

Helpful tips for managing grief during the holidays



Holiday Grief Symposium

Merry Mourning: Managing Grief during the Holidays

Rev. Regina Franklin-Bayse

- Self-Care:** Grief is draining. Holidays are stressful. Take care of yourself; exercise, nourish, hydrate. Give yourself permission to rest/sleep/nap.
- Be compassionate/gentle with yourself.** Allow yourself to take breaks from regular responsibilities. Set short goals. Reward yourself occasionally.
- Attend to your spirit.** Mourning is a spiritual process of body, mind and spirit. Holidays are spiritually inspired. Express yourself in ways that are meaningful and special to your & your family.
- Be flexible:** Lower your expectations and the pressures you would normally place on yourself during the holidays. Revise holiday plans/discuss with others.
- Discuss traditions and plans with other family members that are important to you/family.** Be specific about who will take over previous tasks of the deceased.
- Think ahead!:** Don't wait and 'play it by ear'. Have a plan mapped out for the day, especially on Christmas Eve, Christmas Day, New Year's Eve & New Year's Day
- Remember to feel:** Don't avoid the sadness. Lean into it. Helen Keller's quote, *"The only way to the other side is THROUGH"*.
- Talk it through with others.** Friend/family/other in whom you trust will make a difference.
- Regular therapy visits/support group offerings.** Make an attempt to attend regularly in the first year or two if possible.
- Write a letter to the deceased.** You can read it at the cemetery, with family members/friends, place in scrap book, or read/scatter. Therese Rando: *Maintaining Bonds with the Deceased*; powerful!
- Journal!** Writing is cathartic to your soul, allowing you to express your most intimate thoughts.
- Make a photo album/scrap book/shadow box.** Share with others. (Kept pics in my car, visited the scrap book store, recollections weekly. It was very therapeutic for me. When this store went out of business 5-7 years later I grieved all over again.)

SLAVERY AT JEFFERSON'S MONTICELLO
 PARADOX OF LIBERTY
 9/22 - 12/31, 2018
 AFRICAN AMERICAN MUSEUM AT FAIR PARK

SPECIAL NOTES

Dr. Patterson,
 Thank you for the special prayers and words of comfort after the loss of my sister, Patricia O'Donnell. You surrounded us with His love, peace and encouraged us with His presence. The lovely plant will continue to remind us of the grace of God and the love we feel at Hamilton Park.
Billie L. Harry McCalla

Holiday Grief Symposium

Sunday, November 25th @ 12:45 pm
 Thursday, December 6, 2018 @ 7:00 pm
 Thursday, January 17, 2019 @ 7:00 pm
 Thursday, February 7, 2019 @ 7:00 pm
 Thursday, March 14, 2019 @ 7:00 pm

Hamilton Park United Methodist Church
 11861 Schroder Rd. Dallas, TX 75243
 Phone - 972-235-4633
 Theparkumc.org

Dr. Sharon C. Patterson - Senior Pastor
 Rev. Chris O'Riley - Associate Pastor

Rev. Regina Franklin-Bayse, MDiv, MS, FT, LMSW, FT: Fellow in Thanatology: Death, Dying & Bereavement

MUSIC Worship FELLOWSHIP Food

New Year's Eve Day Party @ The Park
 Join us for this amazing Worship Brunch
 Featured Vocalist: **Tommie Young-West**
 Monday • December 31st
 10 AM - 12 NOON
 11861 Schroder Road • Dallas, TX 75243

The Church Office will closed on Monday, Dec. 24, and Tuesday, Dec. 25, for Christmas

SPECIAL DAYS WILL BE HOSTING THE PRISON ANGEL TREE THIS YEAR...
 It Starts with a Gift, JESUS.....This is the time of year when we turn our thoughts toward giving thanks and giving to others. You can give joy to children of incarcerated parents by participating in Angel Tree. Select an Angel, purchase gifts, and prepare the gifts to be given to the Angels at the Christmas Party, Saturday, December 15, 2018 at 3pm.

- Angels will be ready for distribution immediately following services on December 2nd and December 9th.
- All wrapped gifts must be turned in by Wednesday, December 12, 2018.

Thank you for your generosity, love and support!
 Special Days Chair, Nancy Williams
 Co-Chair, Eloise Wells

Prison Ministry

The Prison Ministry is seeking **volunteers** to stuff gift bags for their annual Christmas prison visits.

Men are need on **Thursday, Dec. 13**, from 1:00pm – until.

Women & Men are needed on **Friday, Dec. 14**, from 8:30am – until.

Please see LaVan Alexander or Rochester Edmond.

Confirmation 2019...Begins in January!

All children who are age **12 years or older** and who are in the **6th grade or higher** are encouraged to be a part of this spiritual and information class.

As children grow in their Faith Journey, confirmation teaches and reinforces what it means to be a follower of Jesus Christ in the United Methodist Church.

Confirmands will enjoy a time of learning and fellowship on Sunday morning, from January through April.

Confirmation Connection Retreat – January 11-13 at Lake Bridgeport is a great part of Conformation. Early Registration is now open.

Please stop by the Confirmation Table in the CLC after worship this Sunday or contact Kathy Griffith for more information at kgriffith@theparkumc.org.

GAP Ministry

is on break for the holiday season.

We will reconvene in January 2019.

Blessings,

Rev. O'Riley



Christopher Shawn Campbell is a native of Louisville, KY. He received his formal education at the Harry Doss High School. He acknowledged his call to ministry April 1998, under the pastorate of Dr. T. Vaughn Walker, of the First Gethsemane Baptist Church. He was a member of the St. Stephen Baptist Church under the dynamic leadership of Dr. Kevin Cosby, where he served as the pastors preaching assistant. He is a graduate of the University of Louisville with Bachelors in Psychology and a minor in Pan-African Studies. He was a Mae Elizabeth and Theresa Coffman Scholar at the Southern Baptist Theological Seminary where he received a Masters of Arts with a concentration in Church Leadership and Administration. He has completed studies at Duke Divinity and Louisville Presbyterian Theological Seminary and was recognized in 2006 by Who's Who among College Students in America for outstanding academic and leadership performance.

He is currently a Doctor of Ministry student at Duke Divinity School, where his research interests include economic development and educational attainment via his non-profit venture called The H.O.P.E. Center. He has served as the senior pastor of the Genesis United Methodist Church, in Louisville, Kentucky from 2010-2013. While in Louisville, he served on the Louisville Urban League task force called 15K, which seeks to educate 15,000 Louisvillians by 2020. He currently serves as a church consultant for Strengthening the Black Church for the 21st Century and 20/20 Leadership a partnership with the Black Church Initiative, which seeks to revitalize congregations, coach pastors and inspire congregations to think outside of the box. He currently serves as the lead pastor of The Plaza Church in Charlotte, North Carolina. He is a member of Alpha Phi Alpha Fraternity, Inc., works closely with Black Lives Matter of Charlotte and is married to Kennesha Denise and they have three beautiful children Kennedy, Kamryn and Christian. In his spare time, he enjoys golf, reading, traveling and spending time with his children.

Church leaders and committee members please join us for a **BCI Workshop** led by **Rev. Chris Campbell** on Saturday, Dec. 8, from 10am – 2pm in the CLC. RSVP to amosley@theparkumc.org.

On Sunday, Nov. 4, 2018 Dr. Patterson presented a brief over of a **"Way Forward"**.

The North Texas Annual Conference Leader, **Bishop Michael McKee** will host a **"Listening Session"** for **Laity at Lovers Lane UMC** to hear your thoughts on a **"Way Forward"** on **Saturday, Dec. 1, 2018 from 10:00- noon.**

For more information on The Way Forward, please visit - <http://www.umc.org/who-we-are/commission-on-a-way-forward>

CHURCH OFFICE HOURS:
MON - THUR 9 AM TO 6 PM
FRI 9 AM - 12

