

# Season of Memories

A Celebration of Life...  
A Time for Remembering



Interfaith Observance

December 10, 2016



## Season of Memories ~ Celebration of Life

<b>Welcome</b>	Terri Hobbs, <i>Executive Director</i>
<b>Poem</b>	“In Blackwater Woods” by Mary Oliver Kate Jaramillo, <i>Chaplain</i>
<b>Musical Reflection</b>	Bre Gregg “Art of Letting Go” by Ara Lee  Musicians: Dan Gildea, <i>Guitar</i> Jeff Langston, <i>Bass</i>
<b>Spoken Reflection</b>	Sam Aylor, <i>Chaplain</i>
<b>Remembrance</b>	Readers: Kate Jaramillo, <i>Chaplain</i> Jill Johnson, <i>Chaplain</i> Michelle Meierotto, <i>Community Liaison</i> Scott Winters, <i>Chaplain</i>
<b>Musical Reflection</b>	Bre Gregg “Into the Mystic” by Van Morrison
<b>Remembrance</b>	Readers
<b>Lighting of the Candles</b>	Led by Sam Aylor
<b>Responsive Reading</b>	“We Remember Them” by Sylvan Kamens & Rabbi Jack Riemer Led by Scott Winters
<b>Closing Blessing</b>	Scott Winters

*After the Celebration, please join us for refreshments – sponsored by Medline.*

## In Blackwater Woods

Mary Oliver

Look, the trees  
are turning  
their own bodies  
into pillars  
of light,  
are giving off the rich  
fragrance of cinnamon  
and fulfillment,  
the long tapers  
of cattails  
are bursting and floating away over  
the blue shoulders  
of the ponds,  
and every pond,  
no matter what its  
name is, is  
nameless now.

Every year  
everything  
I have ever learned  
in my lifetime  
leads back to this: the fires  
and the black river of loss  
whose other side  
is salvation,  
whose meaning  
none of us will ever know.

To live in this world  
you must be able  
to do three things:  
to love what is mortal,  
to hold it  
against your bones knowing  
your own life depends on it;  
and, when the time comes to let it go,  
to let it go.

## The Art of Letting Go

Ara Lee

Winds of change are blowing now  
feel it in my bones, feel it in my bones  
My spirit's light, I'm heavy now  
it's time to let you go, it's time to let you go

And I will put my brave face on  
I will say that this was just the journey  
I will turn around and walk away  
but please forgive me if I stay

I still haven't mastered  
    ...the art of letting go.  
I know I haven't mastered  
    ...the art of letting go.

I will hold these memories  
I wish I'd held you just a little longer!  
Things unsaid will haunt me now  
but I tell myself that this will make me  
    stronger  
so here I am, I'm letting go  
and life is moving on again somehow  
they tell me all I need is time  
but what then do I do with now?

I still haven't mastered  
    ...the art of letting go.  
I know I haven't mastered  
    ...the art of letting go.

## Into the Mystic

Van Morrison

We were born before the wind  
also younger than the sun  
ere the bonnie boat was won  
as we sailed into the mystic  
Hark, now hear the sailors cry  
smell the sea and feel the sky  
let your soul and spirit fly into the mystic

And when that foghorn blows  
I will be coming home  
and when the foghorn blows  
I want to hear it  
I don't have to fear it and I want to rock  
your gypsy soul  
Just like way back in the days of old  
and magnificently we will flow  
into the mystic

When that foghorn blows  
you know I will be coming home  
and when that foghorn whistle blows  
I got to hear it  
I don't have to fear it and I want to rock  
your gypsy soul  
Just like way back in the days of old  
and together we will flow into the mystic

**We Remember Them**  
Sylvan Kamens & Rabbi Jack Riemer

In the rising of the sun and in its going down,  
*(All) We remember them.*

In the glowing of the wind and in the chill of winter,  
*(All) We remember them.*

In the opening of buds and in the rebirth of spring,  
*(All) We remember them.*

In the blueness of the sky and in the warmth of summer,  
*(All) We remember them.*

In the rustling of leaves and in the beauty of autumn,  
*(All) We remember them.*

In the beginning of the year and when it ends,  
*(All) We remember them.*

When we are weary and in need of strength,  
*(All) We remember them.*

When we are lost and sick at heart,  
*(All) We remember them.*

When we have joys we yearn to share,  
*(All) We remember them.*

So long as we live, they too shall live,  
For they are now a part of us, as  
*(All) We remember them.*

## **How will I get through the holidays?**

*12 Ideas for Those Who Are Experiencing Grief*

(Adapted from the book by James Miller – Willowgreen Publishing)

### **Accept the likelihood of your pain.**

Holiday reminders are visible everywhere...you can't avoid them.

Pretending everything is normal is not a solution.

Few holidays are entirely Kodak moments. It is helpful to admit that from the start.

### **Feel whatever it is you feel.**

Sadness, depression, anxiety, fear, anger, guilt, apathy

Sadness – about what you can never have happen again

Depression – depleted of energy, listless, alone

Anxiety – nervous and jittery

Fear – about what will or could possibly happen

Anger – a common response

Guilt – about what you did or didn't do while your loved one was here

Apathy – you may feel numb, impassive, or immobilized.

### **Express your emotions.**

Some cry; some talk; some write; and others keep busy in different ways.

Just be yourself.

### **Plan ahead.**

Plan your day before it arrives.

Talk over your feelings and concerns with people with whom you traditionally spend holidays.

### **Take charge where you can.**

Even if it seems small, you may be able to plan the menu, decorate for the holidays, and decide what gifts to purchase.

Seek rituals that acknowledge the new, but remember the old.

### **Turn to others for support.**

People want to help, and sometimes they *need* to help.

### **Be gentle with yourself.**

Lower your expectations. Rest. Under-commit. Pace yourself.

### **Remember to remember.**

Even simple observances carry lots of meaning.

### **Search out and count your blessings.**

These are sad times, but there were good times.

Cry until you laugh, and laugh until you cry.

### **Do something for others.**

Confucius said, *"The one who wishes to secure the good of others has already secured one's own."*

### **Give voice to your soul.**

Prayer, meditation, spiritual reading...learn how others have walked this path.

### **Harbor hope.**

"If winter comes, can spring be far behind?" – Percy Bysshe Shelley, English Poet

# Acknowledgements

We thank the following staff, volunteers and friends for their support and participation in Season of Memories this year.

Sam Aylor	Kate Jaramillo
AC Caldwell	Jill Johnson
Kim Cannard	Lori Kayser
Debbie Davis	Jeff Langston
Susan Ehrman	Ara Lee
Mary Finn	Michelle Meierotto
Dan Gildea	Pam Miner
Sherri Gold	Sandy Ryding
Barb Gorman	Kim Swan
Bre Gregg	Scott Winters

Barking Spider Pottery  
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Hospice & Palliative Care Charlotte Region  
Jane Siemens Design  
Postal Annex at The Water Tower

## About Bre Gregg

Bre has performed around the world and has an eclectic musical stage education from classical music all the way to jazz and blues. Bre's latest album, *Something to Talk About*, was recorded at a live tribute to Bonnie Raitt that she produced featuring top NW talent.

Bre has performed at the Waterfront Blues Festival, Cathedral Park Jazz Festival, PDX Jazz Festival, Bite of Oregon, Silverton Jazz Festival, Alberta Rose Theatre, Craterian Theater, Everett Theatre, Columbia Center for the Arts, and the Left Bank Annex, where she opened for Lily Tomlin.



### **Our Mission**

Housecall Providers is dedicated to providing quality home-centered medical care, integrating primary, palliative and hospice services for homebound members of our community. We offer compassionate physical, emotional and spiritual support through life's journey.

### **Our Programs**

**Primary Care:** Team-based, proactive and person-centered primary care delivered to homebound patients with multiple chronic health conditions in their own homes.

**Transition Care:** Our Transition Team provides extra support for patients as they move across healthcare settings, improving outcomes, increasing patient and family satisfaction, and reducing hospital readmissions.

**Palliative Care:** Led by the primary care provider, our Palliative Care team provides enhanced nursing and social work support in addition to spiritual care with a goal of implementing a full continuum of care for our patients and their families.

**Hospice Care:** The goal of our Hospice program is to help those we serve experience an aware, pain-free life, while living each day to the fullest. Our interdisciplinary hospice team works to develop an integrated plan of care that fully involves the patient, family and caregivers so that all feel honored, cared for and respected during life's final transition.

For more information about our **Bereavement Services**, please contact:

A.C. Caldwell, MDiv  
Bereavement Coordinator  
acaldwell@housecallproviders.org  
(971) 202-5501

### Help Support the Mission of Housecall Providers as a Volunteer!

- Our dedicated group of volunteers contribute in a variety of ways – from sitting one-on-one with our patients, providing support and companionship, to offering much needed help “behind-the-scenes” in the office.
- For more information on volunteering with Housecall Providers, contact Todd Lawrence by e-mail at [tlawrence@housecallproviders.org](mailto:tlawrence@housecallproviders.org), or by phone at (971) 202– 5515.

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*Thanks to **Jet Set Coffee** for providing refreshments at the reception!*



*Special thanks to **Threadgill's Memorial Services** for sponsoring the printing of this program.*

