

Blessing for the Longest Night

(A Poem by Jan Richardson)

All throughout these months
as the shadows
have lengthened,
this blessing has been
gathering itself,
making ready,
preparing for
this night.

It has practiced
walking in the dark,
traveling with
its eyes closed,
feeling its way
by memory
by touch
by the pull of the moon
even as it wanes.

So believe me
when I tell you
this blessing will
reach you
even if you
have not light enough
to read it:
it will find you
even though you cannot
see it coming.
You will know
the moment of its
arriving
by your release
of the breath
you have held
so long;
a loosening
of the clenching
in your hands,
of the clutch
around your heart;
a thinning
of the darkness
that had drawn itself
around you.

This blessing
does not mean
to take the night away
but it knows
its hidden roads,
knows the resting spots
along the path,
knows what it means
to travel
in the company
of a friend.

So when
this blessing comes,
take its hand.
Get up.
Set out on the road
you cannot see.

This is the night
when you can trust
that any direction
you go,
you will be walking
toward the dawn.



Compassus Bereavement Team



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**For online resources compiled by Donnel, go to
www.growingedgesnm.com/grief.html*

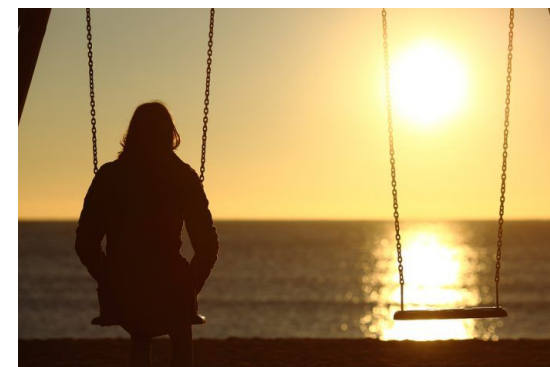
Bereavement Program

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COMPASSUS[®]

Albuquerque Office



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Greetings. I am Erica Valdez, and I am the Bereavement Program Coordinator of Hospice Compassus in Albuquerque.

Our grief journeys are personal and unique. There are no wrong or right ways to grieve but there are ways of getting support and taking care of yourself that can ease your feelings of loss. The more you learn about grief and bereavement, the better will you be able to cope during this difficult time and in the years to come.

This past year our grief has been complicated by the pandemic and many transitional events in our world. To ease the pain of social isolation, we invite you to make us your companion on your grief journey. There are many ways to receive grief support. Take your time to look at various options listed in this pamphlet and see what might be most helpful to you. Give us a call if you have any questions about the different types of support that might be available to you.

Call our main office at 505-332-0847. We will call you right back as soon as our front desk staff notify us.



Bereavement Services include:

- One-on-one meeting(s) with staff for grief support assessment
- Supportive phone calls (call us at 505-332-0847)
- Grief support groups
- Meaningful mailings to help normalize your grief experience
- Community resources and referrals, including professional counselors and therapists
- Hospice memorial services - in early December & early April



Virtual Grief Support Groups (via Zoom)

www.zoom.us/download

Grief 101 Class & Support Group

- Offered 4x per year.
- A six-class series that meets weekly for 6 weeks (Tuesday at 7pm) covering the basic topics about grief (example: grief symptoms, grief process, self-care, anniversaries or special days, etcetera).
- Registration required to participate. Call or text Donnel at 505-382-1324 for info about the next round of classes.

Open Grief Support Groups

- An open group that meets monthly (3rd Thursday of each month at 7pm).
- The conversation of support for each meeting will have a theme.
- Interested? Please call or text Donnel at 505-382-1324 to see if space is available.



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