



# HEALING THE SPIRIT



## Dear Donor Families,

Summer's end came WAY too fast... but all endings seem to do that!

Florida and NW families will participate in their *In Celebration & Remembrance* events this fall. As we move further into fall, we will be having pre-holiday workshops, memorial events at some VA hospitals, and Remembrance Trees (both events and community/hospital displays.) You may wonder if you can attend events in your area. You are ALWAYS welcome to attend events in your area – invitations are mailed to families for the first four years after your loved one's death. Please check the [healingthespirit.org](http://healingthespirit.org) website, the LNH Donor Family Facebook page, and the quarterly newsletters for dates and information about all our events.

Look for the donor family map in this edition of the newsletter showing where all you wonderful families are located – it helps explain why we can't hold events everywhere! We are looking at changing some of our event locations in 2025 to allow more of you to attend!

Please share your thoughts about events and workshops at [DFS@lifenethealth.org](mailto:DFS@lifenethealth.org). Your feedback helps us plan better support experiences for you!

If you would like more information on any Donor Family Service Programs, please contact us.  
800.847.8731 | [DFS@lifenethealth.org](mailto:DFS@lifenethealth.org)

Summer 2024

Healing the Spirit

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1-800-847-7831 | [healingthespirit.org](http://healingthespirit.org)



## UPCOMING EVENTS



### Florida In Celebration & Remembrance Events

Jacksonville  
September 7, 2024  
11 a.m. - 1 p.m.  
<https://cvent.me/wrBWYo>



Pensacola  
September 22, 2024  
2 p.m. - 4 p.m.  
<https://cvent.me/KvaLKB>



### Northwest In Celebration & Remembrance Events

Edmonds  
October 5, 2024  
2 p.m. - 4 p.m.  
<https://cvent.me/eznYBZ>



Billings  
October 19, 2024  
1 p.m. - 3 p.m.  
<https://cvent.me/1ZK2ql>



### Jacksonville, Florida Holiday Ornament Workshop

Saturday, November 16, 2024  
2:00 pm — 4:00 p.m.  
Limited seating

<https://cvent.me/Rx15LR>  
Please RSVP by November 9, 2024

## Healing Tears



**Dear Dr. Leary:**

***My sister passed away 6 months ago, and I am having a harder time dealing with her death than ever. I pray, I talk about her, I read self-help books and spend all of my time with my family (which helps more than anything). But I still have these overwhelming moments of panic and depression when it hits me all over again that she's gone. Do you have a new suggestion for how I can help take the pain away from my family and myself? Overwhelmed***

*Dear Overwhelmed:*

*The pain of grief is a powerful teacher and a constant companion to you and your family right now as you trudge through the loss of your dear sister. It is common and normal that now, after 6 months, the shock and numbness has lifted to be replaced by a stinging, constant awareness of her absence. The reality of the forever-ness of her death is what you are grappling with. You are trying to find a way to live with the reality without feeling overwhelmed.*

*You ask for help to take away this pain, and my suggestion is that you listen deeply to it rather than try to avoid or “conquer” it. If you do not fight the pain, but acknowledge it, you may be able shift the feeling of vulnerability from suffering into peace. Suffering is an option; peace and wellbeing comes from accepting that Love is enough.*

*Can you let your grief have a voice, as though it is a character that has something to say? If you get quiet and close your eyes, take some deep breaths and ask your grief some questions:*

*“What can you tell me?”*

*“What am I not seeing yet?”*

*“What beliefs are getting in my way of peace?”*

*My suggestion is that you open up your focus. Focus on the quality and the power of the love you and your sister shared. Time is a moot point, because all of us who love feel that there is never enough time with our loved ones. But if we can truly value and trust the strength of that bond, we overcome fears and doubts and move into a deep faith about what will survive death.*

*There must be a great and abiding peace in the story of your sister’s life, and her life with you. That story is not extinguished. As you listen to your grief, you continue to talk about her and perhaps learn something about yourself. You would not be experiencing the sadness were it not for the joy of her life and your connection. Acceptance for all of your feelings is the beginning of wisdom and will carry you through your pain. But that means surrendering to all your feelings and letting them wash over you.*

*The suggestion of that exercise may appall you right now. But at the core of your question is the courage to risk experiencing loss in another way. The openness required to accept that death happens to everyone also links you to all of us, to all of humanity. You are not alone, and you are not a victim. Healing is personal; you will take whatever time you need to move into that place of peace. That peace is the sacred space of wellbeing and trust, where you continue to have a different relationship with your sister. It is a healing that is built on trust rather than confusion and judgment; on patience with yourself and self-acceptance of your journey and your feelings; on the willingness to be vulnerable and open to sadness so that it can guide you through your pain. If you can let the grief companion you, rather than push it away, it will lead you back to the answer.*

*Make Love the focus rather than Loss.*

**Let it be,  
Lani**

*Lani Leary, Ph.D., specializes in work with chronically ill, dying and bereaved clients. Dr. Leary has worked for the past 35 years as a psychotherapist in private practice and in eight hospices across the country.*

Have a question for Dr. Leary? Contact us at [DFS@lifenethealth.org](mailto:DFS@lifenethealth.org).

## Hospital Donor Memorial Events in VA



Hospitals and their medical staff are key to helping donation occur. They call when there is a potential organ or tissue donor knowing their call can mean new life or restored health. To acknowledge their donors, several hospitals have Donor Memorials within their buildings to highlight the compassionate loving act of donation. The following hospitals will be holding Donor Memorial events in VA:

- **10/15/24: Bon Secours St. Mary's**  
Gift of Hope Memorial at 4 – 5 pm in main lobby across from Holy Grounds.  
5801 Bremono Road  
Richmond, VA 23227  
For more information and to RSVP, contact James Gregory, RN, at 804-287-7115.
- **10/29/24 Bon Secours Memorial Regional Medical Center**  
Event will be from 4 – 5 pm.  
8260 Atlee Road  
Mechanicsville, VA 23116  
For more information and to RSVP, contact Erin Clark-Lupo at 804-764-7655
- **11/8/24: Valley Health Winchester Medical Center**  
Remembrance Service will be at 2pm in the Conference Center  
1840 Amherst St., Winchester, VA 2260  
For more information and to RSVP, contact 540-536-8181

- 11/22/24: **Mary Washington Hospital**  
Angel Tree event will be at 6:30pm at the Fick Center  
1001 Sam Perry Blvd., Fredericksburg, VA 22401  
For more information and to RSVP, contact Amy Dahart at 540-840-8444
- November or December: **Riverside Regional Medical Center**, Newport News, VA  
Date & time TBD

## Donor Families Across the USA!

1,740 New Donor Families have joined the LNH Donor Family Bereavement Support program since 1/1/24.

