



*Rick Alvey, Chaplain*

## “What Is It?”

What is it that gives you a sense of purpose for your life? What is it that motivates you to get out of bed each day? What is it that occupies your heart and your head? What is it that energizes you to live life?

When we lose a loved one we lose a portion of what makes life worth living. The amount of space a loved one holds in our heart is different for each of us. The significance of the loss we feel depends on both the kind of relationship we had with them and the depth of that relationship. And sometimes we don't realize how much of our heart was filled with this loved one until they are gone.

No matter what place this loved one held in our heart we have to wrestle with the reality that they were to some degree a significant portion of what made life worth living. So what is it that will fill the space left by the absence of this loved one? It may be someone or something

that is already a part of your life like family members, friends, a church community, a group of volunteers, a social club or a job. Or it may need to be something or someone new.

Whatever or whoever it might be you'll need to let it take up more space in your life as a source of what motivates you to keep going. To do this does not mean we are forgetting our loved one or replacing them. We are simply exploring and adjusting what it is that energizes our day-to-day journey through life.

This won't happen quickly or overnight and may take months to figure out. The important thing is to keep asking and exploring “What Is It?” so that we can discover and hold onto whatever keeps us moving forward through life. And don't stop asking this question because it does tend to change or shift from time to time.

A decorative image of several colorful butterflies in various colors including blue, purple, yellow, green, and red, flying across the page.

Having others around you who are understanding and supportive is essential. We hope you have such people in your life. But if you don't, please know that we are here to share the journey with you.

**The Reid Hospice Bereavement Group & Perinatal & Infant Loss Support Group** times are listed on this newsletter. If you would like to join us for a session, give us a call! As you remember your loved one's life, may you experience joy, peace and healing as your journey continues.

## Reid Hospice Bereavement Group

You are invited to join us for an informal monthly support group with people who share the recent loss of a loved one. The Reid Hospice Bereavement Group meets in the Reid Outpatient Care Center, 1100 Reid Parkway. **If you plan to attend either session or have other questions, please call (765) 983-3344 or (888) 983-3344.**

### **Afternoon group**

2:30 p.m. the third Wednesday of each month.

### **Evening group**

6:30 p.m. the first Tuesday of each month.

## Perinatal & Infant Loss Support Group

For families who have experienced ectopic pregnancy, miscarriage, stillbirth, or the death of an infant. We meet at 6 p.m., the third Tuesday of each month in Classroom C, 1100 Reid Parkway. **Please call (765) 983-3020 to confirm attendance if driving long distance, if inclement weather is possible or with any questions.**



**Reid Health**

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ReidHealth.org

holeness – in body, mind, and spirit – is basic to fulfillment of human potential. Reid Health and its people work with others to enhance wholeness for all those we serve.



**Reid's mission**