

November 2020

*Wings*TM
A Grief Education Ministry

*Honoring the Past and
Rebuilding the Future*

www.wingsgrief.org

Published by Nan Zastrow

Contents of this ELetter

- A Glimpse into 2021
- Holding onto Hope -
Our Journey Continues
- H.A.L.O.S. Donation
- Reader Poems
- Footprints in the Snow
- How Do I Measure My Grief?
- Our Readers Send Their
Thoughts
- Music Fills Your Memories
with Hope
- What Do You Think -
Holiday Traditions During
the Pandemic
- Box Full of Kisses
- Self Care Tip
- On the Lighter Side
- ZOOMGrief Flyer
- Book Flyer

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A Glimpse into 2021

Bob Baugher, Ph.D.
www.bobbaugher.com



If you are like most bereaved people, thinking about the future without your loved one is not pleasant. For some people, they shake their head saying, “I don’t want to go there. It’s too difficult to even imagine.” Perhaps this is an article you’d rather not read. I’m writing it because—and I think you’ll agree—making plans when dealing with a difficult issue is usually better than just letting it happen. As you can see with the lists below, I’ve put together holidays in one column with a number of suggestions in the other. The suggestions are from bereaved

parents, siblings, grandparents, spouses and those who’ve lost parents in response to my question, “What did you do on special days to acknowledge your love one?” If you’d like, make a copy of this article, look over the suggestions, and place a letter or more in the column of holidays on the left to indicate what you might do on that day. If the list seems overwhelming, just put it aside and perhaps return to it later.

Continued on page 2

A GLIMPSE INTO 2021

Continued from page 1

After you finish, consider sharing your results with family members and ask what he or she would like to do. Whatever you select from this list, choose those activities you feel may give you some comfort.

- | | |
|--------------------------------------|---|
| _____ 1. New Year's Day | A. Look at pictures or video and share memories |
| | B. Visit a special place such as the cemetery or a place with special memories of my loved one. |
| _____ 2. My loved one's birthday | C. Send off balloons |
| | D. Write a letter to my loved one |
| _____ 3. My birthday | E. Set a place for this person at the dinner table. Include a picture. |
| | F. Watch a favorite movie of my loved one |
| _____ 4. The date of the death | G. Do volunteer work with my loved one in mind |
| | H. Light a candle to burn all day |
| _____ 5. Valentine's Day | I. Fix a special meal or dessert |
| | J. Plant a tree, a bush or a flower |
| _____ 6. Religious Holiday | K. Listen to or sing a favorite song |
| | L. Smell something that elicits fond memories |
| _____ 7. Mother's Day | M. Tell stories of my loved one |
| | N. Create an ornament that can be hung on the wall or on a tree |
| _____ 8. Memorial Day | O. Buy a special gift and give it away |
| | P. Read a special book or poem |
| _____ 9. Father's Day | Q. Go to a place where I can shout my loved one's name as loudly as I want and say, "I LOVE YOU!" |
| | R. Say a prayer |
| _____ 10. July 4th | S. Consider something I'm ready to let go of such as anger or guilt. Build a fire, find a pinecone, and toss it into the fire as a way to begin to "burn up" and "release" my anger or guilt. |
| _____ 11. Halloween | T. During a walk find a rock that symbolizes my love for this person |
| _____ 12. Thanksgiving | U. Write a list of all things I am thankful for having had this person in my life. |
| | V. Write a poem, draw a picture, or write a story about how I feel. |
| _____ 13. Christmas/Hannukah/Kwanzaa | W. Using my loved one's clothing, make a quilt. |
| | X. Go out to dinner. |
| _____ 14. Anniversary | |
| _____ 15. Another special day | Y. Create a slide show or scrap book of memories of my love one |
| | Z. Another thing I can do |



EDITOR'S JOURNAL

NAN ZASTROW

Co-Founder,
Wings – A Grief Education Ministry

HOLDING ONTO HOPE—OUR JOURNEY CONTINUES

“We must be willing to let go of the life we planned, so we can accept the life that is waiting for us.” (Joseph Campbell)

There is nothing more difficult than holding onto hope after tragic or challenging life events. But, it's also the most important thing we can do for ourselves. Hope is the one thing in our lives that can sustain us through the tears, uncertainty, and difficult days while we find peace with our situation.

Gary and I clung to the vision of hope through many years when we were trying to rediscover what life meant for us after the death of our son. Not only were our dreams shattered, but so was the fantasy bubble we were living in at the time. Life was good and happening just as we expected it would. Chad was grown and taking steps to live independently. He had goals and plans for his future. Life was progressing just like we thought it should. That was until Chad's death, at the age of 21 as a result of suicide, and his fiancé, ten weeks later. Hope remained fragile and elusive for many years.

Hope was elusive because I had to give myself permission to live and move forward. Allowing grief and self-pity wasn't going to change a thing. I was the only one who held the power to change the fractured moments and unfortunate event and make my life “whole” again. This was the time to call upon my internal and spiritual resources to restructure my life. I trusted that I could move forward with a positive approach and an attitude that would help me survive. Hope and faith combined are two powerful forces that are invincible!

A recent life-threatening event in a dear friend's life demonstrates the value of turning helplessness into hope. She revealed to me after the event that she and her husband thought the death of their beloved daughter was the most terrible thing that could ever happen. They struggled in the aftermath of their daughter's death. They decided to attend our grief education/support series looking for peace with their loss and hope in the future. Slowly their lives began to find balance between the new normal and the absence of their wishful dreams. Finally, they were able to accept that “life does go on”; and they pursued new dreams. Then, this frightening close call nearly claimed her life. She commented later, in the most critical moments, her husband was able to feel “in control”, faith, and hope leading to a positive outcome. The event was nothing short of a miracle! Reliving the situation with her later, she believed attending our grief education classes were major factors that helped them handle another daunting life crisis and hold on to hope.

We can only conclude that we are conditioned from our loss and life experiences to know that life is unpredictable. We are likely to face another challenge at any time. Overcoming crises and struggles is empowering in future events. I felt incredibly blessed by my friend's acknowledgement that our grief programs could have such an impact and truly make a difference in someone's life! For 26 years, my husband, Gary, and I have tried to encourage others to search for hope after the loss of a loved one. We've shared our struggles and doubts;

Continued on page 4

and my writing definitely reveals those moments when we grieved for our loss, even many years after our loss. It also recognizes that grief becomes a part of your life. When you think you've crossed that bridge, there is always another challenge that makes you do it again. We never forget life's challenges, but can always use them for "lessons" going forward. Letting go of the life once planned isn't easy; but there are options for building a new life—a new normal—that can be rewarding too. And, somehow when we really try, it all works out. I believe God planned it that way by giving us hope!

Hope is a gift that can't be purchased. It's developed within. I believe in the power of hope. I believe that hope is always there, even in the most troublesome times. It may take perseverance to find it and courage to accept its call; but it has promises that far outweigh being misera-

ble and helpless. And you may be surprised at how many "mountains you can climb" when you just try!

In my new book, "Holding Onto Hope When Loss Hurts—Finding a Reason to Shine," I write about experiences that were "teaching moments" in our lives. Moments that helped us survive when it would have been easier to give in. Moments that made us grateful for the special moments in our lives and avoid focusing on what we've lost. Above all, hope reminded us that our loved one still lives in our memories and influences our lives, our choices, and our values in countless ways.

Read my Inspirational Moment "Message in a Bottle" about our personal experience and absolute proof that Love and life lives on!

H.A.L.O.S. – Antigo, WI—Honors Wings with a Donation

November 2010 was a pivotal year for Tara Warwick. After losing her son Jonathon to suicide, she returned to her hometown of Antigo. Searches for peace and healing led to the discovery of Wings™. Tara benefited from their weekly education/support groups, holiday programs, and annual seminars which were instrumental in helping her break the chains of grief.

Inspired by Wings™ and their personal experiences, H.A.L.O.S (Helping Another grieve a Loved One's Suicide) was formed in January 2015 to support others in the Antigo Community by providing resources, books, and comfort. H.A.L.O.S also received ongoing support from Strasser-Roller Funeral Home.

Due to recent events, HALOS no longer holds monthly support groups. Tara is willing to support those in need. Email: taraw93@hotmail.com

A note from Nan: We met Tara many years ago after the devastating loss of her son. Tara attended Wings-a Grief Education Ministry groups and seminars as she coped with her loss and turned her healing into service for her community. We are grateful for her trust in Wings. H.A.L.O.S gifted Wings with a donation to continue their mission for grief education. We wish Tara the best in her life as she moves forward. It goes without saying that she will always be a champion for the bereaved.



How to Connect with Wings:

- Email: 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
- Subscribe to the free online ELetter sent quarterly.
- Order a Free copy of Grief Digest at www.centeringcorp.com
- Visit Wings on Facebook

I Heard An Angel Say

By Bobbie Davis

*I thought I saw your face today
In the sparkle of the morning sun,
And then I heard an angel say,
“Their work on earth is done.”*

*I thought I heard your voice today,
Then laugh your hearty laugh,
And then I heard the angel say,
“There’s peace, dear one, at last.”*

*I thought I felt your touch today,
In the breeze that rustled by,
And then I heard the angel say,
“The Spirit never dies.”*

*I thought I saw my broken heart
In the crescent of the moon.
And then I heard the angel say,
“The Lord is coming soon.”*

*I thought that you had left me
For the stars so far above.
And then I heard the angel say,
“They left you with their love.”*

*I thought that I would miss you so,
And never find my way.
And then I heard the angel say,
“They are with you everyday.
The sun, the wind,
The moon, the stars,
Will forever be around,
Reminding you of the love you shared,
And the peace they finally found.”*



POEM FOR MOM

By Patricia Tranquillo

*I sit all alone lost and confused not sure of my life
and what will I do.*

*My dear precious mother has now left my side
the pain in my heart is some thing I can't hide.*

*The seasons will change as they always do
now that it's summer*

I know Spring will change too.

*The memories the joys and all that were alive
are now just a vision of heaven, just a blue sky.*

*There was no one like Lovey. She was one-of-a-kind,
she was not only my mother
but a great friend of mine.*

She laughed and she smiled when I sang her a song.

She always would clap until I was gone.

*The joy and the laughter has now disappeared
why oh why is it life is so hard to endear.*

*I will love you and miss you
Til my end is here.*



Footprints in the Snow

*Best Wishes for a
Holiday Season filled with
Love, Beauty, and Family.*

Gary & Nan Zastrow

One white and wintry Christmas Eve
In a village, long ago.
A young child took a journey
Leaving footprints in the snow.
Clutched within her tiny hand
She carried a small tattered heart
Fashioned from some scraps of cloth
Wrapped in the charm of childlike art.

A manger scene of wood and straw
Was the child's destination.
Her only Christmas wish
To join Christ's birthday celebration.
She placed her precious handmade gift
Upon the straw with care,
And before she turned to leave,
Whispered a simple prayer.

The villagers who stood nearby
Recall the night with awe.
Retelling every detail
Of the miracle they saw.
A second set of footprints
Appeared next to the girl's own,
They seemed to walk right by her side,
To see her safely home.

But there's no mystery in the presence
Of this unseen Friend—
For once God's touched your heart,
You'll never walk alone again.

*From a Christmas card
Author unknown*



How Do I Measure My Grief?

By Nan Zastrow



After someone we love has died, 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 so that we could 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 they 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.
- The 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.
- The 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, 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. There is no 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!

Our Readers Send Their Thoughts...



I just read the new Newsletter and I know I ran out of superlatives a very long time ago. However, this beyond the all!!!! Perhaps it is because you were perfectly able to capture the world as it is right now and describe feelings of what we are all going through. You are so right that we are all grieving the loss of life as we knew it and it is a huge loss even though it is not a death. Your grasp of what it feels like is way beyond my ability to have put into words but I feel just that way. I am always grateful for our friendship and add, again, my delight and gratitude at having the pleasure of being able to instantly know that you will delineate my thoughts in a way that reaches inside me.

– Florida

Very little comes into our home that I peruse and read immediately. Usually it gets placed on the shelf “for later.” There is one exception—WINGS. Every issue you produce has much in it that I use in my ministry. This past Saturday I had the privilege of conducting a service for a lovely family who was devastated by the unexpected loss of their wife/mother/grandmother. I delved into my binder of WINGS articles and found some quite suitable words to share with this family. I chose to call the service “Family Memorial Service” rather than funeral. Due to Ontario’s COVID-19 protocols, only 30% of the funeral home could be used for mourners—this amounted to 38 people in a chapel that could hold 70% more people.

The family and funeral director had worked together to set up the chapel in a homelike way with the lady’s quilts displayed appropriately as well as other meaningful treasures. Despite the restrictions, the service went very well. Thanks again for your meaningful and useful materials.

– Canada

A good friend of mine unexpectedly lost her husband. A couple months later we were running together, chatting about nothing. She asked what my dinner plans were and I told her hubby wanted chili, but I didn’t feel like stopping at the store. We ran a few more minutes when she quietly said, “Make the chili.”

It took me a few minutes to realize we were no longer talking about dinner. It was about out of your way to do something for someone you love because at any moment, they could unexpectedly taken from you.

So today I’m sharing with you that wisdom handed to me by my dear friend, that I’ve thought of many times since that day. Next time someone you love wants you to go for a walk or watch a football game or play a board game or jusy put your phone down and give them your undivided attention, just do it. Make the chili.

Love deeply and selflessly.

– Wisconsin

A Comment by Nan: Some People Will Always Remember I received a message via Facebook in September. It was from a friend of my son, Chad. He told me he was thinking about Chad and went to the cemetery to try to find his stone. He asked if I could tell him how to locate it. I gave him the directions about how to find it and told him “ You will see a little toy red firetruck and ambulance on the family stone. They have been there since he died in 1993.” Can you believe that after all these years someone still had the fortitude to call and let you know that they did not forget? We are blessed! Thank you, John.

Music Fills Your Memories with Hope

by Nan Zastrow (Published in Grief Digest 2017)

The gift of music can be an essential part of the healing process. Music often triggers our memories and our emotions. It can remind us instantly of a person, place, or time. Music celebrates life and all the memories gathered along the way, both sad and happy. The death of a loved one doesn't end the need for joy in our lives. Sometimes when it hurts to talk, the words in music says all we need to say or hear. There are positive ways to incorporate music into gatherings with family and friends. This may also create a new ritual of remembrance, but definitely can bring you a measure of joy.

How to Make Music a Part of your Celebration

(We realize "gathering" may not happen this year. Many can be adapted to virtual. Or save the idea for next year when you can gather again.)

1. Have a family contest. Play the melodies from your loved one's favorite artists or songs and challenge guests to guess the name of the song or the artist that sang it.
2. Create a musical band using household items. Select a simple melody and bang away. Make joyful noise in honor of the person who died.
3. Create some holiday gaiety. Play musical chairs. You could consider using items belonging to the deceased as "in memory of prizes" for the winners.
4. Have a group sing-a-long. Include a favorite song. Harmony is not the criteria for participation!
5. If someone is musically inclined, ask him or her to play some melodies for you, especially one that reminds you of your loved one who died.
6. Pick a favorite song that your loved one enjoyed. Commit to every time you hear it, putting \$1 in a fund that you give to a charitable cause.
7. Make a CD of your personal inspirational favorites and give it to a bereaved person
8. Purchase a music gift (i.e. CD, theatre or concert tickets) and give it away in memory of your loved one.
9. Watch the movie Frozen, think of your regrets.... And then "Let it Be!"
10. Take a bereaved person on an inspirational adventure. Attend a movie that witnesses the strength and passion of living through tragedy or loss. Listen to how the music changes from sad, heavy tones to light melodies of hope. (Music creates the emotions the producer wants us to feel.)
11. Use meditation with a soft background of music to ground you, soothe you, and wash away the sadness you are feeling during a difficult moment.
12. Select one of your loved one's favorite songs and use it as a reminder to say his/her name. Every time you hear it being played, tell someone a memory or story about him or her
13. Create a Memorial website or Facebook page. Include a musical overture, if possible.
14. Go for a ride in the car to a favorite spot. Take music with you. Stop and listen to it. Cry if you have to and leave feeling that you shared your inner most feelings and love.
15. Have FAITH that you will heal. Choose a "pick me up" theme song. Sing it when you are feeling "down."

November 2020 ELetter: Wings - A Grief Education Ministry

Honoring the Past and Rebuilding the Future

Reader Feedback



What do you think?

Our question for this issue was sent with the intent to share your ideas about plans or suggestions you have for making the best during this pandemic to keep Joy in your holiday celebrations. How will you handle or change the traditions of gathering, presents, concerts, caroling, cookie baking, decorations, and all the “frills” of your traditional celebrations? What will change? What new ideas do you have to keep the spirit of living and giving going?

Our “What do you think” question for this issue appears to be a difficult one for our readers. With so much uncertainty in the months ahead as COVID looms over us and our celebrations, many responded that they truly didn’t know how they would transform the holidays this year. Normal celebrations will not be normal. Gatherings will be scanty and isolated to immediate family. This is truly an unprecedented situation we’ve never had to face before.

Here are a few ideas received. In addition, I’ve added some ideas about how to make MUSIC a part of your traditions.

I have been utilizing social media and technology for communication more than I have previously. I think Zoom and other platforms for video chat can be helpful when we have to socially distance, and when we cannot travel to see close friends and family due to the pandemic.

I have found communities on social media in which others share their fears, concerns, and difficult thoughts about not being able to interact with loved ones in person as much as we’d like to. For me, it’s helpful to keep in mind that I am not the only one feeling lonely or sad from the lack of social interaction in person. I also try to keep in mind that we all need to do our part to keep our health and safety as a priority, as well as the health and safety of our loved ones. For the holidays, I know traditions will be different, but I try to remember that while this is difficult, social distancing and the pandemic won’t last forever.

Rebecca, Wausau

For Christmas, I usually spend it with my mom so unfortunately it won’t be the same. My boyfriend and I were thinking of making pies and then giving them to a few family members. I will probably try to make some pizzelle’s and give those to a few people also. I plan to make a movie or short video of my mom and then send it to family members hoping to keep her memory alive of her beautiful spirit and soul.

On my mom’s side of the family we used to celebrate Russian Christmas which is January 7 and Russia New Year’s which is January 14. I will try to do something to spark some memories of those wonderful times I had with my family and my mom when they were all alive, but it will still be extremely lonely without her.

Patricia, Coatesville, PA

I’m still up in the air as to how this Coronavirus will affect Christmas.

One would hope that two things would happen; that by Christmas we’ll be free of the virus; or that we will have learned how to once again live each day to the fullest. It has come as a surprise to me to see how many people are floundering and don’t seem to know that each day is a gift. No matter what is happening around us, it behooves us to treasure our life and remember that there has always only been a promise of one minute at a time. Jesus came into this world to save us, and He will, no matter how long we live, as long as we accept Him as our Savior and remember the real meaning of Christmas. The most important thing to remember, we give gifts at Christmas to remind us of that the first and greatest gift we ever received was our Savior.

Nanci, Woodruff, WI

I wish I had a magic wand and could make all this go away. I’m not thinking

Continued on page 11

Continued from page 10

ahead to the Winter Holidays as our High Holidays, the Jewish New Year is upon us this week. It is so different in every way that I don't know where to begin. The Holiday is always spent with family and close friends sharing festive dinners after spending a day of prayer in the Temple and hoping for a very good and Healthy New Year. Obviously, none of this is going to happen.

The Temple(s) (all over the country) are doing "virtual" services in one

way or another. Our Temple, in New Jersey, (where we are still members and always will be) has signed everyone on to a platform called "Whova" will be coming through that way. They can be watched on the phone, on a tablet or on the computer. There are choices and one can join in to watch (be virtually part of) whatever or whichever service feels right.

It is so strange and disconcerting. I am used to spending the night before the

Holiday (Rosh Hashanah) in Temple, the day of, and then 10 days later - Yom Kippur with services the night prior and all day on that day. It is part of the ritual of prayer that leaves one with hopes and peaceful feelings for a good year ahead. The Holiday dinners will not happen and everyone I know feels alone and without the joyous celebration that is part of everyone's good wishes for everyone else.

Bunny, Florida

Box Full of Kisses

Some time ago, a man punished his 3-year-old daughter for wasting a roll of gold wrapping paper. Money was tight and he became infuriated when the child tried to decorate a box to put under the Christmas tree.

Nevertheless, the little girl brought the gift to her father the next morning and said, "This is for you, Daddy."

The man became embarrassed by his overreaction earlier, but his rage continued when he saw that the box was empty. He yelled at her; "Don't you know, when you give someone a present, there is supposed to be something inside?"

The girl looked up at him with tears in her eyes and cried; "Oh, Daddy, it's not empty at all. I blew kisses into the box. They're all for you, Daddy."

The father was crushed. He put his arms around his little girl, and he begged for her forgiveness.

Only a short time later, an accident took the life of the child.

Her father kept the gold box by his bed for many years and, whenever he was discouraged, he would take out an imaginary kiss and remember the love of the child who had put it there.

Moral of the story: Love is the most precious gift in the world.



Be Good to Yourself

SELF CARE TIP

Practice Self-Care before during and after the holidays:

Self-care is essential this holiday after months of dealing with the social distancing of COVID-19. You may have more time than ever since you are socializing less, often working from home, and making less trips for shopping. Use this time to foster a closer connection to family in your immediate household. Choose things that bring you joy that may have been put on the back burner in your busy life. Get out the board games and puzzles. Pick up the projects you put in the corner. Or bake bread as a family activity.

Above all, stay calm and don't be distracted by the media's abundance of news about the virus that can cause anxiety. Maybe turning off the news for a few days or weeks is the best advice. Find at least one thing to feel positive or grateful for each day and share these moments with others. Most important, find a way to help someone else in need. This is a temporary new normal; and we are all in this together!

ZOOMGrief Continues to Deliver Hope

Grief changes lives. And, so did COVID-19. The Pandemic has changed the way people work, socialize, shop, dine at restaurants, and almost every other facet of life. Doesn't that resemble the way "Grief" affects someone after the loss of a significant loved one?

Pandemic-mania struck home with Wings-a Grief Education Ministry when we had to cancel education/support groups and live seminars. For over twenty years, Wings has provided these events in the community, and suddenly our schedules of events was literally erased from the public awareness. WE were dealing with our own new grief that seemed surreal.

But we have bounced back and joined the Virtual Communication world until (and perhaps even after) the "all clear" is released by health experts. Our safer-at-home programs will continue with the high quality information, support, and education indicative of our "live" programs through the Zoom application.

ZOOMGRIEF will be our standard for offering programs to those who want to continue to heal and learn. Watch for announcements from ZOOMGRIEF. If you know that you are particularly interested in joining any, please sign up for the ZOOMGRIEF ALERT LIST by emailing your name to nanwings1@gmail.com. You will receive all current notices for programs. Information will also be available at the Wings Facebook page and our website. www.wingsgrief.org

Thank you to all of our community sponsors, friends, and followers over the past 25+ years who continue to support us through these changing times.

On the Lighter Side

The Most Grief

A dietitian was once addressing a large audience in Chicago. "The material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Soft drinks erode your stomach lining. Chinese food is loaded with MSG. Vegetables can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water.

But there is one thing that is the most dangerous of all and we all have, or will, eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?" A 75-year-old man in the front row stood up and said, "Wedding cake."

Three Guys on an Airplane

There were three men on an airplane somewhere above the Atlantic ocean. Suddenly Death appears on the plane. He says "Before I take you all with me I'll give you a chance to survive. Each one of you will throw something to the ocean and if I find it you will die".

The first one throws a needle. Death goes down to the ocean searching for it. After a couple of minutes he comes back with the needle

The second one throws a hair. Death goes down and after ten minutes he comes back with the hair

The third one throws something quickly and Death goes down again. About an hour later he comes back and says to the guy "Ok you win, I'll let you live. But tell me what did you throw?"

The guy says "An effervescent tablet."



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/>



How to Reimagine Your Holidays During Quarantine or After Loss

Holidays this year may seem less than happy and more like surviving.

Plans and traditions may be altered by social restrictions from the pandemic, or from the loss of a loved one. Nevertheless, the holidays will come and go with or without your approval. You can choose to initiate some change or skip the season altogether. In this program, we'll explore 4 major components of holidays that may cause you stress: Family/Friends, Food, Traditions, and Faith.

We'll share ways to "save the day" by initiating magical moments that are possible even when things aren't the way they used to be. We'll give you suggestions for ways to connect, activities for making memories, and encourage your creativity to imagine a brighter day filled with joy.

Unwrap the magic with us in this presentation that can definitely inspire an "I can do it" attitude. Remember, we are all in this together and now is the time to try something new. Reimagine your holidays with our ideas that will likely be remembered long after the time we can gather together again. In fact, one may become your favorite new tradition!

wingsgrief.org | 715.845.4159



WEBINAR:

Tuesday

December 8, 2020

Via Zoom link

7:00—8:30 p.m. CST

Registration is not required.
Public is welcome for this
virtual PowerPoint presentation.

Enter Zoom Meeting

ID#865-0384-2535

or email nanwings1@gmail.com
for a link

Facilitator: Nan Zastrow

Wings[™]
A Grief Education Ministry

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.



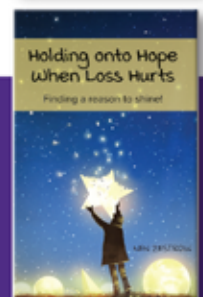
When the Holidays Hurt \$7.95

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

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Wausau, WI 54402-1051

Web: Wingsgrief.org
Email: nanwings1@gmail.com
www.centering.org