



# Comfort for the Grieving Heart

**St. Luke's Hospice Bereavement Program 484-526-2499**

**January 2026**

## **A New Year: Finding Your Way**

As we enter 2026, for many this marks a new beginning, resolutions, and new possibility. We begin to create goals to help us find ourselves and accomplish what we want the next year to bring. We flip the page of the calendar and suddenly another new reality hits us on multiple levels: it's a new year without our loved one. Depending on where you are in your grief journey, you may face the year with anxiety and longing for the comforts of the past. You may be fearful of what the new year may bring and wonder if you can handle any more challenges. Your emotions may be so raw that finding a way to get through one day is overwhelming; the notion of what to do with a whole year may seem unfathomable.

What does that mean for us physically, emotionally, socially, spiritually and cognitively? Time does move on; but we know, from our personal grief experience, that grieving doesn't work that way. We don't "move on." We change. We reconcile. We look forward, in our own good time, and revise our hopes for our future, with awareness that life as we knew it is no longer available to us. We cannot un-experience the experience of our loss. We will see our futures through the lenses of both life and loss and that changes who we are now, how we see the world and decisions related to who we will become – in the coming year and beyond.

As you prepare for a new calendar year, full of new experiences and memories to be made, there is a process of not only looking back, but also looking ahead. Grief can be a reminder of what is really important to us, what we value and what brings us joy. It reminds us that we are still here, we have a future, and that we can in fact have some control over our future. Be patient with yourself and your grief.



For more information about the services offered by the St. Luke's Hospice Bereavement Program or if you would like to be added or removed from our mailing list, please contact us at 484-526-2499. Newsletters are also available electronically by calling our office or online at [www.sluhn.org](http://www.sluhn.org) (search - grief)



### **New Year's Resolutions for the Bereaved: This year, I resolve to....**

- Give myself time. Loving someone means loving them for my lifetime whether they are physically present or not.
- Tell their stories, the happy & the sad, they will live on through me.
- Encourage others to share memories.
- Teach others that they cannot “make me cry”, my tears are an outward expression of how I am feeling.
- Understand that crying or otherwise expressing my pain is healthy & normal. “Doing well” means I am expressing myself.
- Understand that others may not understand my pain and it isn't fair to expect them to do anything but listen
- Do something nice for myself every day.
- Know that if today I cannot do everything that needs to be done, tomorrow is another chance to get it done.
- Cry when I need to, laugh when I can, and not feel guilty about either one.
- Let go, bit by bit, of the guilt, regret, and anger because I know holding on to these can be damaging.
- Take a risk and let others into my life and heart.
- Take care of my physical, emotional & spiritual self.
- Reinvest in life a little bit each day....

Adapted from Tanya Lord, The Grief Toolbox

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## Our Monthly Support Groups

Our bereavement support groups are facilitated by one of our grief counselors. We provide a safe and collaborative space to process your grief journey. For more information, call us at 484-526-2499.



### Bethlehem Area Support Groups

Wesley United Methodist Church, 2540 Center St., Bethlehem 18017 **10-11:30am: 1/2, 2/6**

Hanover Twp. Community Center, 3660 Jacksonville Rd, Bethlehem 18017 **6:30-8pm: 1/20, 2/17**

### Brodheadsville Area Support Group

Western Pocono Comm. Library, 131 Pilgrim Way, Brodheadsville 18322 **1-2:30pm: 1/7, 2/4**

### Carbon/Schuylkill Area Support Group

St. Luke's Miners Campus, 360 W. Ruddle St. Coaldale, PA 18218 **1-2:30pm: 1/14, 2/11**

### Sellersville Area Grief Program

Jerusalem Evangelical Lutheran Church, 733 Ridge Rd. Sellersville 18960, 1-2:30pm

Six week grief education and support program beginning on 1/19—2/23.

**PRE-REGISTRATION IS REQUIRED. SPACE IS LIMITED. CALL 484-526-2499 TO REGISTER.**

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## Good Grief Workshops

These virtual 90-minute workshops are offered monthly to provide you with a better understanding of what grief is. This workshop is informational, interactive, and a good starting point towards entering our in-person support groups. Sign-up is recommended for those 4-6 weeks out from their loss. For more information, call 484-526-2499.

**Join us from 1-2:30pm: January 29; February 12**

**Join us from 6-7:30pm: January 7; February 18**

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## St. Luke's Senior Meals

St. Luke's University Health Network provides healthy, affordable meals for seniors (65 or older). It's a great opportunity for a great meal at a great price (under \$5 for an entrée, salad, side, veggie, dessert and drink) and enjoy meeting new people. **ALL ARE OFFERED WEEKDAYS ONLY.**

- **Anderson, Carbon, Upper Bucks & Warren Campuses – DINNER 4pm-6pm**
- **Geisinger/St. Luke's—DINNER 4:30pm-6pm**
- **Miner's Campus— LUNCH 11:15am –1:30pm; DINNER 4:15pm-6pm**
- **Monroe Campus—LUNCH 11am-2pm; DINNER 4pm-6pm**



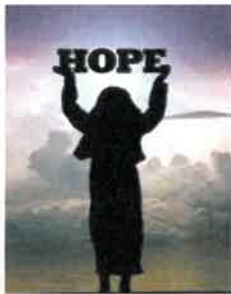
## Video Library

St. Luke's website includes a dozen short videos that provide information about the grieving and mourning process and ways to care for yourself after a loss.

To view the videos, go to <https://www.sluhn.org/vna/hospice>. Scroll down to "Grief Support".

Click onto the video library heading "Want to understand your grief?" at the bottom of the page.

Then view the videos from the comfort of your home.



## Other Places to Find Support

We encourage you to call the number on the back of your insurance card to find resources paid by your individual insurance plan. Find an individual therapist at [psychologytoday.com](http://psychologytoday.com)

### Community Bereavement Resources

**Bradbury Sullivan LGBT Community Center** offers bereavement support for LGBT people who have experienced loss. Visit [bradburysullivancenter.org](http://bradburysullivancenter.org) or email at [reilly@bradburysullivancenter.org](mailto:reilly@bradburysullivancenter.org).

**Cancer Support Community of the Greater Lehigh Valley** provides professional programs of emotional support and education. Visit [cancersupportglv.org](http://cancersupportglv.org).

**The Compassionate Friends** offers ongoing support for parents, grandparents, and adult siblings grieving the loss of a child, grandchild, or sibling. Visit [thecompassionatefriends.org](http://thecompassionatefriends.org). Enter your zip code to locate the local chapter and contact person near you.

**Doylestown Hospital Hospice** offers a variety of support groups and programs that change seasonally. Visit [doylestownhealth.org/hospital/services/bereavement](http://doylestownhealth.org/hospital/services/bereavement) or call 215-345-2079.

**Gentle Yoga for Grief, Stress and Life Transitions** is currently being offered virtually by Wendy Littner Thompson, M.Ed., LPC, RYT. Visit [givinggriefavoice.com](http://givinggriefavoice.com) or call 610-730-1992. Be sure to indicate if your loved one was a St. Luke's Hospice patient.

**GRASP (Grief Recovery After a Substance Passing)** currently offers two virtual evening meetings per month, plus an afternoon meeting at the Oasis Center. Call 484-788-9440.

**Grief Share** is a faith-based support group offered throughout the Lehigh Valley. Visit [griefshare.org](http://griefshare.org) and enter your zip code to find the contact person and program near you.

**Lehigh Valley Health Network** offers many groups and services for adults and children between the ages of 6-17. Call 610-402-7481. For information about program offerings in the Pocono area, call 272-762-3826 or email [Bryson.Boes@lvhn.org](mailto:Bryson.Boes@lvhn.org).

**OASIS Community Center** offers a variety of support groups to those grieving a loss due to substance-related causes. Therapist-led meetings are held in-person and virtually for bereaved parents and young adults (siblings, partners, friends, etc.). Visit [oasisbethlehem.org](http://oasisbethlehem.org), call 484-747-6825 or email at [rhonda@oasisbethlehem.org](mailto:rhonda@oasisbethlehem.org).

**Suicide Loss.** The American Foundation for Suicide Prevention has excellent information on risk factors, statistics, and education about suicide. Visit [afsp.org](http://afsp.org) and enter your zip code to find the chapter/contact person near you. All chapters are run by people who have experienced the suicide of a loved one.

### Support Information in New Jersey

**Karen Ann Quinlan Hospice** offers support to those who are grieving the death of a loved one. For more information, call 973-948-2283 or visit [karenannquinlanhospice.org/services/bereavement](http://karenannquinlanhospice.org/services/bereavement).

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