



1078 Rice Street

St. Paul, MN 55117

www.bradshawfuneral.com

RETURN SERVICE REQUESTED

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Grief Resource Center

The Grief Resource Center is directed by Tony Del Percio and is available to all those who have experienced the death of a loved one. It is sponsored by Bradshaw as part of our community service and ongoing support following the funeral, at no cost. This newsletter is sent to families for a period of one year after a death. After one year, if you would like to continue receiving the newsletter, be removed before the one year, or like to get the newsletter by email rather than mail go to bradshawfuneral.com/newsletter. For more information contact Tony at 651-489-1349.



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Managing the Holidays

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20. XESIERCE _____

Go to www.Bradshawfuneral.com for the answers.



PROVIDING EDUCATION AND SUPPORT AT A TIME OF LOSS

Holiday Service OF REMEMBRANCE

The Bradshaw Family and Staff invite you and members of your family to our annual service of remembrance this holiday season. This beautiful service is a wonderful way to remember those who have died. The service consists of music, readings, and candle lighting, as well as the presentation of a special ornament to be given to each family in memory of their loved one. The services, locations, and dates are as follows:

Tuesday, December 12, 2023 at 7:00 p.m.

Bradshaw, 3131 Minnehaha, Minneapolis

Please RSVP to Page at 612-724-3621 by Friday, December 8

Thursday, December 14, 2023 at 7:00 p.m.

Bradshaw, 4600 Greenhaven Dr., White Bear

Please RSVP to Cynnthia at 651-407-8300 by Monday, Dec. 11

Saturday, December 16, 2023 at 2:00 p.m.

Bradshaw, 1078 Rice St., St. Paul

Please RSVP to Erin at Rice St. at 651-489-1349 by Wednesday, Dec. 13

Saturday, December 16, 2023 at 7:00 p.m.

Bradshaw, 2800 Curve Crest Blvd., Stillwater

Please RSVP to Liz at 651-439-5511 by Wednesday, Dec. 13

We will be live-streaming the December 16 services on our website for those who wish to participate virtually. Watch the services live at BradshawFamily.com.

TONY IS RETIRING

I started in funeral service 45 years ago, with most of that time spent doing grief and loss work in helping families cope with the death of a loved one. Being a grief counselor has been very rewarding, as I have seen people grow and find a new meaning and purpose in life.

So, after 45 years I have decided it is time for retirement. It truly has been a blessing to have walked with people in their grief journey and to have seen how they have grown over time to find a new purpose and meaning in life. I have held hundreds of groups and have talked with thousands of people over the years and hopefully made some difference in their lives. For the past 16 of my 45 years in funeral service, I have been the grief counselor at Bradshaw. I want to take this time to thank them for the opportunity they have given me to be part of this organization and allowing me to provide after care services to families who call on Bradshaw. So, thank you to the Bradshaw family for trusting me to be part of this company.

Don't worry — I will still be around, as I plan to continue my celebrant work not only for funerals, but for weddings as well.

HELPFUL HINTS *for getting through the holidays*

1. Decide what you can handle comfortably. It is okay to ask for help and share the responsibilities.
2. Make some changes if they feel comfortable for you. It is okay to make changes to traditions.
3. Consider doing something special for someone else. Donate a gift or money in memory of your loved one to a charity or church.
4. Recognize your loved one's presence in the family by placing a column candle centerpiece (in your loved one's favorite color) on the table with small trinkets that symbolize your loved one. Then use this centerpiece throughout the year as a way to remember them.
5. Be honest and allow yourself to express your feelings. Share your concerns, apprehensions, and feelings with family and friends.
6. Maybe skip shopping this year and give gift cards. Often times we may not have the energy to deal with crowds of people.
7. Don't be afraid to have fun. Laughter and joy are not disrespectful. Memories need to be shared. Talk about your loved one by name and share those stories.
8. Get plenty of rest, drink plenty of fluids, and take care of you.
9. Turn your loved one's Christmas stocking into small ornaments and give to family members.
10. Remember if we go into the holidays with a negative attitude, then yes, it will be the most difficult ever. Focus on those who are still here and be grateful for the lives that touched us.

The staff at Bradshaw wish you and your family the very best this holiday season. If there is anything we can do to offer you help and support this season, we are only a phone call away.

ANNUAL CHRISTMAS PARTY

Sunday, December 10th

Join us for our annual Holiday Party at Mancini's Char House, 531 W. 7th St., St. Paul. Social time begins at 4:30 p.m. with dinner at 5:00 p.m. The event cost is \$37.00 per person. This includes appetizers, choice of steak or chicken, dessert, wine and door prizes. Please make checks out to Bradshaw and mail to 1078 Rice Street, St Paul, MN 55117 by December 7th.

THOUGHTS Create Our Emotions

**"Nothing in life has any meaning to it
except the meaning I give it."**

This statement is very important as we approach the holiday season and the start of a new year. For some, it may have been a few weeks since the death of their loved one; for others, perhaps a few months. It's often said that life is 10% what happens to you and 90% how you react to it. We must keep in mind that attitude and internal voice play a very big part in grief recovery. Thoughts create emotion (feelings), so if we go into the holidays with thought and a mindset that this will be the most painful experience, it will be. It is easy to focus on the void and the pain of our loss. That's understandable, yet we must concentrate on what we have here in the present and on those around us who still need our love and support. Plus, instead of looking at what we are missing, it's important to look at what we are grateful for and how rich that person made our lives. As we prepare for the holidays and the new year, be mindful that you are a survivor and you will find new hope and a new beginning. Just take time to listen to your communication and what you're saying to yourself, because the quality of your life and how you will adjust to this void is based on your thoughts and the quality of your communication. Nothing in life has any meaning to it except the meaning you give it.

-Tony

AFFIRMATIONS

- The quality of my life is based on the quality of my communication.
- I am in charge of my own life and fully able to change.
- I am talented and capable.
- I am capable of meeting any challenge.
- I repeat affirmations daily to stay motivated and achieve my goals.
- I am happy, healthy and calm.
- I am grateful each day for...
- I am proud of myself because...
- I am learning not to blame and letting go of guilt.
- I set goals in every area of my life and review them daily.
- I focus on my strengths and what I can accomplish.
- I succeed by making the most of my time.
- I am taking control of my thoughts and my life.
- I choose the way I respond to outside events.
- I take action that will improve my self-image.
- Every day, in every way, I am getting better.



SCAN ME