



PROKO-WALL Funeral Home publishes TOMORROW™ as a service to the families who trust us in the hours of their greatest need. TOMORROW will be sent to all of our families for one year following their loss. It is designed to provide our families with an understanding of their yesterdays, support for their todays, and a promise of hope for their tomorrows.

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An Outward Sign of Hope and Light

— By Peggy George, AfterCare Coordinator, Proko-Wall Funeral Home

Winter is here! For some of us – this is welcomed news conjuring images of snow-covered roof tops, diamond-like blankets of new fallen snow and trees hunched over like an old crone with the burden of a heavy snowfall.

We welcome the layers of warm clothes, walking and breathing in the crisp winter air or taking a drive through the forest. Those more adventurous are looking for a steep hill for sledding or skiing, waiting for the ‘packy’ snow to make a snowman, snow fort or to have a good snowball fight.

As we prepare in 2020 for the coldest season, those of us grieving may be feeling something different — a heaviness of heart, a general feeling of sadness that cannot be attached to one particular reason but many reasons all at one time. Some are known feelings about the loss of our loved one – the loneliness of facing the holidays without their familiar face, laugh and companionship. The prospect of making new traditions — how strange that may feel. Other worries are more general — The shorter days, earlier sunsets and later sunrises. The bother of getting ready to go out in the cold, ‘where are my mittens?’. Events in our communities, our country and the world today weigh in darkening our mood further. Sometimes, I breakdown and can’t tell if it’s because I’m in the middle of making cookies

and realize I don’t have eggs or if I am feeling guilty that I have the security of home to keep me warm while others in my community are worried about paying rent, losing their jobs and suffering from illness.



Please come to the first/annual lighting of the Hope and Light Tree at 5 pm on December 5th at Proko-Wall.

It was and is all of that. A grief both familiar and new. It is as much because there is a chili stain on my new sweater as I am worried about my mom living alone, losing her memory and trying to make sense of what she hears on the news. Fearful of going outside yet suffering from the isolation. As we all deal with the global pandemic, many of us will suffer the sorrow of not being able to gather with family during the holidays. Another loss. Many who have had funerals this year, grieved with a much smaller group of family and friends if

at all. I am sorrowful and not feeling well, and I imagine, you might not be either.

How do we start to feel better? How do we begin to cope?

At Proko-Wall we offer a Holiday Support Program on the first weekend of December for all of our families who have lost a loved one in the past year. Recognizing that participating in this year’s event may be a decision many families will not be willing to do, we offered our program virtually as well. Still — this year, in particular,

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*Your stories
have become
our story.*



Proko-Wall Staff Out & About in the Community!



Memory Café – September 3rd

The group met at the Green Bay Botanical Gardens and enjoyed a guided tour of the gardens. Usually, we spend time visiting with each other, but in the face of the pandemic, we were unable to gather together after. Connie Roberts, the Memory Café Coordinator, handed out carnations and delicious cupcakes as we left the garden.



Coats for Kids –

October 1st - December 15th

Proko-Wall has been a local 'drop off' site for this charity for several years. Along with providing warmth for area children, it is heart warming to see the community respond by dropping off many coats.



Toys for Tots –

October 1st - December 15th

Once again, Proko-Wall signed up to be a 'drop off' location for Toys for Tots sponsored by our local Marines. The box is overflowing again this year – a tribute to a generous community.



National Railroad Museum, November 18th - January 3rd



Proko-Wall supports the Festival of Trees at the National Railroad Museum. There is an admission fee. So worth it, especially this year as it is one of the few holiday events still open this year. They have very stringent safety precautions to keep attendees safe.

The Advent Grief Calendar



When people are experiencing grief after the death of a loved one, the celebrations connected with the holidays are often the last thing they want to think about. While others are being excited by the parties, family reunions and the singing of carols, many of the bereaved are experiencing gloom, loneliness, and emptiness. The holidays can be extremely difficult times. We recognize 2020 has been especially difficult for those grieving.

It is our hope that this Advent Grief Calendar will help you to get through these days before Christmas. May the Spirit of Christmas give you Memories to nurture you, Courage to enable you, Love to surround you, and Peace to comfort you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Go for a leisurely walk – gather pinecones	2 Cover pinecones with Peanut Butter and roll in birdseed. Hang outside for birds (or squirrels!)	3 Purchase a Toy for a Tot– drop off at Proko-Wall by December 11 th	4 Donate a gently used book to a Veteran https://pickupplease.org/donate-books/	5 Put out one decoration 5:00 First Annual lighting of the Hope and Light tree at Proko-Wall
6 Watch a Christmas Classic Movie or take in a virtual activity https://www.greenbay.com/blog/experience-greater-green-bay-from-home/	7 Buy a pair of warm wooly socks. Maybe donate a pair to the homeless shelter	8 Call someone who may need to hear a kind voice	9 Write a thank you note or letter of praise for good service	10 What was your loved one's favorite ice cream flavor? Eat some ice cream today	11 List the people who have shown you love while you are grieving. Say a prayer for them	12 Try to do one thing today which you have been putting off
13 Watch the Geminid meteor shower Dec 13 -14	14 Make a paper snowflake and hang it in a window	15 Enjoy a cup of Christmas tea or hot chocolate. Be sure to add marshmallows	16 Enjoy a good book – maybe reread a favorite	17 Put on your boots and go for a walk on a snowy day	18 Listen to music instead of watching TV	19 Start an exercise routine – Look on YouTube for fun ideas
20 Call a friend for coffee or lunch, even if it is just on the computer	21 Order dinner from your loved one's favorite restaurant	22 Bake one batch of cookies. Share them with a neighbor who does not bake	23 Try a new activity – call a friend – go snowshoeing, cross country skiing or sledding on Arien's Hill	24 Light a candle at dinner time	25 Think about what you and your loved one liked about this time of year	26 Checkout winter activities: Barkhausen 920-448-6242, Bay Beach Wildlife Sanctuary 920-391-3671 or Reforestation Camp 920-448-6242
27 Be kind to yourself. Take a bubble bath, take a nap, buy a new cologne	28 Take a scenic drive on Door County Coastal Byway Highway 42 & 57. It is a 66-mile tour	29 Take in some sunshine – go for a walk, feed the birds, make a snowman, or leave a snow angel	30 Get your car washed	31 Be grateful for what you have. Make a Goodwill run items you don't wear or use or donate to a food pantry		

Support Groups

ATO SZE

(920) 562-6742 • 4593 Choctaw Ct., Green Bay.
Senior Lifestyle Consulting & Case Management.
Contact Tammy Sze, atosze@yahoo.com

ADRC

(920) 497-4672 • 300 Adams St., Green Bay
Healing Through Grief – Life After Caregiving
Third Wednesday of each month. 4:00-5:30 pm.
Free and open to the public. Contact Beverly Bartlett at (920) 448-4300

ASERACARE Hospice Support Group

(920) 339-9065. Meets at ADRC, 330 Adams St., Green Bay. **Group meetings on hold until restrictions are lifted.** 2nd Wednesday of the month at 2:00 pm. Free and open to the public. Contact Mandy Sarazen at Amanda.Sarazen@aseracare.com

AFFINITY VISITING NURSES HOSPICE

(920) 727-2000 or 1 (866) 236-8500 • Appleton Fox Point Plaza, 816 Winneconne Ave., Neenah
A Time To Mourn

Six-week grief support for adults who have lost an adult loved one. Co-led by professionals trained in grief support. No fee. Advance registration required. Offered 3 times yearly. Call Angie Schuldt, angela.schuldt@ahah.net

Men Journeying Through Grief

Meeting 1st Wednesday of every month 6:00-8:00 pm in Neenah. For men only.

ALZHEIMER/DEMENTIA SUPPORT GROUP

(920) 434-2024 • 3370 Deerfield Ln. W, Suamico. 1st Thursday of the month at 5:30 pm. Contact Laura, sbasp@wi.twcabc.com

AURORA AT HOME

(920) 838-1886. Aurora Baycare Hospital, 2845 Greenbriar Rd., Green Bay. Call Lisa Falk to register. Every other Wednesday, 12:30-2:00 pm

CAMP LLOYD

920-465-2703 or 920-465-2775 • 2420 Nicolet Dr., Green Bay. A week-long day camp, 8:30 am-4:30 pm, for grieving children, ages 7-16. Registrations will be available in January 2021. Contact Illene Cupit at cupiti@uwgb.edu or register online at www.uwgb.edu/camp-lloyd/camperregistration

THE CARE COMMUNITY

In-Sight Books, Inc. website for Grief's Safe Place. Visit Insightbooks.com for those who have experienced a loss.

CHILDREN'S HEALTH ALLIANCE OF WI INFANT DEATH CENTER

(414) 337-4571 • 4571 The Infant Death center connects with families who experience a sudden and unexpected death of an infant to better understand their unique grieving needs and provides appropriate resources. Staff works closely with professionals serving grieving families to provide additional resources and self-care information for the professional. Visit www.chawisconsin.org for a complete listing of grief support and bereavement resources.

CIRCLE OF FAITH GRIEF SUPPORT

(920) 660-8066 • 18228 County R, Denmark. Grief support meeting at St. James Parish, Cooperstown. 12:00-2:00 pm. Contact Tom Bekkers

THE COMPASSIONATE FRIENDS

(920) 370-3858
www.compassionatefriendsgb.org
For bereaved parents, grandparents or adult siblings grieving the loss of a child (of any age), grandchild, or sibling. Green Bay: Meetings 3rd Tuesday of the month at 6:00 pm. First United Methodist Church, 501 Howe St. info@compassionatefriendsgb.org

COMPASSUS HOSPICE

(920) 321-2004 • 2960 Allied St., Green Bay. In-person Grief Support Groups on hold. Contact Kacie Doxtator, Kacie.doxtator@compassus.com to join a virtual support group by dialing 312-626-6799; Meeting ID 95075251394#

DE PERE COMMUNITY CENTER

(920) 339-4072 ext. 2230 • 600 Grant St., De Pere. Contact Cindy Lee, clee@deperewi.gov

FROM MOURNING TO HOPE

(920) 737-2790 • Central Church, 831 Schoen St., Green Bay. Contact Curtis, griefinfo@gmail.com. Faith-based peer led support group providing hope, emotional support and assistance to survivors of suicide. Carrie, the lead facilitator is a double suicide survivor since childhood and received her training through the American Foundation for Suicide Prevention. Meetings are held the second Thursday of each month at 6:30 pm. (November 12 and December 10). This group meets virtually – at least 24 hours prior; email griefinfo@gmail.com or call (920) 664-2685 to ensure the link is received.

GRIEF SHARE

Aurora BayCare Medical Center

(920) 241-1227 • 2845 Greenbrier Road, Green Bay. Tuesday Evenings for 13 consecutive weeks.

Beautiful Savior Lutheran Church

(920) 499-7405 • 2160 Packerland Dr., Green Bay. Thursdays, 6:00 pm

Green Bay Community Church

(920) 434-9225 • 600 Cardinal Ln., Green Bay. Mondays, 6:30 pm. Facilitator: Kim Sechler, Pastoral Care Pastor

New Hope United Methodist Church

(920) 360-7396 • 1950 Dickinson Rd., De Pere. Mondays, 6:00 pm

Pilgrim Lutheran Church

(920) 965-2233. 1731 St. Agnes Dr., Green Bay. Mondays, 6:30 pm
St. John Evangelical Lutheran Church
(920) 973-0828 • 14311 Maribel Rd., Maribel. Wednesdays, 6:00 pm-8:00 pm, September 2 - November 25

Spring Lake Church, Downtown

(920) 241-1227 • 301 N. Adams St., Green Bay. Tuesdays, 6:30-8:30 pm

HEALING YOUR GRIEVING HEART

Call Ann Froelich at (920) 435-6811, annfroelich@gmail.com to register. A five-week program for those who have lost someone through Death. 6:30-8:00 pm at Resurrection Parish, 333 Hilltop Dr., Green Bay (Please park in lot off of Delahaut.)

HEARTLAND HOSPICE SUPPORT GROUP

(920) 241-4593 • 1145 W. Main Ave., De Pere. Heartland Hospice offers a variety of support group activities throughout the year. Heartland Hospice offers a variety of support group activities throughout the year. Call or email Melissa Shea, Melissa.Shea@hcr-manorcare.com for more information on dates, locations and to register for current support group programming.

HELPGUIDE.ORG

Website offering tools and advice for stress relief. Click on the to <Mental Health> then <Grief & Loss> link.

LIFE LOSSES GRIEF SUPPORT

(920) 865-7844 • SS Edward & Isidore Parish, 3667 Flintville Dr., Suamico. Contact: Carol Mueller, Parish Nurse, cmueller@stedwardisidore.org or Lori Flanagan, Pastoral Associate, lflanagan@stedwardisidore.org

MISCARRIAGE AND INFANT LOSS MEMORIAL

(920) 336-7768 • Resurrection Green Bay, 333 Hilltop, Green Bay.

NEW HOPE GRIEF GROUP

(920) 496-2160 • Quad Parish Office, 1087 Kellogg St., Room 105. Grief Support meetings 1:30-3:00 pm. Call Sr. Pat Clement to register; pclement@quad-parish.org

ST. BERNARD GRIEF SUPPORT GROUP

(920) 496-4811 • 2040 Hillside Ln., Green Bay

SERENITY BEREAVEMENT SUPPORT GROUP

(920) 434-2145 ext. 209 • St. John the Baptist Church, 2597 Glendale Ave., Green Bay. Contact: Ruth Holloway, rholloway@sjbh.org

S.O.S. (SURVIVORS OF SUICIDE)

(920) 339-8952 • Bellin Administrative Bldg., 2020 S. Webster Ave., Green Bay. For family and friends to cope with suicide loss. Meeting third Monday of each month 6:30 pm virtually.

SHARE of NORTHEAST WISCONSIN

(920) 433-8634 • St. Vincent, 835 S. Van Buren St., Green Bay. For parents who have lost a baby through miscarriage, still birth, SIDS or neonatal death. Monthly Meetings: 2nd Thurs. of each month at 7:00 pm. Contact Lana Reinke, lane.reinke@hshs.org or Theresa Shuck, Theresa.shuck@hshs.org



Support Groups

UNITY HOSPICE BEREAVEMENT

(920) 338-1111 • 2366 Oak Ridge Cr., De Pere

Unity Hospice Grief Support: Registration required for all groups. **Registration required for all groups. Registration required. Groups on hold while COVID-19 restrictions are in place. Please call with interest or to inquire about current grief support options.**

Navigating the Waters of Grief: A 6-week support group meeting on Tuesdays in De Pere open to any adult member of the community who has experienced the death of a loved one. Multiple offerings throughout the year in the afternoon and evening.

Grief Connection: Meets the third Thursday of every month from 1:30-3:00 pm or 6:00-7:30 pm in De Pere. This group provides discussion opportunities on grief related topics relevant to those attending.

Generations – Hope for Grieving Families: Designed to support grieving families with children and teens ages 4-18. Dinner is served each evening at no charge. Meetings are held on the 2nd and 4th Thursday of every month from 5:30-7:15 pm in Green Bay.

Understanding Grief: Meeting monthly on Wednesdays.

Marinette Area:

1st Wednesday of every month 12:30-2:00 pm

Sturgeon Bay Area:

2nd Wednesday of every month 12:00-1:30 pm

Sister Bay Area:

3rd Wednesday of every month 1:00-2:30 pm

Gillett Area:

4th Wednesday of every month 12:00-1:30 pm

Women's Luncheon: Meets the 3rd Wednesday of every month from 1:30-3:00 pm at a local restaurant for conversation & support. Lunch may be purchased off the menu.

Healing Thru the Arts: A hands-on creative grief workshop for adults offered the 4th Thursday of the month from 2:00-3:30 pm or 6:00-7:30 pm. Craft supplies provided. The workshop is led by a grief counselor who will provide support and guidance throughout the session.



Holiday Grief Programs

Unity Hospice

Honor A Life Holiday Facebook LIVE Gathering on Tuesday, December 15, 2020, at 7:00 pm. All are invited to join us at www.facebook.com/UnityHospiceWI/. Come to honor and remember loved ones and find peace during this special program featuring reflections, music and holiday spirit. Please call Unity's Grief Services team at (920) 338-1111 with any questions.

AseraCare Hospice

Coping with Grief Through the Holidays Wednesday, December 9, 2020, 2:00 pm – 3:00 pm. <https://meetings.ringcentral.com/j/149994111504> For the best audio experience, please use computer audio or dial 1 (773) 231-9226. Follow prompts and enter Meeting ID: 149 994 1504. R.S.V.P. not required, but appreciated – contact Mandy Saraen, MSW by December 3, 2020, at (920) 339-9065.

Compassionate Friends

The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit at 7:00 pm local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon. NOTE: Our local chapter will be holding our ceremony on Sunday, December 13th, at 1:00 pm.

Resurrection Church

333 Hilltop Dr. Green Bay

Dealing with the Holidays in this Unprecedented Times/OnLine Town Hall Presentation

Holidays always present challenges for families and individuals for a variety of reasons. The expectations our culture touts are too often unrealistic, stressful, and depressing. People who have experienced loss of a loved one, illness, or other life changing events can find the holidays difficult to face; 2020 has added to this already challenging time with the effects of a pandemic. Resurrection Catholic Parish invites you to a special live streamed panel presentation featuring some insight, comfort, connection, and a bit of prayer as the holidays fast approach; join Sheila DeLuca, Ann Froelich, Cheryl Passel and Fr Tom Reynebeau on Thursday November 19, 2020, via the Resurrection Parish website, www.gbres.org/live at 6:30 pm. A taped version of this Town Hall presentation will be available on demand throughout December. For more information, contact Sheila at sdeluca@gbres.org or call (920) 336-7768.

Check websites for events at your favorite locations.

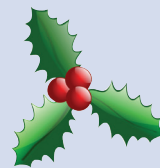
Bay Beach Wildlife Sanctuary: www.baybeachwildlife.com

Green Bay Botanical Garden: www.gbbg.org/calendar

Green Bay Packers Football: www.packers.com

Weidner Center: www.weidnercenter.com

Neville Public Museum: www.nevillepublicmuseum.org



DEAR ALEX,

Thank you for doing such an outstanding job with my mom's arrangements. You were so kind and helpful throughout and we are so appreciative. Thanks!

–Tiffany and Steve



Support During a Pandemic

Living in the Pandemic (Twilight) Zone: The Impact of COVID-19 on Grief

— By Illene Noppe Cupit, PhD

Ben J. and Joyce Rosenberg Professor of Psychology, UW-Green Bay

Few people across the globe are unaware of the daily grim statistics from the spread of Covid-19. Just like a natural disaster, the Pandemic of 2020 brings death, economic ruin and destruction of our social order. All of us are impacted, including those sickened by the virus, their survivors, and caregivers. In addition to the illness itself, there are many other losses associated with COVID-19, from the loss of jobs and financial security, to school, our workplace colleagues, and our sense of safety and autonomy.

In this brief article, we will explore how the grief process is affected, and discuss how the dying, their survivors and caregivers are impacted. The story of grief, however, is not without hope and resilience and there is much to pin on our emergence from the Pandemic with renewed strength and appreciation. We will end with some suggestions for fostering both in this very difficult “twilight zone” time.

Types of Grief

Grief comes in many forms. All forms require a griever to build a new “assumptive world,” a way of understanding the world that helps us to make sense of our lives. This “assumptive world,” is a strong part of our psychological makeup, and it consists of all that we hold true about our world and our place in it. The assumptive world gives us meaning to events in our lives, and helps us to predict the future. Such beliefs are crucial to our sense of control and social order. Grief disrupts that assumptive world, and part of the grief process involves creating a new assumptive world that incorporates the death of our loved ones. Grief is a natural human process, although a very painful one. But the positive outcome is that new meanings out of loss can be made, especially with the help of others supporting us along the way.

Some of the forms of grief that have been impacted by COVID-19 are anticipatory and complicated. Anticipatory grieving occurs when we mourn before to the actual death itself. In a sense, survivors grieve twice—before and after the death. This type of grief is most common when there is a longer period of dying. We can see anticipatory grief when someone is struggling through COVID-19 in an ICU, isolated from the very people they wish to be near.

The extent to which complicated forms of grief are tied to death from COVID-19 is a real concern. Signs of complicated grief include the griever continually going over and over the details of the death, feeling alienated from others, and not being able to make

sense out of what happened. Complicated grief can come from “bereavement overload,” which occurs when people experience multiple deaths. When families experience many deaths of their loved ones, and when healthcare workers see patient after patient die from the virus, bereavement overload may set the stage for complicated grief.

The Future: Adaptation, Hope and Resilience

The story of grief is frequently associated with sadness but many people emerge from their grief with a renewed sense of purpose and meaning in life. Humans are incredibly resilient to loss. What helps is to keep an optimistic hope for the future, work at developing a sense of meaning in the loss, and find ways to maintain social support. Some of the suggestions that have been offered with regard to helping with grief is seeking online social support, (there are Facebook support groups for COVID-19 survivors), ritualizing the death (especially important when funerals do not occur or are delayed), practicing selfcare by finding time for engaging in enjoyable activities, and getting out in nature as much as possible. Virtual “meetings” with friends and family, doing volunteer work from the home, creating a daily routine, and maintaining a belief in a better future can lead out of our deep sorrow. We need to identify our personal sources of strength and those in our loved ones and maximize these as much as possible. Psychologists believe that such practices can lead “posttraumatic growth,” where we actually come out of the grief process stronger than before. Certainly, a sense of solidarity with others can feel comforting. I can envision in the future our opening lines when getting to know someone will be “And what did you do during the Pandemic?” May we all emerge from this nightmarish “twilight zone” with gratitude, strength, and appreciation of life’s many small gifts.

Below are several sources that are helpful for those who are in need.

Association for Death Education and Counseling:

<https://www.adec.org/page/ADECinConversationCoronavirus2019>

American Psychological Association:

<https://www.apa.org/topics/covid-19>

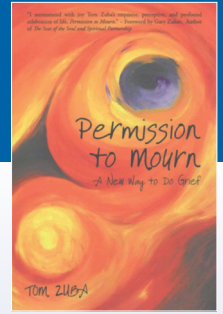
National Alliance for Grieving Children:

<https://childgrieve.org/about-us/news/covid-19>

Book Review: Permission to Mourn

A New Way to Do Grief

— By Tom Zuba



"In order to heal you must mourn.
You must push grief up and out.
Contrary to the old way of doing grief —
denying
suppressing
pretending
and stuffing your feelings and emotions down —
you must find ways to
feel
express
honor
and release
all of the feelings and emotions that are
bubbling up inside of you.

You must give yourself permission to mourn.
You must actively pursue your own healing."
—Tom Zuba

I read this book prior to attending a seminar facilitated by the author of Permission to Mourn, Tom Zuba. I actually read it twice; once before the seminar and then again after. It is a quick read and one of those books which makes you feel empowered, validated and prepared to continue journeying on whatever path your grief is taking you. The style and cadence of this work are soothing and very comforting. The chapters flow one into the other in conversational fashion making the reader feel as if Tom were speaking directly to them. Tom himself has suffered the loss of an infant daughter, a young wife and a teenage son. He has decided to heal and offers those of us on similar paths a coping mechanism which leads out of the darkness and into the light.

Permission to Mourn sets a stage for contemplating grief's greatest, hardest, most painful questions. Are my loved ones safe? Is there a heaven? Will I ever be happy again? Not only are these and questions like them explored with tenderness, a path to answering them is offered with an equal amount of care and compassion. "You are responsible for your own healing — nobody else's." Readers are given permission to take care of themselves...just themselves. "We were not born to suffer. We were born to be radiant."

A copy of this book is available in the library at Proko Wall and anyone who is grieving the loss of a loved one or anyone looking for ways to help someone who is grieving will benefit from reading this book.

Reviewed by Peggy George.

Continued from page 1 — An Outward Sign of Light and Hope

has been especially hard on grieving families. We wanted to show our support and communicate our compassion for their grief in some safe, outward way. We decided to decorate the gazebo at the front of our property with lights and evergreens and gold ribbon. A rather celestial symbol of hope and a message to the community saying "We see you — We know how difficult this has been and we are praying for you". The display is our attempt to lessen the burden by brightening the dark days we surely endure with a little light and reassurance. We posted this poem near the tree. . .

Angel Light

Although you may not see them,
You are always in their sight.
They bring the gift of love and guidance,
It is called the Angel Light.
You know they always hear you,
To them our voice is dear.
With the comfort they bring to you,
You need not ever fear
So here's a place for to come,
To do with angels what must be done.
To make our world whole and bright
And share with all, the Angel Light.

Consider hopping in the car and coming to the first annual lighting of the Hope and Light tree at the gazebo in the front of the Proko-Wall property. This year, whether or not it is freezing or snowing, you may want to stay in your cars. After, maybe go for a drive around the city to see other lights and decorations.

That could be one small step. Each of us, in our own way and time, will take small steps to find firm footing on an unfamiliar and sometimes icy pathway. Small steps. Take a look at page three of this newsletter. A little winter calendar with some ideas on how to cope and lift your spirits. Bake one batch of cookies — remember to buy eggs!

Excerpts taken from Grief, Darkness and Light by Maria Sirois



Recipe: Hot Cocoa for One

Recipe by: https://www.hersheys.com/kitchens/en_us/recipes/hot-cocoa-for-one.html

When you're on your own during a chilly winter's night, this homemade hot cocoa recipe for one is just what you need for cozy comfort. Give it a quick spin in the microwave, then add marshmallows or chocolate shavings for a decadent touch.

1/4 teaspoon vanilla extract
2 to 3 teaspoons HERSHEY'S Cocoa
2 tablespoons sugar
1 cup milk
salt

Mix sugar, cocoa and salt in large mug.

Heat milk in microwave at HIGH (100%) 1-1/2 minutes or until hot.

Gradually add hot milk to cocoa mixture in mug, stirring until well blended.

Stir in vanilla. 1 serving.

Variations:

Low Fat – Try Non-fat or almond milk

Sugar Free – Stir in vanilla and sugar substitute

Morning Mocha – Mix with coffee and a splash of cream instead of milk

Dairy Free – Try hot water or coconut milk

Adult – Add a splash of Kahlua or Rumchata

Peppermint – Use a candy cane to stir

