

Hope for Healing



HOPE

The Seasons of Life

Life is a series of cycles. The sun comes up, the sun goes down. The tide comes in, the tide goes out. A tree flourishes with green leaves in the summer, and as fall rolls around, its leaves will change color, and eventually shed to the ground. Cold fronts begin blowing in to begin the season of winter, and snow may even cover the ground. Everything appears lifeless and hopeless. It seems that the winter will never end. But lo' and behold, spring always emerges, with all its beauty and new life! Flowers bloom, babies are born, and the sun comes out again!

If your life is in a time of winter right now, where everything feels cold and dark, don't lose hope, because Spring is just around the corner! Just because one season is over doesn't mean that another good season isn't on its way! So cuddle up with the ones you love, put on some warm clothes, and brave out the Winter until Spring shows its shining face. Even throughout this winter, the sun will peek out from around the clouds on occasion, so absorb as much warmth as you can while it lasts! Don't feel guilty for having moments of light during a dark time. When you smile, your loved one will smile, too!

Bereavement Services Available:

- *Individual grief counseling*

Mending Hearts grief support group::

open to the community.

Please call the number below for current schedule

- *Educational resources and referrals to groups in your area available upon request.*

Contact:

J. Sita Lewi, LCSW, ACSW

Bereavement Coordinator

Altus Hospice

*11233 Shadow Creek Pkwy,
Suite 123*

Pearland, TX 77584

(281)493-9744

"I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow. I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights. I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life...I've learned that I still have a lot to learn. I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

- Maya Angelou



The Butterfly Story

A man found a cocoon of a butterfly. One day a small opening appeared, he sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and it could go no farther. So the man decided to help the butterfly, he took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily, but it had a swollen body and small, shriveled wings. The man continued to watch the butterfly because he expected that, any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly. What the man in his kindness and haste did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were nature's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon. Sometimes struggles are exactly what we need in our life. If we went through our life without any obstacles, it would cripple us. We would not be as strong as what we could have been. And we could never fly.



~ Author Unknown

The loss of a loved one can be one of the biggest struggles we face in our lives. For this reason, it puts us right on the edge of transformation. A caterpillar going into a cocoon may not know what is going to happen. He may fear that he'll never get out of the cocoon, or that he may not like what he becomes when he gets out. But look at the beautiful creature that always emerges! Yes, he had to struggle like crazy just to get out of there, but through that obstacle, he became more beautiful than ever...so beautiful that people stand in awe of his very presence.

We tend to get so busy and preoccupied with things in this world that, all in all, really shouldn't matter so

much, and we forget or put aside what does matter. Losing a loved one has a way of bringing us back around to what is truly of value and deserves our attention. It helps us get our priorities back in order and reshape ourselves to become better, more loving people.

Unfortunately, we all have to struggle in life, one way or another. We can choose, however, how we respond to that struggle. We can either let it get us stuck in a puddle and soak us with depression, anger, and bitterness, or we can embrace that struggle and allow it to shape us into a more compassionate, strong, understanding, beautiful person.

This is not to say you should downplay your loss, stuff your emotions, and move on

as if nothing had happened. Grieve how you need to grieve and don't rush yourself to "get over it." When you need to express your grief, do it. But don't stop there. Feel what you need to feel and do what you need to do to move forward in the healing process and in your life. Don't just settle for hiding away inside that cocoon. Push through that tiny little hole and transform into the incredible being you were intended to be! Embrace the struggle and emerge as a transformed, breathtaking butterfly! Joy can still be found in your life! Choose to live life to the fullest and feel the wind beneath your wings!