

April 2020



**Wings**  
A Grief Education Ministry

Honoring the Past and  
Rebuilding the Future

[www.wingsgrief.org](http://www.wingsgrief.org)

Published by Nan Zastrow

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# SOLITUDE OR SOCIAL SUPPORT IN GRIEF? WHY WE NEED BOTH

Author: Alan Wolfelt

In many ways, grief is an experience replete with contradictions.

We feel like time stops, yet time goes on. We can't stop thinking about the death, yet we distract ourselves so we won't think about it. We're strong, yet we're weak. We're resilient, yet we're vulnerable.

Acknowledging and embracing these necessary contradictions (and others) is part of our work of mourning. It's a question of balance and back-and-forth. While there's no set formula that applies to everyone, you'll find that working each day on creating a balance that's right for you will help you achieve momentum in the journey.

Another one of the contradictions in grief that is essential for you to explore is the need for solitude versus social support. Which is better? The answer is both.

## THE NEED FOR SOLITUDE IN GRIEF

For many of us, solitude in grief comes naturally. When we are emotionally and spiritually torn apart, we often turn

inward. The numbness of early grief settles in like fog. Later, we may often find ourselves mired in the thoughts and feelings inside us. This is normal.

I sometimes call this helpful inner experience of being mired in your grief "sitting in your wound." When you sit in the wound of your grief, you surrender to it. You acquiesce to the instinct to slow down and turn inward. You allow yourself to appropriately wallow in the pain. You shut the world out for a time so that, eventually, you have created space to let the world back in.

In grief, we need the stillness of alone time to feel our feelings and think our thoughts. To slow down and turn inward, we must sometimes actively cultivate solitude. Being alone is not the curse we may have been making it out to be. It is actually a blessing. After all, we are born alone, and will die alone. We are each by ourselves a unique child of the universe.

*Continued on page 4*



## EDITOR'S JOURNAL

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NAN ZASTROW

Co-Founder,  
Wings – A Grief Education Ministry

## HOW DO I MEASURE MY GRIEF?

Wouldn't it be wonderful if we could measure our heart, take a blood test that calculates connection, or estimate the volume of tears we've cried after someone loved dies that would undeniably calibrate the bond, intensity, and intrinsic value of our grief?

The emotional reactions we demonstrate indicate an indescribable loss and vacancy in our lives as a result of the absence of our loved one. However, our brains cannot distinguish between this life change that presents as sadness and unmeasurable grief.

If only there were valid tools that could collaborate the intensity of our grief so that we could show family and friends how deeply it hurts. Unfortunately, what is available lacks the ability to define the bond we had.

### Assessment tools

There are "tools" that tout the ability to measure grief, but their credibility is inconsistent. Grief Assessments may help a person gain a better understanding of how they are coping with their loss, but can't assess the intensity of their grief. They measure symptoms, changes in behavior, social interaction, and movement forward in life. Keep in mind that even assessments can create inaccurate or misleading results. As humans, when we know we are being evaluated by a "tool", we can "wiggle" the outcome.

A self-assessment that one can do on their own may be helpful when doing it at regular intervals. A before and after type of assessment is the favorable way to evaluate your progress. The obvious question requires your honesty when asking yourself: "How much is my grief interfering with the quality of my life?" (Not at all, A Lot, Somewhat, or Less than the last time I assessed myself.) What assessments can help us

judge is how well we are coping with the impact of death on our life in the present moment.

Remember, like numbers that can be manipulated, assessments are only as good as the answers you provide. If you want an accurate score, answer as honestly as you can. Bottom line, even honesty can sometimes prove false. If you don't feel "fine", and your assessment says you are good, go with your gut feeling. It is your true gauge to something as complex as grief.

### Factors that make measuring some grief harder

- One factor that complicates the bereavement process is a death that is out of the "natural order". For example, a child who dies before the parent.
- Another factor is an unexpected or sudden death. A family has no chance to prepare; and there was no opportunity to say goodbye.
- Closeness of the relationship to the person who died. Couples married for a long period of time and are interdependent upon each other. Human connections that develop dependencies upon each other and end leaving an emptiness and helplessness.
- Degree of suffering prior to death.

### Accept that grief can't be measured

In a recent article by Linda Findlay, from the magazine *Aftercare, Funeral Home and Cemetery News*, she sums this up quite perfectly. "When it comes to grief, there are no measures that can accurately represent the depth of sorrow a person feels or the path of grief that will be taken. Grief cannot be measured by any known, assumed, discovered,

*Continued on page 5*

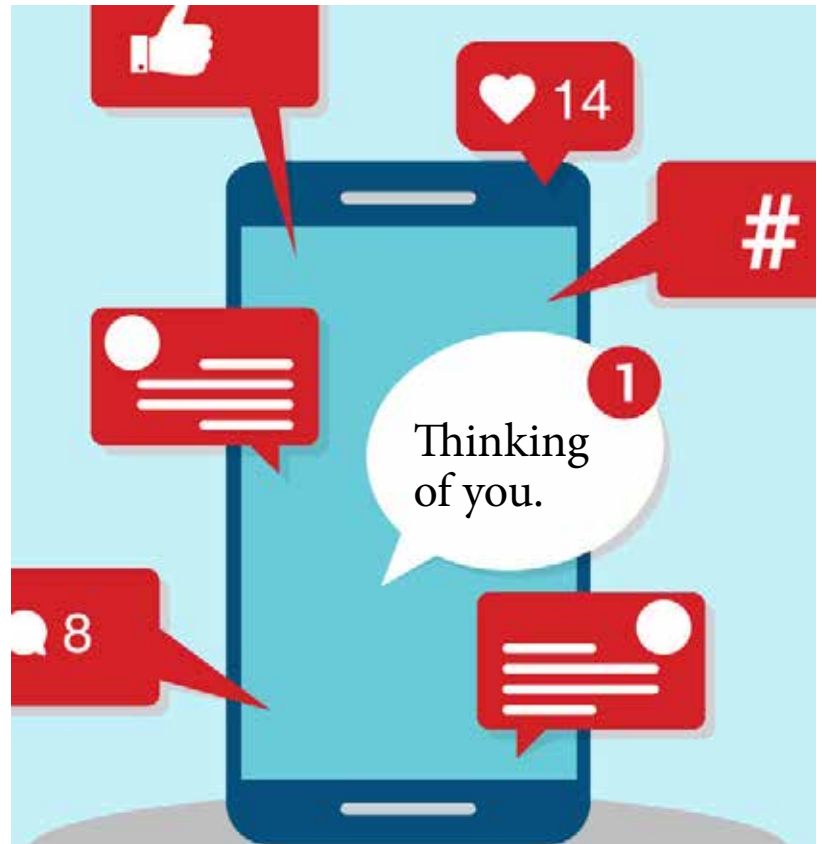
# TIPS FOR SYMPATHY MESSAGES ON SOCIAL MEDIA

WEBMD.COM

In recent years, much of people's grieving has migrated to social media, with all of the benefits and pitfalls. Oases can bring solace to the bereaved or shock them with rude questions and ill-considered comments.

1. Keep it simple. Such as saying, "I'm sorry this happened..."
  2. Shun Silver Linings. When people try to offer that one nugget of wisdom, like they want to be the one to save the day, that's the wrong thing to do. You're not going to make people feel better. You need to let them feel sad.
  3. Don't hide out. If you're only Facebook friends with a grieving person, don't hesitate to leave a short note. If you have no other way to make contact, a condolence message on social media might be enough. It's nice to know people are thinking of you.
- If you've left messages online, don't forget to follow up in real life. Check in by phone, or better yet, offer to lend a helping hand with errands or household chores, or swing by with that nourishing casserole.

(Statements taken from WebMD.com by Katherine Karn)




**Canceled**

**ATTENTION SPONSORS AND ATTENDEES FOR UNDERSTANDING GRIEF SEMINARS APRIL 2020**  
**CANCELED**  
Speaker Janet McCord | April 16-17, 2020 |  
Holiday Inn & Suites, Rothschild, WI

The situation around our COVID19 virus continues to evolve, and because it's new, there is a great deal to learn about how it will impact the community. In agreement with our partner sponsor, Aspirus Wausau Hospital, local funeral homes, and other sponsors, our Spring Seminar for April is canceled. The recommendations and guidelines change rapidly but limiting exposure by avoiding large groups remains a primary focus.

The duration of COVID19 is unknown. Please keep in touch via our website ([wingsgrief.org](http://wingsgrief.org)) and our Facebook page (<https://www.facebook.com/zastrownan/>) for announcements regarding rescheduling or canceling of future Wings Events, Seminars, and Groups. I can also be reached by email: [nanwings1@gmail.com](mailto:nanwings1@gmail.com).

Nan Zastrow, Co-Founder  
Wings-a Grief Education Ministry



Solitude in grief is both necessary and healing. If you are someone who avoids solitude, however, through constant distraction, busyness, or attachment to others, you may be avoiding your normal, necessary pain. You may be plugging your ears to the still, small voice inside you that asks you to slow down, turn inward, and pay attention to it. You may be ignoring your spirit and your soul. When this happens, your grief journey stalls. You get stuck in avoidance and denial.

Note that too little solitude is harmful in grief, but so is too much solitude. The griever who shuts the world out completely and does not receive and accept the support of others will also get stuck.

### THE NEED FOR SOCIAL SUPPORT IN GRIEF

One of our key needs of mourning is to receive and accept support from friends, family members, neighbors, and colleagues. The empathy of others allows us to express our natural and necessary grief outside of ourselves. Whenever we talk about our grief and share our stories of love and loss, we are taking a step toward healing.

Another reason social support in grief is necessary is that human beings need companionship. We are social creatures, and our relationships give life meaning. In fact, our very grief is testament to that truth. The relationship we had with the person who died gave our life meaning. The same is true of other relationships in our continued lives.

When we lack companionship, we are lonely. Loneliness can be challenging after the death of someone special, especially someone who had been a part of our daily lives. Loneliness hurts. To counteract our loneliness, we must find ways to reach out to others.

We have the capacity to establish new routines of spending time with friends, family members, neighbors, fellow volunteers, work colleagues, likeminded hobbyists, and other people with whom we have things in common. Not only does working on connection quell our loneliness, it also provides us with listening ears for the expression of our grief.

The social support we ask for and receive during our time of grief helps build a bridge of meaning that carries us toward our future. While a special relationship has been ended by death, we can form and strengthen other relationships. These people

will never replace the person who died, but they can and will make our lives worth living again.

If you're an introvert or someone who tends to self-isolate, you may find reaching out for and accepting social support in grief challenging. Yet I promise you that developing or strengthening a relationship with even one other person will enrich your life in myriad ways and help you through your time of grief. As the poet John Donne famously wrote, "No man is an island." Never is this truer than in grief.

### FINDING A BALANCE

I hope you will work to find the balance between solitude and social support in grief that is right for you. One indication to look for is momentum. Are you feeling like you are experiencing movement in your journey? (Sometimes the movement may be backward, and that's OK.) Are you feeling the hope that comes with motion?

If you are feeling stuck, on the other hand, or hopeless, you may need to consciously work on your solitude / social support balance. If you're tipping too much to one side or the other, or if you're not really engaging in either but are instead spending most of your time on non-meaningful distractions, try carving out some time for true solitude or genuine social interaction (or both). They will transform your present as well as your future.

*A longtime TAPS supporter, Alan D. Wolfelt, Ph.D. serves as Director of the Center for Loss and Life Transition and is a member of the TAPS Advisory Board. He has written many books that help people mourn, including *Healing Your Grieving Heart After a Military Death* (coauthored with TAPS President Bonnie Carroll). Visit [www.centerforloss.com](http://www.centerforloss.com) to learn more about grief and to order Dr. Wolfelt's books.*

### *How to Connect with Wings:*

- Email: [nanwings1@gmail.com](mailto:nanwings1@gmail.com)
- Postal: P.O. Box 1051, Wausau, WI 54401
- Ph: 715.845.4159
- Follow the EVENTS calendar posted at the website [wingsgrief.org](http://wingsgrief.org)
- Subscribe to the free online ELetter sent quarterly.
- Order a Free copy of Grief Digest at [www.centeringcorp.com](http://www.centeringcorp.com)
- Visit Wings on Facebook



learned or defined way. Despite all the models of grief that have been created, grief can't be specified in the exact same way for each person who experiences it. Grief is not determined by the length of time a person loved. Grief has no unit of capacity. Grief is what each person, individually discovers it to be for themselves."

### **Trust your own measurement**

When it comes right down to the whole concept of "measurement", I don't think there is anything as valuable as listening to your own heart. Your relationship with the person who died cannot be validated by assessment tools, counselors, family and friends, or countless other resources. These may offer opinions and observations based on your behavior; speculative guesses about your coping strategies; and negative or positive gains from your grief experience. They are not definitive options, advice, or narratives for getting beyond the loss that has changed your life.

Grief is a journey that only you can do. You may have support, personal affirmations and convictions that encourage you, and a desire to overcome this incredible absence in your life. But, attempting to measure the intensity of your grief is only a discouraging path. What value does it serve?

Grief is something you learn to live with...and that process begins anew each day. Your measurement of your grief for your loved one who died, is truly between you and that person. It's a reflection of your love, companionship, shared experiences, and memories. It's not possible to measure the intensity other than to "feel" it in your heart. Taking small steps each day to right-side your life again is your challenge and your reward for walking the journey of grief and honoring the memory of this special person who died.

Perhaps it is best said in this quote: "Grief, I've learned is really just love. It's all the love you want to give, but cannot. All that unspent love gathers in the corners of your eyes, the lump in your throat, and that hollow part of your chest. Grief is just love with no place to go." (Jamie Anderson). You just can't measure that!

*Wings*  
A Grief Education Ministry

*Be Good to Yourself*

**SELF CARE TIP**

***Giving Hope to Someone Else, Brings Hope right back to you.*** Perform an act of kindness and immediately feel how it affects your day, your mood, and your outlook on life at that very moment. If you wake up in the morning and feel helpless or hopeless, break the gloom that hovers over you by taking action to overcome that overwhelming feeling. Immediately, read something inspirational; take a walk in nature; call a friend and schedule lunch; exercise; plan and cook an amazing dinner; ...and number 1: make your bed. (No going back and feeling miserable.)

Give someone else Hope. Acts of kindness demonstrate how easy it is to put a smile on someone's face, wipe a tear from their eye, or reset their day which may not be going as planned. You are making a difference. And, the most amazing part of resetting your HOPE gauge is the appreciation, acknowledgement, and love that comes right back to you.

# On the Lighter Side...

## Rest in Peace

A new business was opening and one of the owner's friends wanted to send him flowers for the occasion. They arrived at the new business site and the owner read the card, "Rest in Peace."

The owner was angry and called the florist to complain. After he told the florist of the obvious mistake and how angry he was, the florist replied.

"Sir, I'm really sorry for the mistake, but rather than getting angry, you should imagine this...somewhere there is a funeral taking place today, and they have flowers with a note saying, "Congratulations on your new location."

## The Tale of the Coffin

A man was walking home late one evening and had to walk past the cemetery. He had the strange feeling that he was being followed. In his mind, he saw the image of a coffin lurking behind him. He began to run as fast as he could. As he ran, he heard bump, bump, bump coming up quickly behind him.

The faster he ran—the faster the bump, bump, bump echoed in his ears. He ran fast until he reached the door of his home. Quickly, fumbling for the key, he entered his house and locked the door behind him. Still he heard bump, bump bump. The door came smashing down.

His heart was pounding so hard now. He ran upstairs and locked himself in the bathroom. Bump, bump, bump. The coffin followed him upstairs.

Frightened nearly out of his wits, he reached into the medicine cabinet to see what he could find. All that was in there was some Halls cough drops. He quickly swallowed them.

And the "coffin" stopped.



**Wings-a Grief Education Ministry has a presence on Facebook.**

Here is a place to find Hope and Inspiration! Become a Friend.

What you will find posted on our Facebook page:

- Inspirational quotes
- News about Events such as Support Groups, Community Seminars, Holiday programs, Grief Tips, and other educational experiences
- Shared posts that make the heart feel good
- <https://www.facebook.com/zastrownan/>

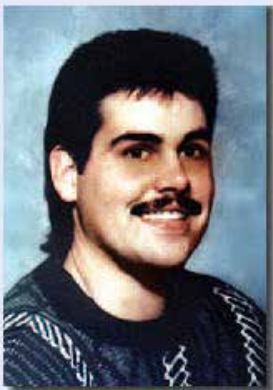
# We Walked Together

We walked together, you and I,  
A mother and her son.  
We had hopes and dreams for tomorrow,  
But tomorrow didn't come.  
We walked together, you and I.  
We talked, we laughed, we loved.  
We shared so many happy times  
And for that, I thank God above.  
We walked together, you and I,  
But only for a short time.  
For all too soon it ended  
Leaving broken hearts behind.  
And even though I miss you,  
More than words can say,  
I thank God that I got to walk with you  
Every moment of each day....

Author Unknown

You can shed tears because they are gone, or you can smile because they lived. You can close your eyes and pray they will come back, or you can open your eyes and see all that they left for you. Your heart can be empty because you can't see them, or you can be full of the love you shared. You can turn your back on tomorrow and live yesterday, or you can be happy for tomorrow because of yesterday. You can remember only that they are gone, or you can cherish their memory and let it live on. You can cry and close your mind and feel empty, or you can do what they would want. Smile, Open your heart, Love... and go on.

—Elizabeth Ammons  
[lessonslearnedinlife.com](http://lessonslearnedinlife.com)



*Because he lived,  
I will remember,  
Because I remember,  
he will never die.*

*Chad. E. Zastrow  
December 4, 1971 - April 16, 1993*

## In Memoriam

April 16, 2020 marks an important anniversary date in our life. On this day, twenty-seven years ago, our son, Chad, died as a result of suicide. One impulsive moment ended Chad's life and changed ours forever. This took us on the greatest search for meaning that we could ever imagine. Chad's fiancé, Jenny, took her life ten weeks later. We remember them this year, as we do every year with love.

In 1993, the same year, our non-profit organization, Wings™ was born out of grief and sorrow with no place to go. This was not a path we expected to dominate our lives for this long; but, we are blessed by all the countless people we've met along the way. Thank you to our long-term readers, followers, and friends. We hope you find our Wings eLetter a source of Hope.



# Reader Feedback



## WHAT DO YOU THINK?

HOPE: A FEELING OF EXPECTATION AND DESIRE FOR A CERTAIN THING TO HAPPEN. HOPE IS AN OPTIMISTIC STATE OF MIND THAT IS BASED ON AN EXPECTATION OF POSITIVE OUTCOMES WITH RESPECT TO EVENTS AND CIRCUMSTANCES IN ONE'S LIFE.

WE ASKED OUR READERS WHAT GAVE THEM HOPE DURING THEIR JOURNEY THROUGH GRIEF. HERE ARE SOME OF THE RESPONSES WE RECEIVED.

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HOPE was very difficult to envision in the early years of my grief. 2013, (3 years after the death of my son Jon) I left my banking career to attend college for the first time. I pursued a degree in Human Services with "hope" of helping others. In 2015, our first grandchild was born and he was my guiding light and hope for the future. He keeps me going every day!  
Tara – Antigo, WI

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What gave me hope was a special person who reached out and took the time to respond. Hope was waiting for her replies. I was in a very low place not knowing how to climb out of the dark hole. But your emails (Nan) helped me more than you will ever know. You helped me to continue to climb, I am not all the way out yet; but, I go back over your emails and think, "Thank heavens for an angel in the states." That's what gives people hope is someone taking the time to listen and be there, even if we are thousands of miles apart.  
Margie – Nova Scotia

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The words to a Christian song hold very true for my hope in time of Loss:  
"My hope is built on nothing less than Jesus's blood and righteousness.  
I dare not trust the sweetest frame but wholly trust in Jesus name.  
Christ alone, corner stone weak made

strong in a Saviors love, through the storm.  
He is Lord, Lord of all."

He is with us always and on that we can depend.  
Paula

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Two days before my husband, Mike, passed, our son and daughter-in-law told us they were pregnant with our first grandbaby. Knowing Mike knew that he was going to be a grandpa and the baby would be a part of him gave me hope. Hope that I could go on to spoil and love this blessing for the both of us.  
Julie – Wausau, WI

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Grief can rob us of our faith and belief that the future will be good. I struggled with the idea that I could and should look to the days ahead with anticipation. Certainly, time helps to heal but the hard work of accepting that I could not change anything that happened in the past caused me to slowly peer out of half-closed eyes and look to the days ahead. I struggled with my faith which had always been strong. What surprised me most was sitting quietly during a Temple service and feeling a warmth and belief surrounding me. My faith became stronger and I was able to accept the idea that the days ahead, though forever changed by loss, could be good, pleasant, anticipated and even fun. As

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time passed, I grew stronger in that belief. I was able to get up in the morning and look to the day ahead with the belief that it could be a good one and that I would be able to enjoy every moment. If we learn nothing else when grieving, we learn that holding on to every good thought, every cherished sharing and every love in the moment is our hope for the future.  
Bunny – Boynton Beach, FL

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In my opinion, HOPE is hard to find when one is desperately searching for it. HOPEFUL little things for me seemed to appear or reveal themselves when I was least expecting it. A HOPEFUL feeling for me was after my mother had passed away, one single morning glory popped up in a 5-gallon bucket that was growing only planted jalapeno peppers. I took a photo of the single flower as I thought it was a sign of my mother who LOVED flowers and birds. The photo reflected a stunning light from the center. That for me was and always will be my sign of HOPE that my mother was telling me she was at peace.

There are thoughts of HOPE that my mother is comforted by our loving God and is pain free and reunited with her parents and brother.

*Continued on page 9*



*Continued from page 8*

My HOPE, for others, is that when anyone is deeply hurting by the grief that intertwines within our souls that you are able to find comfort and care from loving friends, family and God and that you never feel alone. The Lord holds the answers to my HOPE to be reunited with my loved ones who have passed before me. As well as my HOPE for his guidance and comfort when I am struggling with grief.

Paula – Wausau, WI

Our son died Jan 30, 2019 and in March, just 2 months later, his daughter gave birth to his first grandchild...whom he was expecting to babysit for. We are especially close to this grandchild We found the new great-grandchild, Maddilyn Robbie, a real breath of fresh air, like she was sent to put life back in to our lungs. Rachel, the mom is a single mom, had some struggles to say the least, but she has also reconnected

with her mom and step-dad and so there is a promise of a full family for miss Maddie... That is our hope.

Mary Lynn – Wausau, WI

## A Reader's Feedback

Sometimes notes I get from readers after an issue of the eLetter goes out must be shared with others. It's just that validating that the mission of Wings is real. Thank you Gary, for allowing me to share this. Greetings from Bracebridge, Muskoka, Ontario, Canada!! "Wings" arrived in my inbox yesterday, and as always, I stopped what I was engaged in to read it through.

Interestingly, I got a call shortly after I was finished reading to conduct a funeral service next week. An elderly gentleman had passed away at home yesterday morning and Reynolds Funeral Home called me to see if I was available to do the service. I confirmed that I was.

Grief hits pretty hard as you well know, Nan. I quickly realized as I later talked to his widow that she was really, and understandably, set back by the unexpected death of her husband. As we talked, I returned to "Wings" and displayed your poem, "Broken Hearts, Broken Wings" on my computer screen and shared the verses with her. She was so appreciative of the poem's message and asked if it could be read at her husband's funeral. Of course, I agreed and told her about your family's loss and the ministry you have in helping others with their journeys of grief.

Call me old fashioned, but I think the events of yesterday were Divinely ordained...by the way, I do NOT know this family...but the Lord does, and He provided just the right thoughts at just the right time to minister in just the right way to this grieving widow.

*Printed with permission*

*Gary Denniss (GarDen Press Milestone Celebrations)*



Mr. Denniss's 26-year-old daughter died in a car accident 16 years ago. (Email received from a participant in Education/Support Group after the first meeting.) Thank you both for your years of dedication to helping others who have experienced a loss to be able to express it, and work through it. I can see the heartbreak around me, like being at all their loved one's funerals at once, I left there (group meeting) feeling I know so many who should be there. My husband and I both need help, and it is obviously our grief is different for each of us. We left feeling good, knowing there was a landing spot to gather and mourn.

*– Bill and Mary Lynne Hull*



*There is*  
**Spring**  
*in*  
*Heaven too!*

Dear God, it's spring! Give me the strength to recognize its meaning.  
Your harbingers of the season cautiously grace our presence.  
Lo! I saw my first robin just a few days ago,  
And that bush of pussy willows mysteriously awoke over night.  
"Was it only yesterday that you claimed my loved one to join your celebration?"

***Each spring:***

When Thy mighty hand reaches down to perform its miracles, I'll remember:  
When the dying grass turns from brown to thriving green, I'll remember:  
When the barren branches burst forth with blossoms and later fruit, I'll remember:  
When the frozen waters flow freely and ripple with delight, I'll remember:  
When the hibernating creatures awake and trod the dry ground, I'll remember:  
When the birds return with their cheerful songs and melodies,  
I'll remember:  
When the raindrops replenish the earth from its ravenous thirst,  
I'll remember:  
When the daffodils and tulips pop through the crusted ground,  
I'll remember:  
I'll remember, Lord God. Always! But especially every spring.  
Your Plan for us is to witness the spiritual awakening and rebirth.  
I'll remember that The Resurrection is the message of spring.  
I'll remember that in Heaven, other family and my loved one wait for me.  
And I'll remember that in Heaven, the celebration of spring is forever.





# Living the New Normal After Loss

## *Finding the Other Side of Sadness*

Establishing a path to a future with meaning and purpose requires welcoming your emerging life through the transition from grief to normal. In this series, we challenge you to assess and re-build your foundation which includes: questioning old beliefs, discovering “Who am I now?”, validating your core values, discovering your authentic self, trying something new, and establishing a “new normal”.

The secret is not about escaping the sorrow of grief, but it’s about finding the way to accept life’s challenges. This 4-week series is designed for participants who are ready to discuss and challenge their path to healing.

### Dates | Times

Tuesdays, May 19, 26, &  
June 2, 9, 2020

6:00 - 7:30 p.m.

### Place

Aspirus Wausau Hospital,  
Front Desk Conference Room

### Cost

No charge. | Group size is limited.

### Facilitators

Nan & Gary Zastrow

Call 715.845.4159 or email:  
nanwings1@gmail.com

*A community grief education/support group.*

Presented by   
*Wings*  
A Grief Education Ministry

Sponsored by   
**ASPIRUS**<sup>®</sup>



# Find *hope & healing* during your **GRIEF**

*with one of these books by Nan*

## **Blessed Are They That Mourn** ..... \$7.95

Written from the heart, Nan tells her story about their real grief experience and how the sudden death of her 21 year-old son impacted her future and loss of dreams. She candidly shares her attempt to resurface from unbearable pain when community and friends couldn't understand why her grief should last so long.

## **How a Fortune Cookie can Heal Grief** ..... \$7.95

Did you ever think that a fortune cookie could offer a profound message of comfort, happiness and peace in a life stressed by grief? Nan weaves a modern parable of life and offers a ritual or project in grief work using the Twelve Gifts of Hope.

## **Ask Me. 30 Things I Want You to Know** ..... \$6.95

Our most popular book in its Second Edition! Offers "30 Things You Want to Know" about living beyond suicide—Helping yourself or Helping a friend. Teaches what to expect and how to respond.

## **Hitch Your Hope to a Star** ..... \$7.95

Here is a collection of journal writings about HOPE. Each shares a perspective through analogies and lessons learned. An excellent book that reassures that we are resilient individuals who survive the roller coaster experiences of life and grow from telling our stories.

## **When the Holidays Hurt** ..... \$7.95

Holiday celebrations remind us of what we are missing after loss. In this book, find ideas to preserve holiday sanity and sanctity. Learn how to unwrap and add heart-warming, commemorative rituals into the holiday that honors and remembers your loved one who died.

## *New!* **Holding Onto Hope When Loss Hurts—Finding a Reason to Shine...** \$9.95

Accepting that "this is real" is the first step to finding hope. Nan believes that grief has the power to transform you. She believes our loved ones who died influence our future choices and who we choose to become after loss. Every dark cloud can have a silver lining of hope strengthened by not giving up or giving in. This book is a testimony that the sun will shine again.



Available at:

**Wings**  
A Grief Education Ministry

P.O. Box 1051  
Wausau, WI 54402-1051

Web: [Wingsgrief.org](http://Wingsgrief.org)  
Email: [nanwings1@gmail.com](mailto:nanwings1@gmail.com)  
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