



Honoring the Past and
Rebuilding the Future

www.wingsgrief.org

Published by Nan Zastrow

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Nine Obstacles to Avoid When Mourning



By Lou LaGrand

Although the grief process is highly individual, obstacles that cause unnecessary suffering are common among mourners. Often, such obstacles are part of our early learning and the resulting beliefs impressed on us by the behavior of the adults in our lives. In many instances, poor grief models are copied and played out from generation to generation.

The way to intercede in this unhealthy cycle is to become aware of the normalcy of the many aspects of the grief process and the limiting beliefs that keep us in prolonged pain and suffering. This is an ongoing task that takes much time and great effort. As part of developing a new awareness of healthy grieving behaviors here are some of the obstacles to avoid in your quest.

1. Resisting your new identity. The death of a loved one changes us as we have to assume new roles and meet all of the new demands in the “year of the firsts.” That is, getting through all of the first events when your loved one would have nor-

mally been with you. These are difficult times and it is perfectly normal to feel sad and show emotion. Attempting to repress these feelings only blocks a natural process. Patiently allow the new circumstances of life to become part of you and your life.

2. Becoming stuck in the past. Memories of the past can be critical grieving tools and remind us of how much we learned and what we can still develop. It is very helpful to use loving memories in our transition to a life without the physical presence of our loved one. Nevertheless, living more in the past and less in the present is a recipe for continued pain, especially when we emphasize what we do not have.

On the other hand, learning how to love in separation and accept our new and different life is a goal leading to positive accommodation of our great loss.

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NINE OBSTACLES

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3. Isolating yourself from needed support and encouragement. It is not unusual for mourners to refuse to share their deep hurt with trusted friends. Months into their grief many resist aid, constantly focusing on what they have lost. Beware of turning down invitations or avoiding opportunities to interact with your support network. Isolation thwarts a critical human need: occasions for receiving and giving love. People provide hope for the future. Increasing your ability to love is one of the most powerful coping responses you can develop.

4. Taking on the role of victim. Whenever we assume the victim role, we automatically minimize our ability to meet the new challenges that loss imposes. Yes, we have to gather our courage and face our new life without the physical presence of the loved one. Self-pity is not uncommon. Give it brief recognition, and then make the commitment to continue to adapt by focusing your attention on the goal of the day. We can continually escape self-pity by doing our grief work which will strengthen self-esteem. What do you need to accomplish now, today?

5. Lack of knowledge of what is normal when mourning. There is a wide range of normalcy when mourning. In fact, it is common for great differences to occur within the same family. Judging one's outward behavior as an indicator of the depth of one's grief is a frequent error. Since we receive little formal education about separation and loss, narrow definitions of what is good grief abound. Refuse to waste energy on meeting some preconceived notion of what is normal. Allow grief to move through you in a natural progression. Accept that some days will be better than others, that we all have our limitations, and that grief revisits in all its fury.

6. Holding on to grief for secondary gains. Sometimes early in life we learn that any illness is a time when we receive special attention and exceptional assistance from others. Regrettably, when grieving, there can be a carryover of this awareness and a tendency for some mourners to emphasize certain aspects of their loss because of the personal gains obtained. This can go on indefinitely unless we become fully aware of how this behavior affects our ability to adapt. The demand to develop new routines, habits, and in some cases needed skills is delayed in favor of the easy road to attention.

7. Spending too much time on negative thoughts. Negative thinking is a fact of life. We all entertain negative thoughts every day, some more than others. We need to allow them

to go out of our minds as they come in, without continuous attention. Easier said than done. Thus it is important to consider ways to refocus your attention away from the negative and toward positive achievements. Ask others how they deal with the negative and begin the search for techniques (there are many) to balance a negative thought life. Be motivated by the fact that focusing on the negative affects the body as well as the emotions. What you think is expressed throughout the physical self.

8. Mourning according to someone else's agenda. We are all influenced to some extent in everything we say and do by those that we frequently interact with on a daily basis. On some occasions we choose to follow the suggestions of others to please them and/or to maintain a pleasant relationship. This can be good or bad depending on the situation. When grieving, be especially careful of the advice of those close to you. Are they asking you to curtail normal grief? To not cry in public? To get on with your life? Since every grief process is highly individual, you and you alone have to decide where you are going with your grief work. Trust your inner knowing of what is right for you.

9. Refusing to commit to facing the pain. The pain of a great loss and the many changes that have to be made is often unbearably demanding. Some mourners make futile attempts at sidestepping the suffering by constantly keeping busy. Diversions can be useful to some extent. However, failing to recognize that facing pain is how we eventually get through it, can only culminate in lengthening the intense period of your grief process. When it hurts, allow yourself to cry or find someone who has a sympathetic ear. Let it all out. Don't run. Practice facing situations and events that have to be confronted.

*Editor's Note: Dr. LaGrand was a grief counselor and the author of eight books, the most recent, *Healing Grief, Finding Peace: 101 Ways to Cope with the Death of Your Loved One*. He is known world-wide for his research on the *Extraordinary Experiences of the Bereaved* (after-death communication phenomena) and was the founding President of *Hospice & Palliative Care of the St. Lawrence Valley, Inc.* Dr LaGrand died on June 4, 2019. We shared communication with each other through the many years since we first met in 2013. He was our featured Spring Seminar speaker in 2014. Dr. LaGrand gave me permission to reprint his articles as desired.*



EDITOR'S JOURNAL

NAN ZASTROW

Co-Founder,
Wings – A Grief Education Ministry

WALK A MILE IN MY SHOES

Everyday my husband Gary and I walk, either outside, weather permitting, or indoors at a local mall. We often comment that it's a painful experience and can't figure out why it isn't as enjoyable as we think it should be. That doesn't discount the outside beauty of nature, because we cherish that. But it does take into account that maybe it's because we are a little bit older and physically out of shape. There are parts on us that hurt more than they should that hinder our walk. We began this practice because we wanted to improve our health, and resources encourage everyone to get active. Also, because the pandemic limited so many other things, we found enjoying nature and walking a great diversion.

Recently, I was thinking what it really means to "walk a mile in my shoes". For every individual it has a unique and personal meaning in their life. The well-repeated phrase means "to consider or understand another person's perspective, experiences, or motivation before making a judgment about them." Realistically, there are thousands of stories and interpretations for this phrase, depending upon who you are. We can only guess what one's thoughts might be when they think or say: "Just walk a mile in my shoes."

- To a homeless person it may mean the desire for a warm place to sleep for one night,
- To a single parent, it may be their struggle with how hard it is to make ends meet for this month's expenses,
- To a grieving parent who lost a child, it may mean wishing others could understand how painful it is to imagine their loss of dreams,

- To any bereaved person, it may mean "know my pain and I hope you never have to experience the loss of a loved one who brought meaning and purpose to your life."

In April, it will be the 28th anniversary of the death of our son, Chad Zastrow. When the COVID Pandemic emerged last spring, we truly considered giving up the long-time ministry of grief education for the bereaved. We've walked in these shoes for so many years. I questioned if I finally wore out the "souls" (pun) of my shoes, and my enthusiasm could keep up with the disappointments, isolation, and the challenges of the pandemic. The person-to-person seminars, groups, and events all these years were the fuel that kept us moving forward, sustaining, and appreciating the rewards of helping others. I didn't desire and wasn't convinced I could pull off virtual learning and create an entire new way of delivering the same kind of support as in the past. My March 2020 in-person support group was canceled after week #2, due to the pandemic and restrictions for gathering. I was just recovering from major surgery and wasn't in the frame of mind to consider another new challenge. But there was that twinkle of resiliency that stills speaks to me.

As we take our daily walk, we've observed some people walk faster than we do. Some people walk farther than we do. Some people chat and move with greater agility than we do. How parallel that is to the journey of grief. We all move through the grief journey at a different pace.

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Some heal and bounce back anxious to put their experience in the rear-view mirror. Some require a much longer and time-consuming journey as they work through the regrets, unfinished business, anger, and letting go. Some grieve a reasonable time and are able to return to productive lives living with their grief. Lingering in grief is neither right nor wrong. It just is.

However, there are those, who need the encouragement and support—however long that journey may be. Their walk requires chatting and sharing with others who've experienced life-changing loss. That is the group of bereaved that benefit from the work we have done since 1993. Yes, there still is a journey and a walk to finish. I could never calculate the countless hours devoted to maintaining Wings. The path I chose is different than it might have been. I sometimes imagine life as it might have been, if I didn't choose my passion for Wings. But it doesn't matter. It's a choice I made. So, in spite of hesitating, I laced up my walking shoes, put on my attitude hat, and was determined to walk a little bit further. I learned Zoom, created the virtual ZOOMGRIEF series.

I focused on my electronic newsletter and recommitted to making it even better. I learned how to build and maintain a new website. My shoes will last a little longer yet and my story isn't over. God's not finished with me yet! We are grateful for each day that we can walk the journey.

Origination of quote note: *The first written reference might be from an 1895 poem by Mary T. Lathrap called "Judge Softly." In it she says, "Walk a mile in his moccasins" and challenges the reader to see things from the other's perspective.*

Author note: The Wings organization continues its ministry only through the donations and support of those who believe in the mission we support. Our non-profit, like others, have suffered through the pandemic. The donations received to support our in-person events were canceled this past year and probably will be throughout all of 2021. We have no paid staff. Gary and I are professional volunteers. Your donation, in any amount, is appreciated.

On the Lighter Side

Rest In Peace

One Sunday morning, the pastor noticed little Alex staring up at the large plaque that hung in the foyer of the church. The plaque was covered with names, and small American flags were mounted on either side of it. The seven year-old had been staring at the plaque for some time, so the pastor walked up, stood beside him and said quietly, "Good morning, Alex."

"Good morning, Pastor," replied the young man, still focused on the plaque. "Pastor Phillips, what is this?" Alex asked.

"Well, son, it's a memorial to all the men and women who have died in the service." Soberly, they stood together, staring at the large plaque.

Little Alex's voice was barely audible when he finally managed to ask, "Which one, the 9:00 or 10:30 service?"



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How to Connect with Wings:

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- Visit Wings on Facebook

- Follow the EVENTS calendar posted at the website wingsgrief.org
- Subscribe to the free online ELetter sent quarterly.
- Visit centeringcorp.com for grief articles and resources. Follow Nan's articles published by Grief Digest.



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.



Reader Feedback



It's Spring...How will you embrace your grief and honor your loved one?

There is joy in the air. It's been a long winter and a lonely time for those who are grieving. The message of Spring is about renewal and a time of new beginnings. We find joy and peace in the opportunity to bloom.

The pandemic is slowly being managed and giving us Hope. It's time to make plans!

Here's a few questions to think about. How will you embrace the message of Spring to honor the life of your loved one? Will there be a memorial service? What kind of ritual can you plan to express the emotions of your loss? Who are those you will gather with to share the stories that you couldn't due to the pandemic? How will you awaken your spirit to face the world in your new reality and move forward in your grief?

My college girlfriends are coming to my house, in June, to plant a perennial garden in memory of my son. We will be hosting a family/friends reunion, in August, to celebrate Nelson's life.

Virginia, Tomahawk, WI

We are planning a large in-person family reunion in the fall. There were several losses in the past year and we will share pictures and memories.

Shelly, FL

In honor of Patrick, my late boyfriend, I am hoping to be able to see his family in person more often. We haven't been able to see each other in person due to the pandemic, and that has made my grief more difficult. Patrick's parents especially have offered so much comfort to me. Patrick's brother is getting married next summer, so I look forward to the opportunity to celebrate with his family. I also hope to write more often

about Patrick, and to him. Writing has been one of the most positive outlets throughout my grief journey, and I hope to write as a form of healing and in honoring my relationship with Patrick. I want to honor Patrick each day by relishing in the spring weather and in my appreciation of nature and the feeling of rebirth in spring. Patrick's birthday is in May, and I'm planning to hopefully spend the day appreciating nature, watching his favorite movies, and listening to his favorite bands.

Rebecca, Wausau, WI

I have had many changes since October. Loss of relatives to the deadly disease COVID, loss of friends who had cancer, loss of my beloved grandson. I have been breast cancer free for 18 years until I got the news last December that it had returned. I am blessed that it was found early, surgery done and now I'm cancer free again. I just keep wondering why I am so lucky to survive and what

my purpose is. I had a bucket list and have been very fortunate to have completed all but one thing--a lake home. I was done looking. But, as I was going to my son's home to celebrate what would have been my grandson's 15th birthday, I got a call from my realtor who asked me to look at a home that was listed. I saw the ice fishing shanties outside the patio door, a sport my grandson loved, and heard my grandson's voice, "Grandma bid high on this one. Everyone will come and gather and remember me." So I am little nervous about being a homeowner again, but my "cancer bear" that wears my grandson's fishing hat will be in the living room and a sign outside the door that says "Welcome to Gsue's Gathering Place" will be proudly displayed.

Susan, Weston, WI

RITUALS for Remembrance After the Pandemic

Perhaps the funeral to honor your loved one was a virtual service. It's likely the visitation was limited by masking, social distancing, and just the choice of family and friends to stay home and stay safe. It's never too late to remember you loved one in a special way that speaks to you. As restrictions are lifted and little-by-little gathering safely is initiated again, you may want to consider some of these ideas for honoring your loved one.

1. Connect with family and friends who may not have heard about your loved one's death. Write a personal letter to notify them and then let them know how you are getting back to life after this loss. Surprisingly, in a day of technology, traditional ways of notification don't often reach family and friends. You may have to take the initiative.
2. Plan an Event. Send out an invitation for an official "gathering" to remember your loved one. It can be a casual gathering or a traditional Memorial service.
3. Step out of your comfort zone and be the first to connect with someone and plan an in-person lunch, chat in the park, or attending a social event together.
4. Place flowers or a ribbon around a tree at your loved one's favorite spot.
5. Create a flower garden or small spot where you can plant something and/or add stepping stones (to remind you grief is one step at a time).
6. Create a permanent memorial such as donating a park bench, planting a tree, or a memorial plaque.
7. Finish a project your loved one started or start a project that your loved one talked about but never did.
8. Wear something significant in public that belonged to your loved one. Make it something that is bound to create conversation such as a team-favorite shirt or hat, shiny piece of jewelry, a sporting goods piece of clothing, or an infectious smile (just like his or hers).
9. Do a random act of kindness in his or her memory.
10. Make a donation to a charitable organization.
11. If a veteran, hang a flag every day!
12. Go on a picnic to a favorite spot. Invite someone close to your loved one to join you.

Be Good to Yourself

SELF CARE TIP

Can I have this dance for the rest of my life?

Summer brew fest... a great time to sit-back, listen to the music, and I don't usually go to these kind of events, but today was different. Across from our table, I saw Alice (name changed) who recently attended our support group after the death of her husband. She met several women there and was enjoying the music just like we were. The ompahs and eieieio's had everyone in a light, festive mood.

Then the energetic polka band changed its tone and threw in the trigger. They played, "Can I have this dance for the rest of my life?" I instinctively knew how the message might affect Alice. I peeked at her and saw her head bent down, hands in her lap, and a sorrowful

look on her face. It took away my omphas too, as I couldn't help but feel Alice's pain.

When the music stopped, Alice came over by me and explained how her grief was triggered by this special song. Her husband had a band play the special song on their anniversary, and it brought back sad memories.

It only takes an instant for a grief burst (or trigger) to change your mood, relinquish your control, and wipe away the joy of the present moment. This is how grief controls us. The good news is as we begin to heal our grief, we take back the control and the moments pass quickly as we regain our confidence in who we are now.

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Rest In Peace, Mr. President

By Todd Van Beck

Rest in Peace, Mr. President. That was the hope... that our presidents would rest in peace, but that has not always happened. For example, between 1865 and 1901 Lincoln's remains were moved 18 times.

Funerals are a reflection of how people live their lives, and this remains true for the funerals of our U.S. presidents. This series offers a glimpse into the deaths and funerals of our presidents, while offering overdue recognition to the scores of funeral professionals who labored ceaselessly to carry out the wishes of the presidents, their families, and in some cases, the wishes of the United States government. Each account tells an interesting story. I hope you enjoy this new series. —TVB

MILLARD FILLMORE

the thirteenth President of the United States of America

Most people don't recognize the name Millard Fillmore, let alone know that he was our 13th president. While he's far from being one of our nation's most recognized presidents, he nonetheless took over the office after Zachary Taylor passed away. President Taylor died suddenly from gastroenteritis, which he contracted after downing dozens of raw cherries and drinking a large quantity of iced milk. The milk was probably contaminated, causing his untimely death.

President Taylor's death thrust Fillmore into the White House, resulting in his being called "the accidental president." Taylor died on July 9, 1850, and Fillmore was sworn in as president on July 10th. His presidency was so unremarkable that he doesn't appear on the list of exceptionally good nor exceptionally bad presidents. However, his career, both prior to and after his presidency, was quite remarkable. In his retirement, Fillmore became a leading citizen of Buffalo, New York, where his home was located.

Abigail Fillmore, the President's wife, installed the first bathtub in the White House, which was made of zinc. She also got the first iron range, which was such a new appliance that Fillmore had to have someone from the US Patent Office show him how to operate it. Perhaps the stove was one of the reasons that Fillmore labeled the White House his "temple of inconveniences."

In his retirement, Fillmore enjoyed excellent health until the morning of February 13, 1874 after he had finished shaving when his left hand dropped powerless to his side. He was put in bed and soon the paralysis spread to his face, which caused difficulty swallowing.

Fillmore lingered in this condition for days, and then on Saturday, March 7th, he slipped into a coma, never to wake again. Millard Fillmore died on Sunday, March 8, 1874 at 11:30 p.m. He had lived 74 years and 60 days.

Early Monday morning, **George Meacham**, who was associated with **Henry Delano Farwell Undertakers**, arrived at the Fillmore home to embalm the former president. Undertaker Farwell arrived mid-morning on Monday to finalize the funeral arrangements and assist Mrs. Fillmore in selecting the casket, which was picked from a casket catalog.

The casket was made of rosewood and was covered with white silk. There were eight silver handles, which were accented with heavy silver braiding. The casket was manufactured by the **J. S. Schuler Coffin Company** of Amsterdam, New York.

On Tuesday, Fillmore was lying in-state in the west front drawing room of the residence. The funeral for President Fillmore was held beginning at 9:00 AM on March 12th. A short service was held at the residence, and then the President's remains were carried to Farwell's funeral coach. The day was cold and blustery, yet the streets in Buffalo were packed with citizens.

At 10:00 AM, the funeral procession arrived at St. Paul's Church. The funeral service was to begin at 2:00 PM, but the public viewing came first. The doors of the church were opened and thousands of Buffalo citizens streamed



through the church to view Fillmore for the last time. There were high compliments about Fillmore's appearance.

The bells at St. Paul's rang out at 1:30 PM, announcing the end of the public viewing. The doors of the church were closed, and at 1:45 PM, the dignitaries began arriving. First and foremost was President Ulysses S. Grant and his party. At 2:10 PM, a dozen clergy entered the sanctuary while the organ played Beethoven's "Funeral March."

At 3:00 PM, the services at the church were completed and preparations for the funeral procession to **Forest Lawn Cemetery** were ready. The entire funeral procession for Fillmore extended for blocks. The crowds were so thick that in the confusion a six-year-old boy was knocked over and severely injured by the crowds.

Forest Lawn Cemetery is indeed one of the jewels of pride in the crown of Buffalo, New York. The avenue to the grave was covered with green matting. The grave was situated on the brow of a hill just on the other side of a small bridge crossing the creek in the cemetery. Earlier in the day, a stone casing containing a strong cedar box had been lowered into the grave to serve as the burial vault.

At the grave, the committal services of the Episcopal Church were read. After the benediction, the attendee's made a hasty departure due to the horrible weather.

The estate of President Millard Fillmore paid **Henry D. Farwell**, the undertaker, \$781.00 for his services.

Todd W. Van Beck is associated with John A. Gupton College in Nashville, and has been an author, teacher, practitioner, and speaker for over 40 years. On May 30, 2018 Van Beck celebrated 50 years in funeral service. You can reach Todd at 615-327-3927.

FUNERAL HOME & CEMETERY NEWS
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Who is Your Hero?

This article is a re-write from a few years ago. I chose to include it in this issue as a Tribute to our son, Chad Zastrow, on the anniversary of his death.

Even though as a Wisconsinite, we are disappointed that our Packers didn't qualify for the Super Bowl, it's still an exciting event. We celebrate with the new hero in the football world, this year.

I never was a devoted football fan, the kind that follows every game faithfully. But over the past few years, I've found a greater interest in sharing this sport. Our son's interest in football is probably the closet I ever got to the game. Chad, played football in high school; and we watched his games with hearty bravos for his team. But Chad's passion for football never spilled over into my life that much. He considered himself a pure, through-and-through Vikings fan. So, we humored him with a little Packer rivalry, for the fun of it. When Chad died, we had a teddy bear made with a Viking Tshirt, because it just felt right. Next to the Tshirt, Chad's Marlboro hat was probably his favorite piece of clothing. For a period of time, the Vikings were his heroes.

I believe that our heroes in life change from time to time. On a talk show, several years ago, the show host asked his guest who his role model or heroes were in his life. For a moment, he hesitated, trying to decide how to answer that question. He went on to name a few childhood super heroes—mostly cowboys and a couple fictional characters. Then he commented that he acknowledged that his heroes in his life changed as he grew older...to be more realistic people like his dad and uncle. When he became a dad, his heroes changed again as he tried to model himself after people he thought were super-dads.

I believe this is true. Our heroes do change. A few stay forever constant. Some of our heroes are living and some may have died. Characteristically, true heroes are those who have achieved against incredible odds or influenced our lives in positive ways. We want to believe in someone who seems to have figured out life. We also want to identify with real people who have the courage to endure anything and everything.

Then there are the heroes who take their spot in our lives for a period-of-time. They may walk quietly into our lives and gently fade away. Perhaps he or she is the athlete, the philanthropist, military leader, the actor, or the role model (to name a few). We follow their public lives, their careers, and their successes. We connect with their goals or achievements and visualize what it must feel like to be in their shoes.

There is also the hero who is the unlikely hero, but something he or she does captures our attention; and we enthusiastically yell "hurrah!" The unlikely hero doesn't ask to be a hero and probably prefers anonymity. He or she may seem like the underdog, the forgotten, or the impromptu hero that was in the right place at the right time. His or her choice to do something resulted in a heroic event.

And ultimately, there is the hero who affects one's life personally, for whatever reason. That hero may not have done anything that receives attention or deserves public recognition. It's a heart and soul connection. There is a tie that sings to your soul and captures your love. He or she is the hero that motivates, inspires, and changes lives. He or she is the hero that becomes the "wind beneath my wings."

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My son, Chad, is that kind of hero to me. On April 16th, it will be 28 years since Chad's death, and his death changed me. It's not about how he died or why he chose to take his life, it's about the impact it created in its aftermath. I know he didn't mean to hurt us. Nor did he desire to end life so abruptly. But it happened. The sacrifice of losing him took away precious dreams, but ironically God placed in our path a different kind of purpose—greater than we could ever imagine.

We are grateful for all our “followers” that span over many years and some dating back to 1993 when this all began. We have been challenged and blessed at the same time. Each of our friends have touched our lives in their own special way. Many we share intimate stories and connections with. Many of you are heroes to us as we see where your journeys have taken you—and we watched you grow and “fly” on your own. Thank you for being a part of our journey!



In Loving Memory of our son, Chad E. Zastrow

December 4, 1971 to April 16, 1993

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

The graphic features a large, colorful butterfly with wings in shades of purple, blue, orange, and red, set against a light blue background. To the right of the butterfly is the logo for 'Wings', which consists of the word 'Wings' in a large, blue, cursive font with wings on the 'W'. Below it, in a smaller, blue, sans-serif font, is the text 'A Grief Education Ministry'. Below the logo, there is a list of services: 'Helping you heal grief through: Inspiration ♦ Articles ♦ Shared posts'. At the bottom of the graphic, there is a dark blue banner with the text 'Become a WINGS™ friend on Facebook.' in white, bold, sans-serif font. The background of the entire graphic is light blue with several smaller, colorful butterflies and floral-like shapes in the lower left corner.

Wings
A Grief Education Ministry

Helping you heal grief through:
Inspiration ♦ Articles ♦ Shared posts

<https://www.facebook.com/zastrownan>

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Healing From Suicide Grief

SUICIDE: HOW TO STOP THE SILENCE

Breaking the silence about suicide, Nan continues to expose her feelings and experiences with this unspeakable taboo. She will share the common reactions that families face and what it feels like to be a “survivor of suicide”.

This presentation will help you know how you can “break the silence”. Suicide is a beast—not to be feared, but rather to be explored. Learn about 18 ways to live and thrive in a society that still doesn’t understand. Some time for questions and sharing will be included.

Based on personal experience, Nan shares and speaks frankly, not with bitterness or despair, but with a desire to share what she and her husband, Gary, have learned and offer hope to family and friends of those who died too soon.

**April 13, 2021
6:00—7:00 p.m. CST**



THE OTHER SIDE OF GRIEF—YOUR NEW REALITY

You now live in a new reality after loss. This is not something you chose. However, you realize that there comes a point when you must balance life in your new reality to let go of grief and move forward. Letting go doesn’t mean forgetting. In this 4-week series, you will understand why the secret to moving forward is not about escaping the sorrow of grief; but, it’s about finding how to build the courage to live your life differently.

In this ZOOMGRIEF virtual group, you will be challenged to imagine and initiate a new path; design your new identity; and rely on your core values to validate: “Who Am I Now?” To live a fulfilling life again, you must be willing to accept this new chapter and grow from your experience.

This interactive series is designed for participants who are ready to discover their authentic self, challenge their fears, make forward choices, and become a seasoned griever gracefully.

**May 4, 11, 18 & 25, 2021
6:00—7:00 p.m. CST**

Registration is required.

Register online at wingsgrief.org or email: nanwings1@gmail.com



Sponsored by Aspirus



Facilitator: Nan Zastrow

Wings[™]
A Grief Education Ministry

wingsgrief.org | 715.845.4159



Donation Request

Wings Ministry Shares Hope during the Pandemic

While much of the world has stopped due to the pandemic, Wings-a Grief Education Ministry did not push the pause button. Hope during death and grief is essential. And during the pandemic, this was challenging. We take comfort and encouragement knowing many care about our cause to support the bereaved.

To ensure the safety of our community and others, we modified our programming, but we still continued to provide the kind of Hope demonstrated by our non-profit over the past 28 years. These have been uncertain times for all of us, in different ways. Wings knows the reality of the impact of death and the difficult path to grieving when social interaction was halted. We've received communication and requests throughout the nation searching for ways to deal and we responded.

To adapt to unpredictable change, early in 2020, we invested in the technology and equipment to meet the new demands. We created and initiated 8 different virtual connection groups through ZOOMGRIEF, a product of Wings-a Grief Education Ministry. These groups have proved worthy and meaningful to the participants and may continue long after the pandemic.

Today, we are reaching out to ask you for a donation, in any amount. Donations help sustain our organization and benefit those we serve. Our in-person events are on track to resume. In addition, our virtual connections, newsletters, inspirational posts, and resource mailings, will continue. We are counting on your support to make this possible.

Please consider a donation in any amount. We'd appreciate it!

BECOME A DONOR.

GIVE A GIFT IN MEMORY OF OR JUST BECAUSE YOU BELIEVE IN OUR MINISTRY.

Your name will join the list of others on our website who proudly support Wings.

(Updated and posted annually in May)

How to Donate:

- DONATE through PayPal, at our website.
- Send a check to Wings-a Grief Education Ministry, PO Box 1051, Wausau, WI 54402-1051
- Shop <https://smile.amazon.com/> and select Wings as your charity of choice.

100% of your donation supports Wings. There are no paid staff or administration fees.

We are volunteers serving from the heart. We will send you a tax-deductible receipt for your donation.

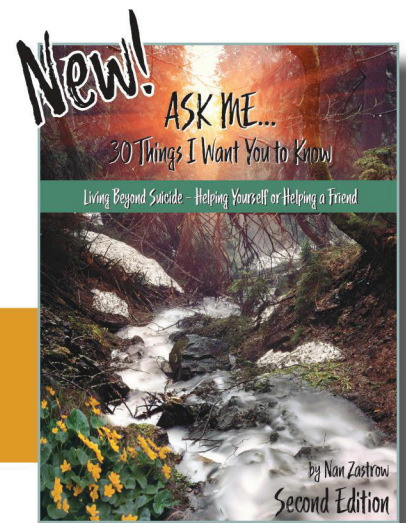
Wings is a 501 c3, charitable organization.

*Wings*TM
A Grief Education Ministry
www.wingsgrief.org

ASK ME...

30 Things I Want You to Know

Living Beyond Suicide - Helping Yourself or Helping a Friend
By: Nan Zastrow



Suicide is often silent. It stalks its victim until it seems the only solution is to give in. Suicide involves two prominent factors, fear and the absence of hope. Nothing seems possible to change the course of the victim's path or future. Survivors are left wondering what went wrong and often the reason for the death is a mystery. Learning to live in our society as a survivor requires breaking the silence to live beyond its taboo. Every victim has a unique story that should be honored.

In 1993, Nan and Gary's son, Chad, suicided and ten weeks later his fiancé took her life, too. Nan admits she spent years hiding from their grief, absorbing every bit of damaging pain, swallowing hard-earned pride, admitting feelings of defeat, and finding excuses for what seemed "hard-to-believe." In time, Nan and Gary learned the silence had to stop, and they had the power to "teach" society how to respond to disabling loss.

All grieverers want to be heard. The information in this book speaks not only to survivors of suicide, but to anyone who grieves, about the elements of grief and the depth of sadness. If you allow a griever to teach you about the uniqueness of his or her grief, you may learn so much more about the sanctity of life.

In this captivating book, Nan clearly describes the progression of survival and tells you 30 Things that every griever is likely to feel. With these revealing thoughts, you will be able to plan your response in positive ways to support them. As a griever, you will find comfort in knowing what to expect and be assured that peace and hope are the ultimate gifts of triumphing over burdensome grief.

\$6.95



Available at:

Wings
A Grief Education Ministry

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