

Welcome to our Newsletter

January ~ February ~ March 2025

Issue 15

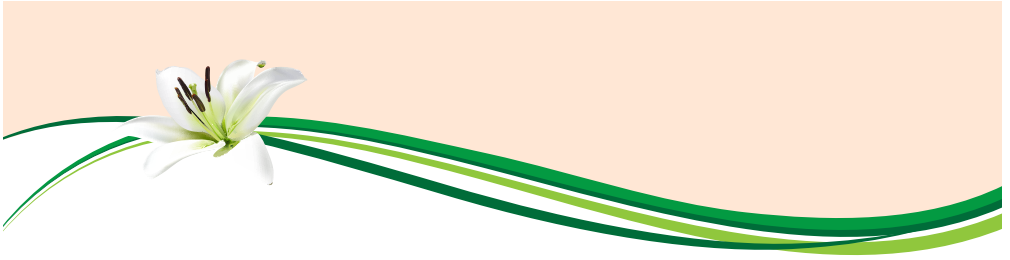


As the New Year Dawns

It's natural to feel the weight of another calendar turning when you're grieving a loved one. Many around you may be celebrating new beginnings and fresh hopes, but your heart might be feeling heavy with loss and memories. Entering a new year without someone you deeply care for can be one of the hardest things you'll face and it's okay to feel that ache. Yet, within this difficult journey, there is space to find peace, honour the memory of your loved one and gently embrace hope for the future.

The pain of grief can feel relentless, particularly in the light of the optimism that New Year celebrations may bring for others around us. You might wonder how to move forward, or even question if it's right to feel happiness again. These feelings are natural and remember that there is no timeline for grief. Healing doesn't mean forgetting or "moving on" in a way that leaves someone behind. It's about carrying them with you differently and eventually, finding a place where their memory brings more warmth than sorrow.





A new year often brings with it pressure to make resolutions but if you're grieving, consider creating a gentle approach. Perhaps your resolution could simply be to take things one day at a time, or to be kind to yourself as you navigate this difficult path.

Some people find comfort in setting small, healing intentions, such as honouring your loved one's memory in personal ways or finding time to do activities they loved, or that you enjoyed together. These small acts can offer moments of connection even in their absence.



You may find hope in remembering that grief changes over time. Lean into the moments that bring you comfort. They may come from unexpected places - a song, a sunrise, a shared memory, or the love and support of others. Allow these bittersweet moments to remind you that while your loved one is not physically with you, they continue to be part of your life in meaningful ways.

The new year can also be an opportunity to reach out. Connection, even when it's difficult, can bring a sense of feeling supported. Share your memories with friends and family, consider joining us at our regular Coffee Mornings, our online Meetup group or our Grief Journey bereavement group. If you are really struggling you may feel you need the help of one of our counsellors, who understand the unique pain of loss. There's no shame in asking for support, and sometimes sharing your burden lightens it, if only just a little.

As the year unfolds, remember there will be good days and bad days. Be patient with yourself. Grieving is not about forgetting, but learning to carry love and memories forward. You may not feel completely healed in a year, but as you honour your loved one and take gentle steps, you may find yourself in a softer place, where hope quietly re-emerges.



A message from Jonathan

As another new year begins, I inevitably find my thoughts turning to what the next twelve months will bring. We seem to be living in more and more uncertain times. When we are grieving, the world can be an overwhelming place. I have learnt to take each day as it comes, doing what I can and accepting the limitations of what I cannot do. I know how important it is to practice self-care and that showing ourselves a little TLC when we need it allows us to build up the strength to face whatever life decides to throw at us. So, as we all endure the darkest days of winter, we must go easy on ourselves and remember that brighter days are sure to come.

My sincere thanks to all who attended our Christmas Coffee Morning and Remembrance Services and gave so generously to our chosen charity, Mountbatten Hampshire.

The total raised was

£1,661.04

I have also been asked to pass on grateful thanks from the Hamwic Street Kitchen, who were touched by your huge donation of items for their Christmas Shoebox Appeal for the homeless in Southampton. They tell me it was their largest ever donation. I know your kindness and generosity will make a big difference.

Wishing you all a healthy and peaceful new year.

Jonathan



Interesting Dates for your Diary



JANUARY

is National Clean Up Your Computer Month and National Hot Tea Month

3rd January

Festival of Sleep Day

4th January

World Braille Day

10th January

National Houseplant Appreciation Day

14th January

National Dress Up Your Pet Day

20th January

Blue Monday

21st January

National Hug Day

29th January

Chinese New Year (Year of the Snake)



FEBRUARY

is LGBT History Month and the February full moon on 24th is known as the Snow Moon

2nd February

Groundhog Day

7th February

National Send A Card to A Friend Day

10th February

Lunar New Year

14th February

Valentine's Day

17th February

Random Acts of Kindness Day

22nd February

World Thinking Day

28th February

Ramadan begins

MARCH

is Women's History Month and Endometriosis Awareness Month

3rd March

British Pie Week

4th March

Shrove Tuesday (Pancake Day)

5th March

Ash Wednesday (beginning of Lent)

6th March

World Book Day

14th March

Dog Theft Awareness Day

20th March

International Day of Happiness

25th March

International Day of Remembrance of the Victims of Slavery

Poetry Corner

A Winter's Chuckle

Oh winter, you frosty and mischievous sprite
You turn the days short and gobble the light
You send out your army of snowflakes galore
And sneak ice on pavements
outside my front door.

You puff up your cheeks with a blustery gale
That flips my umbrella and ruins the mail
You frost up my windows with sneaky delight
Like a toddler with crayons
who's up past midnight.

My car won't start - its battery's done
And scraping the windshield? Oh, what fun!
My scarf's always itchy, my hat's never cool
And somehow, my boots always fill up
with slush-pool.

Yet amidst all your pranks and your icy routines
There's beauty in sparkles of snowflake scenes
The kids on the sleds with cheeks all aglow
The silence that blankets the world
when you snow.

So carry on, winter, your mischievous spree
But don't get too comfy
- spring's coming for thee!
And though I may grumble
and fuss at your chill
I'll miss you... until my next heating bill.

Anon

Through Winter's Shadows

Beneath the weight of winter's veil
The world turns cold, the colours pale
The winds lament, a mournful sigh
As grey clouds gather in the sky.

The nights grow long, the days retreat
The bitter air, a frosted sheet
But in the dark, the heart held fast
Knowing winter's reign won't last.

Now light returns, the thaw begins
The earth awakens, life within
Through darkened days, we find our song
The will to grow, to rise and be strong.

Anon



Charity Spotlight

In this addition we turn our spotlight onto No Limits, a Southampton charity which provides much needed support for children and young people.



Safe Haven Southampton

Out of hours crisis support for children and young people in Southampton up to the age of 25 who are experiencing difficulties with their mental health

- Out of Hours crisis support with mental health
- Help to explore your current situation
- Learn self-management techniques
- Enable you to make positive changes

Mondays

Group drop-in session for 15-25 year olds – 6.00 - 7.30 p.m.
One to one sessions – 7.30 - 8.30 p.m. (by appointment only)

Wednesdays

Web chat and phone support – 6.00 - 8.30 p.m.

Fridays

Group drop-in session for 11-14 year olds – 4.30 - 6.00 p.m.
One to one sessions – 6.00 - 7.00 p.m. (by appointment only)

Saturdays


Web chat support – 10.30 a.m. - 1.00 p.m.

*Drop in sessions take place at
35 The Avenue, Southampton SO17 1XN



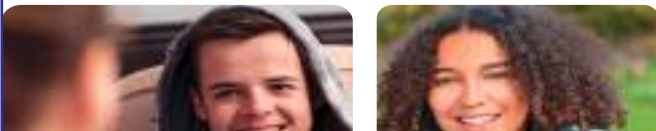
Contact us today to
find out more:

 35 The Avenue
Southampton
SO17 1XN

 02380 224 224

 07918 259 365

 enquiries@
nolimitshelp.org.uk



www.nolimitshelp.org.uk
023 8022 4224



The White Lily Centre

A Gathering Place for Bereavement Support,
Comfort and Education

Join us at our

Coffee Mornings

DATES FOR 2025

Tuesday 14th January
Tuesday 28th January
Tuesday 11th February
Tuesday 25th February
Tuesday 11th March - *Guest Speaker*
Tuesday 25th March
Tuesday 8th April
Tuesday 22nd April
Tuesday 13th May
Tuesday 27th May
Tuesday 10th June
Tuesday 24th June - *Guest Speaker*
Tuesday 8th July
Tuesday 22nd July
Tuesday 12th August
Tuesday 26th August
Tuesday 9th September - *Guest Speaker*
Tuesday 23rd September
Tuesday 14th October
Tuesday 28th October - *Big Yellow Coffee Morning*
Tuesday 11th November
Tuesday 25th November
Tuesday 9th December - *Xmas Coffee Morning*

The White Lily Centre

invite you to join us at

Woolston Bowling Club,

Temple Road, Woolston SO19 9FE

where you will be able to meet and share
stories in a relaxed and friendly atmosphere.

For further information, please contact

Margaret Francis on **023 8044 0961**

Email: margaret@thewhitelilycentre.co.uk



Join us from 10.30 a.m. - 12.30 p.m.

BOOK CORNER

Following on from Jonathan's observations on taking care of ourselves throughout the season, the following book comes to mind:

Wintering by Katherine May

Wintering is a poignant and comforting meditation on the fallow periods of life, times when we must retreat to care for and repair ourselves. Katherine May thoughtfully shows us how to come through these times with the wisdom of knowing that, like the seasons, our winters and summers are the ebb and flow of life.

A moving personal narrative interwoven with lessons from literature, mythology and the natural world, May's story offers instruction on the transformative power of rest and retreat. Illumination emerges from many sources: solstice celebrations and dormice hibernation, C.S. Lewis and Sylvia Plath, swimming in icy waters and sailing arctic seas.



Ultimately, *Wintering* invites us to change how we relate to our own fallow times. May models an active acceptance of sadness and finds nourishment in deep retreat, joy in the hushed beauty of winter and encouragement in understanding life as cyclical, not linear. A secular mystic, May forms a guiding philosophy for transforming the hardships that arise before the ushering in of a new season.



The White Lily Centre

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The White Lily Centre is sponsored by Jonathan Terry Independent Funeral Directors Limited