We may not feel the same way toward God as we once did. Many find great solace in prayer, but just as many report that they cannot pray at all. The emotions we once felt when we prayed are shut off or exhausted. Often we feel anger toward God because of our loss.

With all of these thoughts, fears, and emotions filling our hearts, it is normal to expect the holidays to seem hollow and empty. You need permission to be just as religious as you really feel for as long as you feel the way you do. In time you will rebuild your faith. It may be much deeper and more meaningful than it ever was before.

Coping With the Holidays Checklist

Place a check mark by what you do this year. Share this with your family or have them do one of their own and compare notes.

Holiday cards

- Mail as usual
- Shorten your list
- Include a "Holiday Letter"
- Elect to skip this year

- Shop with a friend
- Ask for help wrapping gifts
- Do not exchange gifts now, but later
- Make a list of gifts to buy before you go out

- Open gifts on the usual day
- Open gifts at another time

Decorations

- Decorate as usual
- Modify your decorations
- Ask for help
- Let others do it
- Make changes, such as an artificial tree instead of a real one
- Have a special decoration for your loved one
- Choose not to put up decorations

Holiday Music

- Enjoy as usual
- Avoid turning the radio on
- Shop early before stores play holiday music
- Listen to it, have a good cry and allow yourself to feel sad

Holiday Dinner

- Prepare as usual
- Go out for dinner
- Invite friends over
- Eat alone
- Change time of dinner
- Change routine of dinner, such as this year do a buffet
- Change location of dinner, eat in a different room
- Ask for help

Shopping

- Shop as usual
- Give cash
- Shop through catalogs or the Internet
- Ask for help
- Shop early
- Make your gifts
- Give baked goods

Traditions

- Keep the old traditions
- Attend holiday parties
- Don't attend holiday parties
- Go to an entirely new place
- Bake the usual holiday foods
- Buy the usual holiday foods
- Bake but modify what you usually do
- Attend a totally different place of worship
- Spend quiet time alone
- Visit the cemetery

Post-Holiday & New Year's Day

- Spend as usual
- Go out of town
- Avoid New Year's parties
- Attend a New Year's party
- Hold a New Year's party
- Spend time with only a few friends
- Write in a journal your hopes for the new year
- Go to a movie
- Go to bed early



Indianapolis Colts Package Raffle

Package Valued At \$600

Includes: 2 Tickets Row 23 (lower level)
Sun, December 7 at 1 pm
Indianapolis Colts vs Cincinnati Bengals

\$50 Gas Card

Tickets are \$7 each or 2/\$10

Tickets can be purchased by mailing a Check/Money Order to The Isaiah Center.

Mail Must be received by noon on Nov. 21

Ticket Stubs Will Be Mailed Back To Purchaser

Drawing Will Be Held Mon, November 24

Winner will be notified by mail.



Isaiah Fountains

The Isaiah Center for Loss & Transition, Inc. will have fountains for sale beginning November 15—December 23. They range in price from \$20-\$40 depending on products used.

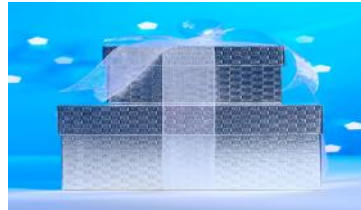
All fountains are uniquely created by participants who come to the Isaiah Center for grief support, education and renewal. This is a part of our Come to the Water and Healing Through Service Program.

Holiday Scrip Fundraiser

The Isaiah Center has begun the Great Lakes Scrip Program and will be taking orders for gift cards until Wednesday, December 10 for the Holiday. 100's of stores and groceries are included.



If you are going to buy a gift card for Christmas or for your holiday groceries, please consider buying them through the Isaiah Center. This will save you time and gas money!



Who do you GoodSearch for?



GoodSearch is an online search engine powered by Yahoo! which donates \$0.01 to The Isaiah Center for Loss & Transition, Inc for every search.
This is a great way to support us at no cost!

Go to www.goodsearch.com, designate The Isaiah Center for Loss & Transition, Inc as your charity of choice, and then begin searching the internet as you would normally.

GoodShop is also a part of this web site and will donate a percentage (up to 37%) of every purchase made

from hundreds of online retailers, such as, Target, Best Buy, Barnes & Noble, ebay, Amazon and many more.

Go to www.goodsearch.com, designate The Isaiah Center for Loss & Transition, Inc as your charity of choice, click on **SHOP NOW** and begin shopping.

This is a great way to donate to The Isaiah Center for Loss & Transition, Inc for things you already do on the internet!

Visit www.theisaiahcenter.com for links to goodsearch.com and to find out information on our latest events and news.

Highlights—Poetry, Book Recommendations, a Song

Give Me Away

When I die if you need to weep
Cry for your brother or sister
Walking the street beside you
And when you need me put your arms
around anyone and give them what you
need to give me.

I want to leave you something
something better than words or sounds.

Look for me in the people I've known or
loved and if you cannot give me away
at least let me live in your eyes and not
on your mind.

You can love me most by letting hands
touch hands
by giving your love to others.

Love doesn't die, people do
So when all that's left of me is love
Give me away.

Author unknown

Book Recommendations:

"Helping the Bereaved Celebrate the
Holidays" by James E. Miller
Willowgreen Publishing (260) 424-7916

Book Recommendations (cont.)

"Thoughts for the Holidays, Finding
Permission to Grieve"
by Doug Manning

Song

Light a Candle by Paul Alexander.
Check out the Paul Alexander web site
for CD's, and a host of musical
resources.

<http://www.griefsong.com>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
November 2008						1
2	3	4 5:30 Come to the Water	5 1:30-2:30 Ten Touchstones Grief Group	6	7	8
9	10 5:30 Joint Team Meeting	11 1:30-2:30 Suicide Survivors Support Group 5:30 Come to the Water 6:30 Manna & Mercy	12 1:30-2:30 Ten Touchstones Grief Group 5:30 Board Mtg	13	14	15 9:30-11:30 Remembering With Love
16	17	18 5:30 Come to the Water	19 1:30-2:30 Ten Touchstones Grief Group	20	21	22
23	24	25 1:30-2:30 Suicide Survivors Support Group 5:30 Come to the Water 6:30 Healing thru Service	26 1:30-2:30 Ten Touchstones Grief Group	27 Happy Thanksgiving	28	29
30						 The Isaiah Center For Loss & Transition, INC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
December 2008	1	2 5:30 Come to the Water	3 1:30-2:30 Ten Touchstones Grief Group	4	5	6
7	8 1:30-2:30 Sui- cide Survivors Sup- port Group 5:30 Come to the Water 6:30 Manna & Mercy	9 1:30-2:30 Sui- cide Survivors Sup- port Group 5:30 Come to the Water 6:30 Manna & Mercy	10 5:30 Board Mtg	11	12	13
14	15 9:00-2:00 Isaiah Open House— Holiday Support 6:00-8:00 In the Stillness of a Winter's Night	16 9:00-2:00 Isaiah Open House— Holiday Support 6:00-8:00 In the Stillness of a Winter's Night	17 9:00-2:00 Isaiah Open House Holiday Support	18 9:00-2:00 Isaiah Open House Holiday Support	19 9:00-2:00 Isaiah Open House Holiday Support	20
21	22 9:00-2:00 Isaiah Open House Holiday Support	23 9:00-2:00 Isaiah Open House— Holiday Support 1:30-2:30 Suicide Sur- vivors Support Group 5:30 Come to the Water 6:30 Healing thru Service (Caroling)	24	25 “Unto us is born a Savior” Merry Christmas	26	27
28	29	30	31			

