



Journey in Healing

The Quarterly Newsletter of Bridge of Support, Inc.

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Healing the Mind

The Power of Support for a Grieving Parent

By: Tracey M. Ross

Sometimes it's hard for me to believe that it's been over eight years since my son Lamont passed away. When I think about those early years after his passing and how I thought I wasn't going to survive it, I'm amazed that I'm still here and in my right frame of mind. I know that it was only Jesus who got me through those difficult seconds, minutes, hours, days, weeks, months and years. Although I had a strong and solid foundation with Christ, I experienced so many emotions that there were times when I questioned my faith in Christ. Even though I attended grief counseling, I believe a grief support group, just for parents, would have helped tremendously during those rough times. You see, the grief process for a parent who must go on, after the death of a child, affects every area of his or her life.

If I had a grief support group of other parents, to come along side of me, to comfort me, to share their experiences with me, to encourage me, to listen to me and to support me, I wouldn't have felt like I was all alone. Sure, I had people who told me "Jesus makes no mistakes, time heals all wounds, Lamont fulfilled his purpose in life" and all the other insensitive things people say who either don't have children or have never experienced the death of a child. Those statements would have carried more weight and been received better coming from another parent who had experienced the loss of a child, who had walked in the same shoes as me, and who would have known what to say and when to say it.

I've had so many people say to me that grief is grief. Well, for a parent who has experience the loss of a child, either inside the womb or outside the womb, it's not. There is a whole different level of grief a parent experiences and we need a different type of grief support group, one where parents can share how they really feel without feeling like they must pick and choose their words. Talking and being honest about where you are mentally helps in the healing process as well. Hearing other parents express "I wanted to crawl in a corner and die too, but I kept taking little short breaths and pushing forward" or "I felt like I was about to lose my mind, but something happened in the nick of time to regulate my mind", makes all the difference. There is power when grieving parents come together to support one another, using all that they've gone through to help one another.

Grieving the loss of a child is heart wrenching to a parent. The pain always remains, no matter how long it has been. There is no set time in completing the grieving process. However, as we continue to live and participate in a grief support group, we begin to develop a new type of normal and new relationships. The grief will remain, but not with the same intensity as in the beginning. There will always be trigger moments like birthdays, holidays and the anniversary of their death, that will take you back to the very day and time when it first happened. It's during those times when the support of other parents, who understand where you are, will give you the support, hope, safety and encouragement you need to move forward.

So, I encourage those of you who have experienced the passing of a child, either inside or outside the womb, to get involved with a grief support group for parents. Although you may feel all hope is gone and no one understands the depth of your pain, you're not alone! Bridge of Support is here to help you during this difficult time in your life because there is power in support for a grieving parent.

Nourishing the Body



Buffalo Chicken Pasta Salad

Contributed By: Paulette Butler

This creamy crowd-pleasing pasta salad features the tantalizing flavors of Buffalo chicken with a healthy dose of vegetables.

Ingredients

- 4 ounces whole-wheat elbow noodles (generous 1 cup)
- 1/4 cup mayonnaise
- 1/4 cup low-fat plain Greek yogurt
- 2 tablespoons hot pepper sauce (such as Frank's RedHot)
- 2 tablespoons white vinegar
- 2 cups shredded cooked chicken (about 8 ounces)
- 2 scallions, sliced, whites and greens separated
- 1/2 cup chopped celery
- 1/2 cup shredded carrot
- 1/2 cup crumbled blue cheese

Directions

Cook noodles according to package directions. Drain and rinse under cold water to cool. Meanwhile, whisk together mayonnaise, yogurt, hot sauce and vinegar in a large bowl. Stir in the noodles, chicken, scallion whites, celery, carrot and blue cheese. Garnish with scallion greens and serve.

To make ahead: Refrigerate for up to 1 day.

Nutrition

Serving Size – generous 3/4 cup.

237 calories; 12 g fat (4 g sat); 3 g fiber; 18 g carbohydrates; 14 g protein; 27 mcg folate; 32 mg cholesterol; 2 g sugars; 0 g added sugars; 1,763 IU vitamin A; 6 mg vitamin C; 93 mg calcium; 1 mg iron; 360 mg sodium; 232 mg potassium.

Reprinted Courtesy - www.eatingwell.com

Taking Care of the Body



Wellness

By: Marcia Gethers

Taking care of the body, wellness, is a lifestyle. It is a holistic approach mentally, spiritually, and physically.

A few key elements to taking care of your body are getting proper rest, eating well, and exercise. Avoiding stressful situations or environments are also helpful. Hug yourself a lot. Tell yourself a joke -- Laughter is good.

Begin your process of wellness by accepting that God loves you. Mentally find a quiet place to listen to God and pray for a clear mind. Speak affirmations to yourself and believe that your body is important -- the temple of God.

Remember - What we think and say has a great effect on our bodies. Positive thoughts build, while negative thoughts break us down.

R – Rest - Proper rest helps our body re-start and repair. Sleep is a prayer posture. It is a sacred time of fellowship and restoration with God the Father. It is a time when we yield our conscious selves to Him for safekeeping and the subconscious is still. God enjoys giving rest to those He loves. *It is vain to rise early and stay up late. Psalm 127:2 (NIV)*

E - Eat well - Experiment with healthier recipes. Eat less meat and more fruits, vegetables, whole grains, beans, and nuts. Limit sweets, cheese, bread, milk and fried foods. We need to eat for nourishment and for energy and mind stimulation.

S - Socialization in its proper content is necessary. Communicating, along with building encouraging and supportive relationships keeps you from isolation and depression.

T - Take time to exercise. Take brisk walks. We need to keep moving so that our bodies, bones and internal organs don't become weak and frail.

Make everything WELL with your mind, body and soul!

Feeding the Spirit



Comfort Hope and Encouragement

By: Henrietta Burnett

In difficult times, especially after the loss of a child, we often think, feel or even believe we can't make it, or we can't go on. We go through periods of isolation, some have even tried to drink the pain away, others smoke the pain away – neither have worked in the end. Then there are those who have tried shopping, but what's left once the bags are all put away? You're right back where you started. It's difficult to talk to family and friends (and truth be told – sometimes they even shy away because they don't know what to say to you).

However, there's a peace you can experience, and it doesn't come from any of the above avenues others have tried or recommended. No matter what your situation may be, just know that God has the answer and He has promised to see you through. He understands what you're going through, you can call on Him (night or day) and He will be there. He never gets tired of hearing from you. You can cry, complain, get angry, or whatever the situation may be – He will still be there with open arms, waiting on you.

Sometimes our pain, doubts, and fears, will keep us off focus, but if we want to be comforted, have hope, and be encouraged, we must keep our eyes on Jesus for He's the only one who understands everything we have gone through and He promises to be there until the end.

COMFORT + HOPE + ENCOURAGEMENT = JESUS (He Has It All)



Bridge of Support in the Community

BOS Summer Sports Camp Program – On **Wednesday, June 13, 2018**, BOS partnered with Roberta's House, Inc. ("Roberta's House"), in Baltimore, MD, by donating **\$400.00** in support of Roberta's House "Camp Erin Summer Camp Program", a children and teens grief support camp for youth who have experienced the death of someone close to them. Through the BOS Summer Sports Camp Program, BOS sponsors youth, who are grieving the loss of a sibling or loved one, to attend local sports camps and sporting events.



BOS Parents in Partnership Program – On **Saturday, July 28, 2018**, BOS partnered with the Chastity Brione Dunnville Scholarship Fund, in Towson, MD, by donating **\$200.00** in support of the Scholarship Fund's "6th Annual Crabs for Chas Crab Feast" fundraising event, which was established to provide need-based scholarship awards to students attending the Notre Dame Preparatory School. Through the BOS Parents in Partnership Program, BOS partners with other parents who have established non-profit organizations, foundations and scholarship funds in honor of their deceased children by providing financial support to such organizations.



BOS Parents in Partnership Program – On **Monday, September 10, 2018**, BOS partnered with the Bryan Michael Burnett Scholarship Fund, in Baltimore, MD, by donating **\$200.00** in support of the Scholarship Fund, which was established to provide scholarships to students in the State of Maryland furthering their education in the field of culinary arts or hospitality management. Through the BOS Parents in Partnership Program, BOS partners with other parents who have established non-profit organizations, foundations and scholarship funds in honor of their deceased children by providing financial support to such organizations.





Providing Support through Your Journey in Healing After the Loss of a Child

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Bridge of Support, Inc. is a non-profit organization established to provide support, hope and safety to parents who have experienced the death of a child at any age or stage of life.

As you begin your journey in healing through this difficult time in your life, **Bridge of Support** is here to help. We will assist you by providing support group meetings, quarterly newsletters, monthly letters of hope, support through prayer, yearly conferences, summer camp programs for youth and scholarships for young adults who have suffered the loss of a sibling, as well as referral to various counseling and grief resources.

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