

IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE REV, MAUREN OR THE REV, JOAN FARSTAD, 319-505-3048.

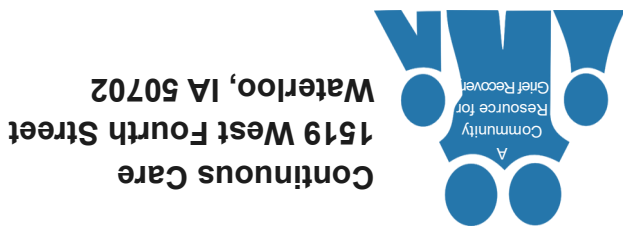
WEATHER ALERT: If schools or businesses are closed due to the weather, the meeting is canceled.

Please feel free to bring a friend — All groups are free and open to all.

Afternoon Grief Support
TIMES: 11:30 AM - 5:30 PM
WHERE: Kimball Ave. 2101 Ridgeway & Kimball Ave.
DATES: January 2, February 6, March 5

Grief Support Social Outings
TIME: 5:30-7:00 p.m.
WHERE: Pizza Ranch Restaurant, 4302 University Ave., Cedar Falls
DATES: January 2, February 6, March 5

JOIN US EVERY THURSDAY!
2020 Continuous Care Support Groups



Continuous Care
1519 West Fourth Street
Waterloo, IA 50702

THE CARE COURSE

Grief and Addiction

Grief and addiction are tragically connected, with one often causing the other.

Rehab can help individuals cope with both and end the cycle.

Selections by Krystina Murray, full article published at: www.rehabspot.com/treatment/continuing-care

How Grief Causes Addiction

Losing a person you love is one of the most painful trials and tribulations of life. The pain can lead to psychological stress and the development of substance use disorders. With the onset of grief, it is not uncommon for someone who loses their loved one to experience a range of emotions that fluctuates from denial and rage to depression. In response to this onslaught of emotions, even previously-sober grievers may turn to alcohol or drugs to numb the pain, and those with a predisposition to or history of substance use may find themselves slowly, they begin to drink or use more and more as a means to regulate their emotions. Binge drinking and heavier periods of episodic drinking or drug use may then develop into a full-on addiction, (in the case of alcohol) where someone begins to need alcohol just to function.

Grief can take a serious toll, even on the most resilient of people. Alcohol and drugs are an easy and often comforting coping mechanism to those grieving the loss of a loved one, but it is only one of self-destruction. Abusing alcohol and drugs gives way to further grief, making it even harder to work through grief. It is important that individuals in the process receive the help they need and express their emotions in a healthy way, rather than alcohol as a means of self-medication.

Grieving the Loss of a Loved One to Addiction

Losing a loved one to a substance use disorder is probably one of the most difficult losses one can endure. Each day, America loses 115 people to drugs like Heroin and Fentanyl. In 2016, 17,087 people died due to Opioid addiction. Family members and loved ones who experience a cycle of grief.



These experiences can include:

- Shock
- Denial
- Anger
- Bargaining
- Depression
- Acceptance

Grieving the Loss of Innocence and Joy

Grief and addiction are connected in many ways. The individuals struggling with the disease of addiction may grieve times when their lives were free of harmful substances...(Continued, page 2)

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Diction Today

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Safely Home

by Author Unknown

I am home in heaven, dear ones;
Oh, so happy and so bright.
There is a perfect joy and beauty
in this everlasting light.

All the pain and grief is over,
every restless tossing passed;
I am now at peace forever,
safely home in heaven at last.

Did you wonder I so calmly
Trode the valley of the shade?
Oh, but Jesus' love illuminated
Every dark and fearful glade.

And He came Himself to meet me
in the way so hard to tread;
And with Jesus' arm to lean on
could I have one doubt or dread?

Then you must not grieve so sorely,
for I love you dearly still.
Try to look beyond death's shadows;
Pray to trust our Father's will.

There is work still waiting for you,
so you must not idly stand.
Do it now, while life remaineth;
you shall rest in Jesus' land.

When that work is all completed,
He will gently call you home;
Oh, the rapture of that meeting;
Oh, the joy to see you come!

The Thing Is

by Ellen Bass

to love life, to love it even
when you have no stomach for it
and everything you've held dear
crumbles like burnt paper in your hands,
your throat filled with the silt of it.
When grief sits with you, its tropical heat
thickening the air, heavy as water
more fit for gills than lungs;
when grief weights you like your own flesh
only more of it, an obesity of grief,
you think, How can a body withstand this?

Then you hold life like a face
between your palms, a plain face,
no charming smile, no violet eyes,
and you say, yes, I will take you
I will love you, again.

The Art of Being Happily Single

By C. De Lima, published <https://tinybuddha.com>

Over the past ten years, I always had a man by my side. I was always in a relationship.

I was in a relationship for eight years before my ex and I got engaged, then broke it off because of the distance—my ex's reason. Not long after that I got into a two-year relationship with a man who loved, yet cheated on me. It was a messy breakup.

So after ten years in relationships, I found myself alone. I'm thirty-one and single! Recently some questions have bounced around in mind: What happened to me during those years? What did I get, gain, achieve in these two relationships? Why am I now alone? What will I do? How do I do things by myself?

Now what? Where to start?

I started to panic, to hyperventilate—until I found this quote:

“Single is not a status. It is a word that describes a person who is strong enough to live and enjoy life without depending on others.”

Yes, I am scared. I was so used to sharing everything. I was so used to having someone around.

But the reality is I am my own person, and if I can't enjoy being single, how can I enjoy being with someone else?

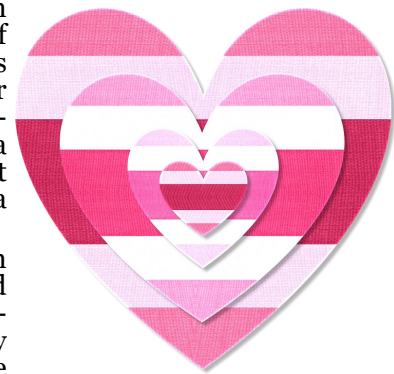
So I started reading about being single, and interviewing other happy single people. Surely I wasn't the only thirty-one-year-old person who felt uncertain about her new singleness. I needed to find proven ways to be happy as a single adult woman.

In my research, I learned some important truths about being single:

1. Being single gives you time to be by yourself, with yourself. Finally, some me time. This is the time to reconnect with myself, a time where I can talk to myself, debating all the questions and answers that are bouncing in my head. This is the time of reflection. This is the time of acceptance and letting go, which brings me to the second point...

2. If you don't let go of the past, you will never appreciate the present. Yes, I have fond memories of my exes, but that was in the past. I know I will always cherish those memories, but I need to stop clinging to them to live for today and plan for tomorrow. Buddha said every day you are born again—that means new experiences and adventures for today!

3. It's only after you have lost everything that you are free to find out what you were missing. During those ten years, I lost love, a pregnancy, and my health. I truly believed I had lost everything. I can't even start telling you how many tears I shed during those difficult times. Now that I'm single, I have an opportunity to do all the things I put off while I was putting all my energy into my relationships. I have to believe that I will eventually have the things I lost, but for now I'm taking this time to enjoy myself and complete myself.



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