

December 2010 Newsletter Center for Grieving Children

Boys and Girls
Clubs of the Fox
Valley

Volume 5, Issue 12

December, 2010

Peer Support 'Family Night' is set for 12-21-10



6: 00 - 8:15 pm

*Program Topic: Creating a holiday link to those we love,
Ornaments and messages*

Menu: ham, cheesy potatoes, veggies

Lighting a candle in the dark...

We are approaching the winter solstice, the time of year when the days are their shortest and the nights the longest. On the evening of December 21 we will be experiencing almost 15 hours of darkness. What is it about this cocoon of night that has such impact? The velvety dark slows down our activity, gathers us indoors, then helps to turn our focus inward. Perhaps you have felt your own reaction to the sun's waning as it makes a quick, low arc across the sky. Sometimes the long night compounds the feelings of grief and isolation, sometimes there is comfort in the stillness.

Nancy Luen, in her book, *Celebrations of Light*, writes, "Long ago, people found a way to light the darkness. They built fires to keep warm and to cook their food. They lit torches to drive away danger. To help them see at night, they learned to make candles and they came to use them in worship and in celebrations. For thousands of years, people have held festivals of light and lanterns." Lights shine for Christmas; twinkling in shop windows, on tree branches, and along the eaves of houses. Christmas trees glow with the promise of a star. Hanukkah is called the Festival of Lights with the lighting of a Menorah to celebrate the miracle of faith. African-American's light candles to celebrate Kwanzaa, a celebration of family, community and culture.



In this busy time of year, take a moment to notice the dark and the cycles of the earth. Notice, too, your own inner cycles of dark to the light; grief to joy, forgetfulness to remembering. Then light a candle, perhaps together as a family, and watch the flame, the light, illuminate that which surrounds you. Reflect on the light of spirit, and commemorate the life of loved ones who have gone before us to light the way.....*warm wishes from CGC.*

Boys and Girls Clubs of the Fox Valley

160 South Badger Avenue
Appleton, WI 54914

Phone: 920-750-5839

Email: ldamerow@bgclubfoxvalley.org



CENTER FOR GRIEVING CHILDREN

fostering healing, building hope



Survivors of Suicide (S.O.S.)

Helping Those Cope with the Loss of a Loved One by Suicide

Community for Hope of Greater Oshkosh

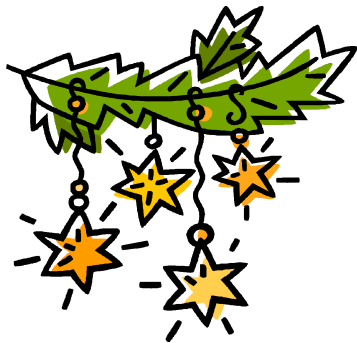
36 broad Street, Suite 140

Oshkosh, WI 54901

SOS Christmas Potluck and Remembrance Ceremony

Thursday, December 16th at 6:30 PM

If you would like, bring a picture to share and a meaningful ornament for the tree (you will be able to take these home). As always, we will have a candlelight vigil and a time for each one to share a memory, along with a moment of silence. If you will be attending and would like to bring a dish to pass, please let us know. Call or e-mail Jenny Wener at 379-7966 / wes6@charter.net



Go slow during the holidays.
Consider the wishes of your children.

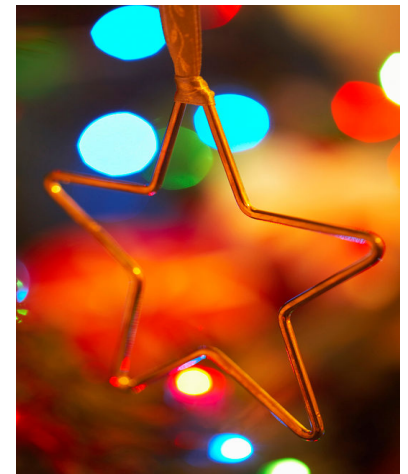
Know that you can't do it all.

Talk about the loved one you miss.

Let the details go.

Do one 'holiday thing' differently.

Ask for help, or a listening ear, from a friend.



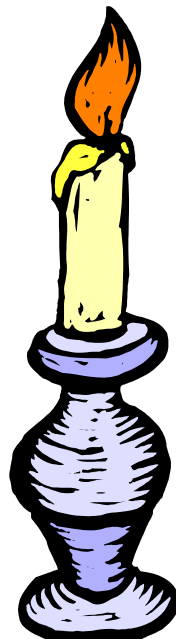
We Remember.....

Birthdays

Valerie V.	12/16/1965
Gillian H.	12/18/1940
Gregory J.	12/29/1959

Anniversary of the Death:

Cheryl H.	12/1/2009
Leslie B.	12/5/2009
Michael N.	12/31/2005



Ring the bells that still can ring.
Forget your perfect offering.
There is a crack in everything—
That's how the light gets in.

-Leonard Cohen

