



# Tomorrow

*Published quarterly since 1996 for those left behind.*

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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## Your Love Is Passed On

— By Sherry Parnell

For so much of my life, I never understood why people used the phrase “passed on” when someone died. I thought it was an oblique turn of phrase. A weak way to express the truth of the matter. The person died. No reason to soften the truth, no need to cushion the blow. It wasn’t until my mother left this earthly plane a year ago that I started to understand the difference between the words “died” and “passed on.”

I haven’t measured the time that my mom has been gone in days or months, but rather I have marked her absence in memories and moments that slip unexpectedly into my mind both stealing and bringing me peace. I see the soft sway of a tree in spring, and I’m walking beside her as she excitedly points out the new buds. I smell warm baked pies, and I’m swiftly carried back to her kitchen on a cool fall day. And at Christmas, I could almost hear the faint sound of her voice harmonizing with Elvis as he sang “I’ll Be Home for Christmas.”



### Grief is a powerful paintbrush that can color even the sweetest memories in a sad hue.

I smile when I think of her laugh but then quickly descend into tears when I can’t remember how it sounded. I remember how tightly she used to hug me, but now the absence of those arms around me is anguish.

Grief is defined as a deep sorrow. I believe the bones of this sorrow is the missing. You miss the sound of their voice, the comfort of their hand gently placed on yours—you miss their presence in your life. But what if when the person dies their existence is not extinguished but rather transformed? What if they haven’t died but rather have passed on?

For a long time and even now, I struggle to say that my mother has died. Instead, I say she has “passed on”—words I’d always dismissed as inaccurate. After all, to die means to stop living, and this always seemed, to me, to be the undeniable truth. But what if by some extraordinary, miraculous, and divine means, one doesn’t stop living?

### What if, instead, they do simply pass on?

Their love, their gifts, their stories, their life—passed on to those who had the privilege of knowing them and in doing so continue to live.

I have missed my mom every single day, and often most of the seconds in those days, yet there have been these wonderful and unexpected moments when I get to see her.

I see her when I look at my brother Jeff’s hands, which like my mother’s, are quick to pull someone into a tight hug and can turn a piece of plain and ordinary wood into something extraordinarily beautiful. He also has her ability to press on and move forward even during the most difficult circumstances.

*Continued on page 7*



# Proko - Wall News



## BIRTHDAY CAKE WINNERS

*Birthday Cake winners registered at the Proko-Wall booth at the Senior Expo for a FREE birthday cake.*

Happy Birthday Anne, Cindy & Donna!

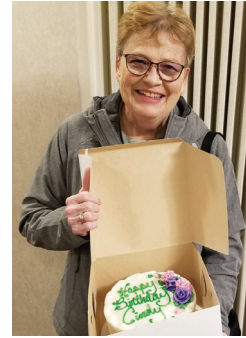
**November 20:** Anne Landrie

**December 3:** Cindy Bomski

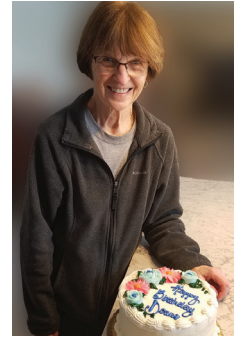
**January 23:** Donna Schlag



Anne Landrie



Cindy Bomski



Donna Schlag

## Fall Bus Trip, November 6<sup>th</sup>

This year's Fall Bus Trip was to Memories Ballroom in Port Washington. Were our guests enjoyed lunch and performance of Farce of Nature. With a stop on the way home at Historic Washington House in Two Rivers for a tour and ice cream.



## Festival of Trees

Proko-Wall participated in the Festival of Trees at the National Railroad Museum which was held Nov. 18th-Jan. 3rd. (Pictured: Peggy George)



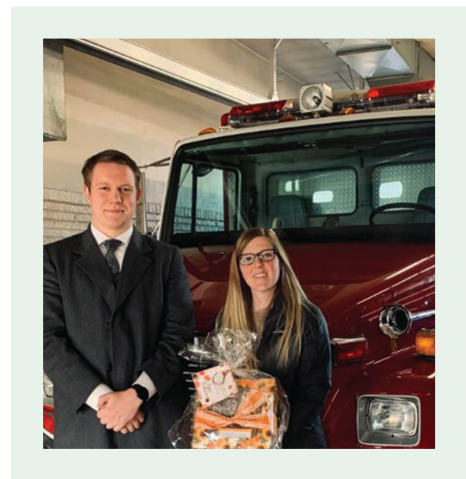
## Coats for Kids

Proko-Wall once again served as a drop-off location for Coats for Kids. The campaign is sponsored by the Salvation Army. Thank you to all those who provided donations for this worthy cause. (Pictured: Carl Pauc, Laurie Hruska, Julie Pleau, Alex Bahrke, Joshua Ferguson)



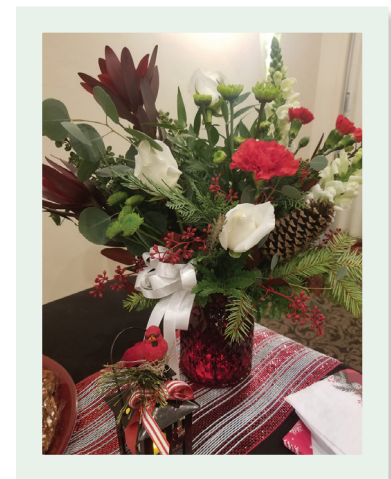
## FireHouse Treats

Proko-Wall delivered goodie boxes to the 9 Green Bay Fire Department Stations to help them celebrate the Thanksgiving Holiday away from their loved ones. Thank you for all you do to protect our community! (Pictured: Josh DeBlaey and Rachel Moore)



## Holiday Program

Proko-Wall held their Annual Holiday Program on Dec. 3. Families attended were presented with an angel ornament in honor of their loved ones and enjoyed snacks and cider afterwards.



# Lean Into Spring

By Jennifer Stern, LISW, <https://transformativegrief.com/2019/04/29/lean-into-spring/>

Spring has sprung. The flowers are blooming. The birds are singing. The sun is shining. So why do you feel so dark? So stuck? So empty? So sad, overwhelmed, and angry? Why do you long for cold, rainy, dark days?

Because you are grieving.

Because Spring can feel like pressure. Pressure to be present and live life in spite of how you are feeling on the inside. Pressure to feel a semblance of normal. Pressure to believe in the possibility of new. Spring feels like a betrayal of your grief.

Grief is not predictable. It does not follow an order as the seasons do. It is personal. It is painful. It is messy. Grief can feel surprising, shocking, never ending.

Spring feels contrary to the realities of grief. To the experience of mourning. Sadness, anger, anxiety, loneliness, feeling overwhelmed...those feelings do not match the sights and sounds of Spring. And yet there is much to be learned from the audacity of Spring. Those feelings of deep grief are the winter frost forcing us to lie dormant, to turn in, to be in (and of) our grief. Trust in time that your Spring will come. That you too will begin to thaw. That in time you can and you will push through the bitter heaviness of grief.

You will bloom once again, new and different. You will begin to grow towards the sun and find respite and healing in its warmth.

Your Spring will come. In your time. In your way. Perhaps in the most trivial and unexpected ways...hearing the song of a

bird and allowing that song to fill you. Noticing the crocus poking through the snow and experiencing a sense of awe at its resilience, strength and courage. Feeling the warmth of sunshine from the inside out. Moments previously not accessible now experienced with heightened awareness and even gratitude.

Lean into Spring. Go outside each day and write one sound in nature you hear. One new flower or growth you see. Add to this list daily. At the end of one week reflect on this experience. Were you able to find some comfort (and maybe even hope) noticing leaves on branches once barren, lying dormant under the weight of ice and snow? Nature provides a model for grieving, healing, and resilience. Nature teaches us that there is a season for everything.

*Earth teach me to forget myself as melted snow forgets its life. Earth teach me resignation as the leaves which die in the fall. Earth teach me courage as the tree which stands all alone. Earth teach me regeneration as the seed which rises in the spring.*  
—William Alexander





# Support Groups

## A TO SZE

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

## ADRC (Aging & Disability Resource Center)

(920) 448-4300 • 300 S. Adams St., Green Bay. [adrcofbrowncounty.org](http://adrcofbrowncounty.org) Accurate, unbiased information on all aspects of life related to aging or living with a disability.

## ALZHEIMER AND DEMENTIA CAREGIVER SUPPORT GROUP

(920) 865-7844 • SS Edward and Isidore Parish, 3667 Flintville Rd., Suamico. Meets at the parish each 3rd Monday of the month at 10 am, contact Carol Mueller for additional information.

## AURORA AT HOME

(920) 838-1886 • Aurora BayCare Hospital, 2845 Greenbriar Rd., Green Bay. Lisa Falk, [lisa.falk@aah.org](mailto:lisa.falk@aah.org)

## CAMP LLOYD

920-465-2775 • 2420 Nicolet Dr., Green Bay. A week-long day camp for grieving children, entering grades 2-9 held at UWGB, June 18-23, 2023.

## THE CARE COMMUNITY

In-Sight Books, Inc. website for Grief's Safe Place. Visit [insightbooks.com](http://insightbooks.com) for those who have experienced a loss.

## CHILDREN'S HEALTH ALLIANCE OF WI INFANT DEATH CENTER

(414) 337-4571. 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](http://www.chawisconsin.org) for a complete listing of grief support and bereavement resources for all family members. Contact Joanna O'Donnell for more information, (414) 337-4571 or [joconnell@chw.org](mailto:joconnell@chw.org)

## CIRCLE OF FAITH GRIEF SUPPORT

(920) 660-8066 • Grief support meeting at St. James Parish, Cooperstown, 18228 County R, Denmark. Online or in person. March 19, May 21, and July 16. Contact Tom Bekkers for information.

## THE COMPASSIONATE FRIENDS

(920) 370-3858. For bereaved parents, grandparents or adult siblings grieving the loss of a child (of any age), grandchild, or sibling. Meetings 3rd Tuesday of the month at 6-7:30 pm. First United Methodist Church, 501 Howe St., Green Bay. [compassionatefriendsgb@gmail.com](mailto:compassionatefriendsgb@gmail.com); [www.compassionatefriendsgreenbay.org](http://www.compassionatefriendsgreenbay.org)

## COMPASSUS HOSPICE

(920) 819-8174 • 2960 Allied St., Green Bay. Green Bay. Every 4th Tuesday, 5:00-6:00 pm. Contact Kacie Doxtator for additional information.

## DE PERE COMMUNITY CENTER

(920) 336-6054 • 600 Grant St., De Pere. Contact Amanda Baker, [abaker@deperewi.gov](mailto:abaker@deperewi.gov) for information on Senior programs.

## FROM MOURNING TO HOPE

(920) 288-2217 • Central Church, 831 Schoen St., Green Bay. [www.FromMourningToHope.com](http://www.FromMourningToHope.com) or [griefinfo@gmail.com](mailto:griefinfo@gmail.com) for upcoming classes. All sessions are faith based but membership of Central church or any church is not necessary to participate.

## GAMBLERS ANONYMOUS

(920) 676-9498 • Annunciation Parish, 1087 Kellogg St., Green Bay. [www.greenbaywisconsin.com](http://www.greenbaywisconsin.com). Tuesdays 5:30 pm, Thursdays 7 pm, & Saturdays 9 am.

## GRIEF SHARE

GriefShare is for people grieving the death of a family member or friend. Attendance may begin at any time. You will find encouragement and help whenever you begin. You will be able to continue with GriefShare through the next 13-week cycle and view any of the videos you have not seen. This is a national program that is found locally at congregations listed below. [Griefshare.org](http://Griefshare.org) for additional information.

## Green Bay Community Church

(920) 434-9225 • 600 Cardinal Ln., Green Bay. Call Marilyn Bazett-Jones for more information, 920-492-0001.

## Pilgrim Lutheran Church

(920) 965-2233 • 1731 St. Agnes Dr., Green Bay. Contact Carol for additional information.

## St. Bernard Catholic Church

(920) 468-4811 • 2040 Hillside Ln., Green Bay. Contact Dcn Bernie (920) 301-3275.

## St. John Evangelical Lutheran Church

(920) 973-0828 • 14311 Maribel Rd., Maribel. Contact Nicole for additional information.

## Spring Lake Church

(920) 983-9090 • 302 N. Adams St. #110 and 2240 Klondike Rd., Green Bay.

## GRIEVING WITH GREAT HOPE

(920) 737-1805 • St. Thomas the Apostle, 5930 Humboldt Rd., Luxemburg. Molly Gallagher. [Parish.ministries@threecatholicchurches.com](mailto:Parish.ministries@threecatholicchurches.com)

## GRIEF YOUR WAY

An online grief program featuring different pathways for a fee. Free online grief resources also available. [www.griefyourway.com](http://www.griefyourway.com)

## HAYLOS (Hope After Your Loved One's Suicide)

(920) 288-2217 • Central Church, 831 Schoen St., Green Bay. Faith-based, peer-led support group. Contact Curtis at [griefinfo@gmail.com](mailto:griefinfo@gmail.com) or visit [haylos.org](http://haylos.org) for more information.

## HEALING YOUR GRIEVING HEART

Resurrection Parish, 333 Hilltop Dr., Green Bay. Contact Ann Froelich at (920) 435-6811 or [annrfroelich@gmail.com](mailto:annrfroelich@gmail.com) or Sheila De Luca at (920) 217-6259 or [sheiladeluca63@gmail.com](mailto:sheiladeluca63@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.

## PROMEDICA HOSPICE BEREAVEMENT SUPPORT & GRIEF EDUCATION

(920) 278-3478 • 1145 W. Main Ave., De Pere. Promedica Bereavement Coordinators facilitate grief support/education opportunities throughout the area and year round and are free to the public. Contact Patricia Hovde BCC [patricia.hovde@promedica.org](mailto:patricia.hovde@promedica.org) for details about dates, locations, or to register for a current support group opportunity.

## HELPGUIDE.ORG

Website offering tools and advice for mental health and wellness.

## JOURNEY THROUGH GRIEF

(920) 336-4033 • Our Lady of Lourdes Parish, 1307 Lourdes Ave., De Pere. Second Tuesday of each month 9:00-10:00am. Contact: Robin Therese.

## LIFE LOSSES GRIEF SUPPORT

(920) 865-7844 • SS Edward & Isidore Parish, 3667 Flintville Dr., Suamico. Wednesdays, April 12, 19 & 26, 3:00-4:30 pm. Contact: Carol Mueller, [cmueller@stedwardisidorie.org](mailto:cmueller@stedwardisidorie.org) or Lori Flanagan, [lflanagan@stedwardisidorie.org](mailto:lflanagan@stedwardisidorie.org)

## MISCARRIAGE AND INFANT LOSS MEMORIAL

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

## ST. BERNARD GRIEF SUPPORT

(920) 468-4811 • 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](mailto:rholloway@sjbh.org)

## SHARE of NORTHEAST WISCONSIN

St. Vincent. For parents who have lost a baby through miscarriage, still birth, SIDS or neonatal death. Meetings are offered virtually at <https://www.hshs.org/SacredHeart/Events/Support-Groups/Infant-Loss-Support-Group>. Contact Keegan McKeown at [keegan.mckeown@hshs.org](mailto:keegan.mckeown@hshs.org)

## UNITY GRIEF AND EDUCATION CENTER

(920) 339-6700 • 2079 Lawrence Dr., Suite B, De Pere. Registration required for all groups by calling Unity Grief and Education Center at (920) 339-6700 or emailing [griefcenter@unityhospice.org](mailto:griefcenter@unityhospice.org). Visit Unity's website for up-to-date information: [www.unityhospice.org/grief-support/](http://www.unityhospice.org/grief-support/)



## Support Groups

**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.

**Grief Connect:** This group meets the 1st and 3rd Thursday evening (6:00-7:30pm) of every month virtually via Zoom and provides discussion opportunities on grief related topics relevant to those attending.

**Healing Thru the Arts:** A hands-on creative workshop for adults who have experienced a death. The monthly workshop will guide participants to process and incorporate memories and their loved one through a creative project. Participants need not have any prior art or crafting experience.

**Generations – Hope for Grieving Families:** Activities and topics are tailored to children and teens ages 4-18, while adults share their own grief experience. Generations begins with dinner followed by concurrent groups for children/teens and adults. Held the second and fourth Thursday evening of the month.

**SUICIDE LOSS SUPPORT GROUP,  
(formally known as B.C.S.O.S. Brown County  
SURVIVORS OF SUICIDE)**  
(920) 339-8952 • Unity Hospice Education Center 2079 B Lawrence Dr., De Pere. For family and friends to cope with suicide loss. Meeting third Monday of each month 6:00 pm. Contact survivor and facilitator Mary Doeml at (920) 339-8952 and/or [griefcenter@unityhospice.org](mailto:griefcenter@unityhospice.org) for additional information.

**For Grief:** <https://www.forgrief.com/>

**What's Your Grief:** <https://whatsyourgrief.com/>

**My Grief Connection:**  
<https://www.mygriefconnection.org/>



# Spring Wellness Tips



Spend as much time outdoors as you can

Enjoy seasonal fruit and vegetables

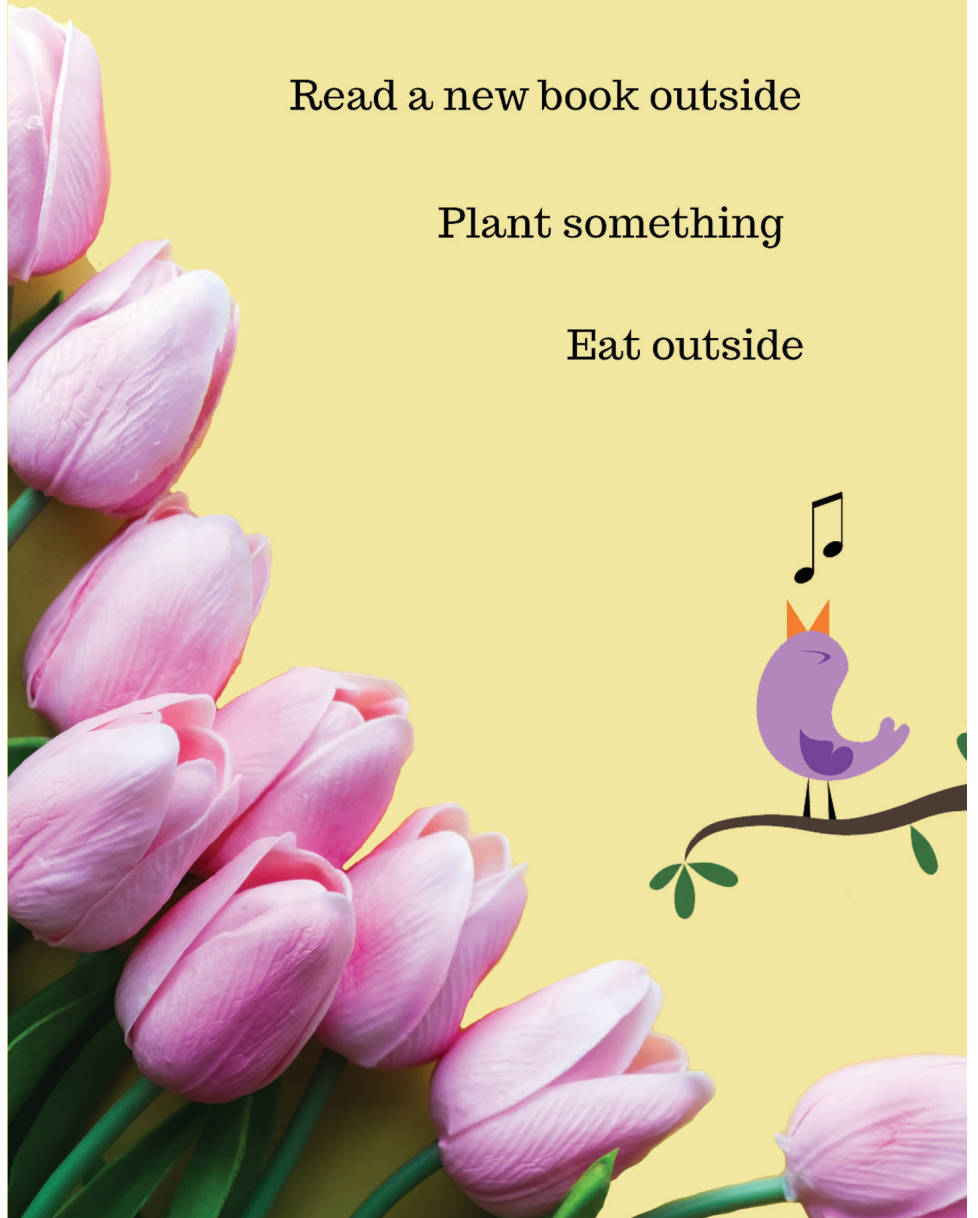
Wake up early

Decorate your home with fresh flowers

Read a new book outside

Plant something

Eat outside





# Local Activities

## March

### Monday, January 2 – Sunday, April 30

*Habitat Exhibit* • Green Bay Botanical Garden, 2600 Larsen Rd., Green Bay, (920) 490-9457, [gbbg.org](http://gbbg.org)

### Saturday, March 4

*Market On Military* • 9:00 am-1:00 pm. 1481 W. Mason St., Green Bay

### Saturday-Sunday, March 4-5

*Arti Gras* • Resch Expo, 840 Armed Forces Dr., Ashwaubenon, (800) 895-0071, [reschcomplex.com](http://reschcomplex.com)

### Saturday, March 11

*Make It March* • 10:00 am-4:00 pm. • Heritage Hill State Historical Park, 2640 S. Webster Ave., Green Bay, (920) 448-5150, [heritagehillgb.org](http://heritagehillgb.org)

### Saturday, March 11

*Deuces Wild! Dueling Pianos* • Meyer Theater, 117 S. Washington St., Green Bay, (920) 433-3333, [meyertheatre.org](http://meyertheatre.org)

### Thursday, March 16

*Bingo \$ .50 per card*. 1:00-3:00 pm. Community Center, 1811 Allouez Ave., Green Bay, (920) 468-5225. All are welcome.

### Saturday, March 18

*Market On Military* • 9:00 am-1:00 pm. 1481 W. Mason St., Green Bay

### Monday, March 20

*AVB Community Band Concert* • 7:00 pm. Ashwaubenon Performing Arts Center, | 2391 S. Ridge Rd., Green Bay, (920) 494-3401, [ashwaubenonpac.org](http://ashwaubenonpac.org)

### Thursday, March 23

*Chapel Hart Glory Days Tour* • Meyer Theater, 117 S. Washington St., Green Bay, (920) 433-3333, [meyertheatre.org](http://meyertheatre.org)

### Friday-Sunday, March 24-26

*Cats* • Fox Cities Performing Arts Center, 400 W. College Ave., Appleton, (800) 840-9227, [foxcitiespac.com](http://foxcitiespac.com) for times

### Sunday, March 26

*Mutts Gone Nuts* • 1:00 pm & 4:00 pm. Ashwaubenon Performing Arts Center, | 2391 S. Ridge Rd., Green Bay, (920) 494-3401, [ashwaubenonpac.org](http://ashwaubenonpac.org)

### Monday, March 27

*Pirates of Penzance* • 7:30 pm. • Weidner Center for Performing Arts, 2420 Nicolet Dr., Green Bay, (800) 840-9227, [weidnercenter.com](http://weidnercenter.com)

### Thursday, March 30

*The Simon & Garfunkel Story* • 7:30 pm. Weidner Center for Performing Arts, 2420 Nicolet Dr., Green Bay, (800) 840-9227, [weidnercenter.com](http://weidnercenter.com)

## April

### Saturday, April 1

*Market On Military* • 9:00 am-1:00 pm. 1481 W. Mason St., Green Bay

### Saturday-Sunday, April 1-2

*Titletown Train Show* • KI Convention Center, 333 Main St., Green Bay, (920) 217-5318, [ttsgbillc.com](http://ttsgbillc.com)

### Friday, April 7

*Alive Again: A Tribute To Chicago* • 7:30 pm. Ashwaubenon Performing Arts Center, | 2391 S. Ridge Rd., Green Bay, (920) 494-3401, [ashwaubenonpac.org](http://ashwaubenonpac.org)

### Saturday, April 8

*Spring Fling* • 10:00 am-4:00 pm. • Heritage Hill State Historical Park, 2640 S. Webster Ave., Green Bay, (920) 448-5150, [heritagehillgb.org](http://heritagehillgb.org)



### Saturday, April 8

*Holiday Gift & Craft Show* • Resch Expo, 840 Armed Forces Dr., Ashwaubenon, (800) 895-0071, [reschcomplex.com](http://reschcomplex.com)

### Friday, April 14

*Splish Splash: The Music of Bobby Darin* • 7:30 pm. Ashwaubenon Performing Arts Center, | 2391 S. Ridge Rd., Green Bay, (920) 494-3401, [ashwaubenonpac.org](http://ashwaubenonpac.org)

### Saturday, April 15

*Quad Parish Quad Fest* • 9:00 am-5:45 pm. 1481 W. Mason St., Green Bay. More details, call (920) 496-2160. Chicken Dinner, Dueling Pianos, Online Auction, Theme Baskets, Raffles & More!

### Saturday, April 15

*Market On Military* • 6:00 pm. • Riverside Ballroom, 1560 Main St., Green Bay.

### Monday, April 17

*AVB Community Band Concert* • 7:00 pm. Ashwaubenon Performing Arts Center, | 2391 S. Ridge Rd., Green Bay, (920) 494-3401, [ashwaubenonpac.org](http://ashwaubenonpac.org)

### Wednesday, April 19

*Spring Planters Class*. 10:00 am. In Bloom Greenhouse, 1581 Bellevue St., Green Bay, (920) 501-2336

### Wednesday, April 19

*Hits The Musical* • Fox Cities Performing Arts Center, 400 W. College Ave., Appleton, (800) 840-9227, [foxcitiespac.com](http://foxcitiespac.com) for times

### Thursday, April 20

*Bingo \$ .50 per card*. 1:00-3:00 pm. Community Center, 1811 Allouez Ave., Green Bay, (920) 468-5225. All are welcome.

### Saturday, April 22

*Weidner Philharmonic-Power and Joy* • 7:30 pm. • Weidner Center for Performing Arts, 2420 Nicolet Dr., Green Bay, (800) 840-9227, [weidnercenter.com](http://weidnercenter.com)

### Saturday, April 29

*Market On Military* • 9:00 am-1:00 pm. 1481 W. Mason St., Green Bay

## May

### Sunday, May 7

*Milwaukee Symphony* • 3:00 pm. • Weidner Center for Performing Arts, 2420 Nicolet Dr., Green Bay, (800) 840-9227, [weidnercenter.com](http://weidnercenter.com)

### Tuesday-Sunday, May 9-21

*Hamilton* • Fox Cities Performing Arts Center, 400 W. College Ave., Appleton, (800) 840-9227, [foxcitiespac.com](http://foxcitiespac.com) for times

### Friday-Sunday, May 12-14

*Pet Expo* • 840 Armed Forces Dr., Ashwaubenon, (800) 895-0071, [reschcomplex.com](http://reschcomplex.com)

### Thursday, May 18

*Bingo \$ .50 per card*. 1:00-3:00 pm. Community Center, 1811 Allouez Ave., Green Bay, (920) 468-5225. All are welcome.

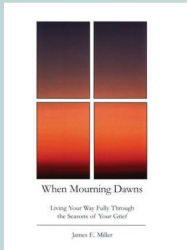
### Saturday-Monday, May 27-29

*Celebrate De Pere* • Voyageur Park, 100 William St., De Pere, (920) 370-6567, [celebratedepere.com](http://celebratedepere.com)



# Book Review: When Mourning Dawns

– By James E. Miller



The rhythm of the seasons has much to teach us as we search for balance in our fast-paced lifestyle. This is true even more so when grief puts additional strain on our heartstrings and daily routine.

At times like this, we welcome any available crutch to lean on, be it wooden, metal or human. One such crutch available is the insight, compassion and hope wrapped up in a mere fifty-page book entitled *When Mourning Dawns*. What a peace-filled, practical journey through grief this proves to be.

The loss of color, vibrancy and vitality, characteristic of autumn, is the lived experience of one in the grieving process. The autumn of grief is truly an unbalanced time – a genuine rollercoaster of emotions in search of some perceived “right way” to grieve. Autumn’s advice:

- Do what comes naturally
- Give yourself permission to feel whatever you feel
- Allow yourself to lean

Winter, in all its scenic beauty, can also take on a somewhat monstrous character in that it is blustery, cold, dark and lasting longer than we might like. This season, however, serves as a poignant reminder that “some things cannot be hurried.” Winter

further reminds the grieving heart “Take your time.” Winter’s advice:

- Take good care of yourself
- Turn to sources of wisdom
- Remember your loved one

The fragile nature of new beginnings, evident with the emergence of spring, speaks of *gentle, gradual, slow growth* – critically important to a grieving heart. But these sudden splashes of colorful surprises give new reasons for hope and healing, which slowly but surely do arrive.

Spring’s advice:

- Expect and allow respites from grief
- Reach out
- Experiment with new beginnings

As surely as spring leads to summer, grief will lead to restoration of a sense of wholeness. Important to remember is the fact that “this season of grief does not just arrive on its own – you encourage it to come.” The summer of grief makes clear that your loved one may not be walking beside you, but walks even closer – inside you.

Autumn, winter, spring and summer – what fabulous gifts – in life and in death.

*Continued from page 1 — Your Love Is Passed On*

I see her when I see my brother Doug smile. The one where the corners of his mouth lift ever so slightly, the same as hers. The kind of smile that makes you think they’re keeping a secret even when they’re not. He also has her ability to quietly listen without reproach or judgment.

I see her in my brother Steve who, like her, is a hard worker and someone who shows up for those he loves without question or hesitation.

And finally, I like to think I see her in me as well. I have her love of a good story well told, and I keep her stories close to my heart and share them with my children.

## My mother once told me that her children were her greatest legacy.

I believe we each, in our own way, try our best to carry her name forward, to make her proud, and prove ourselves worthy of such a title.

We are each, every day, trying to provide a way for our mother to pass on—her traditions, her words of wisdom, her stories, her life. And in doing so, she doesn’t die—she passes on to us, our children, and those she loved and who loved the essence of who she was and continues to be.

She is the soaring hawk, she is the sun-streaked morning grass, she is the tallest tree, and the sweetest flower. She is the sound of my favorite song. And she, like all those who pass on, permeates all that holds the most meaningful moments and memories.

Rest in peace, my loving mother and dearest friend.

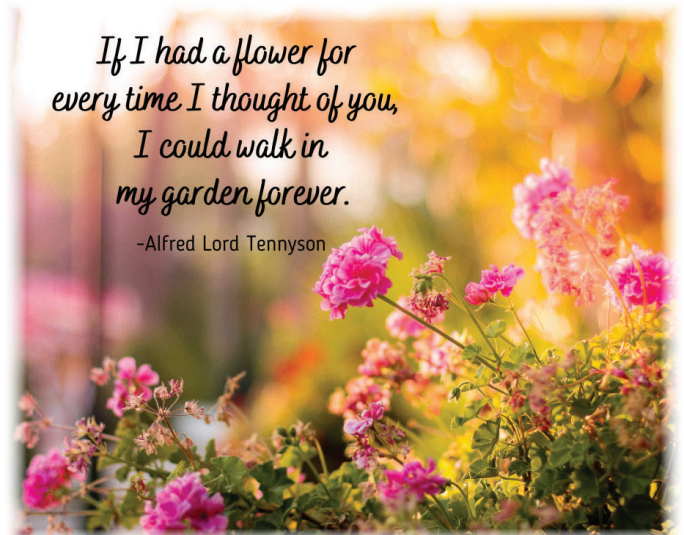
You did not die. You passed on.



Sherry Parnell

*If I had a flower for  
every time I thought of you,  
I could walk in  
my garden forever.*

–Alfred Lord Tennyson



<https://herviewfromhome.com/your-love-is-passed-on/>

## Recipe: Mini Red Velvet Cake

Recipe by: Joanie Zisk

<https://onedishkitchen.com/red-velvet-cake-recipe/>

*This homemade mini red velvet cake is soft and tender with an irresistible cream cheese frosting. Perfect for one or two people to enjoy.*

### Ingredients:

¼ cup vegetable oil , or canola oil  
½ cup granulated sugar  
1 large egg  
½ teaspoon vanilla extract  
2 teaspoons red food coloring

½ teaspoon white vinegar  
1 tablespoon unsweetened cocoa powder  
½ cup all purpose flour  
¼ teaspoon baking soda  
⅛ teaspoon salt  
¼ cup buttermilk

### For the frosting:

2 ounces cream cheese, softened  
2 tablespoons butter , softened  
½ cup powdered sugar , sifted  
¼ teaspoon vanilla extract  
Optional: 2 tablespoons chopped pecans for garnish

### Directions:

1. Heat oven to 350° F (177° C). With an electric mixer on medium speed, mix together the oil and sugar in a medium-sized bowl for 1 minute.
2. Add the egg, vanilla, food coloring, and white vinegar and beat for 1 minute. Set aside.
3. In a separate small bowl, whisk together the cocoa powder, flour, baking soda, and salt.
4. Pour half of the dry ingredients into the wet ingredients and mix until combined. Next, add the buttermilk and mix. Then, add the rest of the flour mixture and mix until combined.
5. Lightly spray or butter a 5-inch baking dish or a dish of similar size and pour the red velvet cake batter into the dish. Bake for 35-40 minutes.
6. Remove the cake from the oven to cool before frosting.

### Make the Frosting:

1. Add cream cheese and butter to a medium-sized mixing bowl and beat on high with an electric mixer until the ingredients are well combined.
2. Slowly pour in the sifted powdered sugar and beat on low speed until all the sugar has been fully mixed in.
3. Sifting the powdered sugar after measuring is always helpful because it breaks up any lumps.
4. Add the vanilla and continue whipping until the frosting is smooth and fluffy.
5. Frost the completely cooled cake.

### Additional:

Prep Time: 10 min. Cook Time: 40 min. Cooling Time: 10 min. Total Time: 1 hr. Servings: 4 slices

