

Grief Thoughts
By Dave Swift, Aftercare Coordinator

Notes of Encouragement

Although cards with comforting words are always nice to receive after a loss, that is not what I am speaking about. Music to many can be a comfort. Pick some songs out that help you pass the time away. After my Dad passed away, I dropped in on my Mom. As I entered the room, I noticed something I had not heard for quite some time. The music in the background was show tunes from an earlier day. Something Mom would do daily before my Dad's illnesses was to get the house cheery for him. That process involved turning on show tunes as background music. Crazy as this may be, they might even dance when dad got home.

When I heard the house filled once again with music, it brought a smile. Mom was thinking about Dad although I am sure there was a moment of tears. At that point, she was smiling and lifted by the music. I was reminded of this a few days ago when visiting the wife of a good friend who had passed. Music was there, and yes, the feeling of loss, but music set the tone for a memorable time together.

I thought of the shepherd boy David who put his hurting moments into song, many of which we refer to today in our times of need. I actually pictured a scene mentioned in the Bible where David sat at the feet of Saul who threw spears and David sang to calm him. You can let the tears flow also, but allow yourself time to express yourself. Over time, you will need these moments less and less, but when they come, seek the peace you need.

I would like to suggest an excellent program available to you at a minimal cost known as GriefShare. In the Myerstown area, there are two programs available. Locally, one is held at New Beginnings Grace Brethren Church. You can contact them by phone at 717-866-5704. You can also view GriefShare's website at <http://www.griefshare.org/> for programs in other locations. Other helpful resources can be found on this page (<http://www.grosefh.com/grief-support/overview>). Should you need to talk to me, you are always welcome to contact me at Grose, A Huie Family Funeral Home at (717) 866-4233. They will notify me and I will call you back.