



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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Spring Will Return When the Heart is Ready

—By Sr. Marla Clercx, ANG

I often think no one enjoys spring more than those of us who live in Northern states, where winters can be cold and snowy, and navigating through the day-to-day tasks brings its own challenges. How welcome are those moments of longer days and melting snow; of shedding winter coats and opening windows; of watching buds form and birds return. People step forth from their homes, leaving the slower pace of winter behind, and enter into the busyness of yard work, planting gardens, or going for walks. Yes, the movement from winter into spring brings a lot of newness to life around us.

Even though the season outside our window wears the face of spring, that doesn't mean our hearts do. Grief and loss can keep us from feeling the newness of life around us. It can feel as though our inner spring takes forever to return. Instead of the joys of spring, we may feel its shadow side. Rapid melting and spring rains can give way to flooding. New buds and blossoms can bring out our dormant allergies. Violent storms can be part of the transition of seasons.

The waves of grief may wash over us like a sudden downpour. We may avoid the activity or joy of others around us. We may find ourselves in the sudden storms of depression or anxiety, of sadness or discouragement. It is important to remember that while these are very real, they do not last forever.

Three members of my family died within a 5-month period from September – January. They were my oldest brother and both of my brothers-in-law, ranging in age from 59-75 and all were unexpected. The heaviness of grief was intense, and I couldn't wait until autumn and winter were over, and with them, the darkness of grief. Spring came and the sorrow remained. In that first year especially, my family felt not the return of warm and sunny days, but the lingering effects of intense sadness and a still-frozen disbelief. It has taken some time to feel the inner spring of new life and to allow the joy of memories to take lasting root.

When grief casts its cloud on our springtime, we must remember to be gentle with ourselves, and strive to approach each day with openness. We never know when a moment of hope, a glimpse of life's goodness, or a smile or laugh may enter in. Let us remember these are gifts from the person we miss. They are not unfaithful to or diminishing of their memory.

At times we may need a little assistance with this. There are any number of ways we can attend to our grief. The first is to reach out. Find a friend who will listen to us. Invite someone to lunch or to go for a walk. Attend a support group where our stories can be told, and the stories of others help us. Seeking help is not a sign of weakness, but a desire for growth.

In addition to reaching out, we can make the effort to show up to activities and life around us. There are many organizations that could benefit from our volunteering. Sometimes, the mere act of opening the door and stepping outside can feel like opening the windows to our grief and allowing a fresh breeze to flow through.



Continued on page 3

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, Judy, and Betty!

November 20: Anne Laundrie

December 4: Judy Langenberg

January 16: Betty Meindl



Anne Laundrie



Judy Langenberg



Betty Meindl

Fall Bus Trip, November 12th

This year's Fall Bus Trip was to Memories Ballroom in Port Washington. Our guests enjoyed lunch and a performance of Revival at Possum Kingdom Community Church with a stop at Culver's in Manitowoc for Custard.



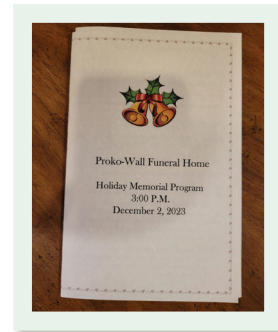
Treat Boxes, November 21st

Proko-Wall Funeral Home delivered treat boxes to all of the Green Bay Fire Department Stations and Administration Building on November 21st for the Thanksgiving Day Holiday. We are grateful for those who give up their holidays with family to serve our community.



Holiday Program, December 2nd

The Holiday Memorial Program is one of the many ways Proko-Wall reaches out to families in the first year after a loved one dies. This year's program was held on Saturday, December 2nd. Families gathered to remember their loved ones and to hopefully heal a little as they continue their grief journey. Rev. Bob Laubenstein offered opening and closing prayers with Kathie Tilot offering suggestions on how to navigate the holiday season after losing a loved one. Each family received an angel ornament and enjoyed cookies, hot cider and a chance to talk to others experiencing a loss. Two poinsettias and four Christmas floral arrangements were raffled off. Congratulations to the winners: Lisa Ouradnik, Adam Kugel, Dolores Torp, Donna Umentum, Amy Vanden Avond and Duane Piippo.



Toys for Tots, December 4th

Proko-Wall Funeral Home was a drop-off site for the Salvation Army & Marine Corp Reserve Toys for Tots Program. Proko-Wall is proud to be a supporter and has been a drop off location for this program for numerous years.



Gender Differences in Grief

By Tom Bekkers, MSW, APSW (October 16, 2013) • <https://gboncology.com/blog/gender-differences-in-grief/>

It is no surprise that men and women are profoundly different in a variety of ways and one of these key differences is the area of grief. It can be helpful to understand how gender differences play a part in how we grieve, whether we are the person grieving or if it a family member or friend.

Women frequently express that they feel their male counterparts are not grieving or supportive; often men say that they do not know how to best support their female loved ones, or how to handle the emotion and pain that stems from grief.

Men tend to be more comfortable attending to life changes by taking on new roles and responsibilities that result from the death of a loved one. Learning new non-traditional roles such as cooking, cleaning or becoming a single parent can be a distraction from their grief. Males often view social relationships as more of a time to share activities than emotions. So often they state that they know the story in their head and they don't need to retell it. They tend to want to "fix it" and will rely on their own resources—often keeping feelings and emotions to themselves.

Women, on the other hand, tend to be more emotional and will work on their grief by talking about it. They will tell their story over and over again because they say it helps them process and work through their grief. Women confide in friends, outwardly express their feelings and emotions, and "feel" their way through grief.

Men say that they limit their expression of emotion because they may not want to appear weak. Women report frustration with men demonstrating little emotion and not wanting to talk about the person who died. Women may view this as cold and think that the man is not grieving. Men often feel the expectation to be strong and so may be given or may accept little social support. Society has traditionally taught little boys not to cry while comforting little girls who do. Hopefully as we educate more, this message is changing. These conflicting gender messages can carry through one's entire life and may cause misunderstandings between males and females who are grieving. This can lead to frustration, anger, and feeling isolated in one's grief for both genders.

Men are generally "inward" thinkers; they think of the "situation" not the emotional responses. This does not make them less emotional, or less responsive to those around them; they just have a different method of looking at the emotional response. The woman in grief is traditionally looking for support. She will look to



those that can understand and listen to her express her emotions. She is not looking to "FIX" anything, but to regain her perspective and understand some purpose in her grief. Both men and women need support in grief. They need to hear from others their emotions are normal, their responses to the emotions are normal, and that they will be able to live and love again.

It is critical to stress that whether you are a male or female dealing with a loss of a loved one, if you are unwilling to express grief in any form at all, you will likely face serious consequences during your future journey. It is a make-or-break choice for those of us who lose someone and are willing to express our grief fully, in whatever way we are comfortable. Not to express our grief is to potentially set ourselves up for a lifetime of illness, bitterness, anger, and lack of connection to life.

When we look at gender differences in grief, what is important to remember is that neither way is right or wrong, just different. Both genders can learn from the other. If we learn to understand and accept one another's differences, we can learn to support one another without trying to change them. Grief is a very personal and individual experience with everyone navigating through this journey in his or her own way. The hope is that those walking this journey can experience comforting support along the way.

Tom is also co-author of "The Widower's Toolbox: Repairing Your Life After Losing Your Spouse" which helps channel men's grief into constructive tasks and provides tools that will enable bereaved men to recreate lives that can be fulfilling once again.

Continued from page 1 — Spring Will Return When the Heart is Ready

We can invite the joy of our memories back in, allowing them to soften the wounds of grief. I have found that each year, the anniversaries, and the springs get a little easier. The wounds heal into scars, and the scars lighten with time.

Above all, we ought to be patient with ourselves and our grieving process. Like crocuses peering through the snow, spring will return to the heart when it is ready.

Sr. Marla is a member of A New Genesis Community. She works in Memory and Respite Care.



Support Groups

ATO SZE

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

ADRC (Aging & Disability Resource Center)

300 S. Adams St., Green Bay. adrcofbrowncounty.org. Accurate, unbiased information on all aspects of life related to aging or living with a disability. Call (920) 448-4300 for more information.

ALZHEIMER AND DEMENTIA CAREGIVER SUPPORT GROUP

SS Edward and Isidore Parish, 3667 Flintville Rd., Suamico. 3rd Monday of the month at 10:15 am - 11:30 am. Contact Carol Mueller (920) 865-7844 for additional information.

AURORA AT HOME GRIEF SUPPORT GROUP

Aurora BayCare Hospital, 2845 Greenbriar Rd., Green Bay. Held every 3rd Tuesday every month. Contact Lisa Falk at (920) 838-1886 or lisa.falk@aah.org for time and location.

CAMP LLOYD

A week-long day camp for grieving children, entering grades 2-9 held at UWGB, 2420 Nicolet Dr., Green Bay on the Third week of June each year. Contact Ilene Cupit at (920) 465-2775.

CHILDREN'S HEALTH ALLIANCE OF WI INFANT DEATH CENTER

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. www.chawisconsin.org for a complete listing of grief support and bereavement resources for all family members. Joanna O'Donnell (414) 337-4571 or jodonnell@chw.org

CIRCLE OF FAITH GRIEF SUPPORT

Grief support meeting at St. James Parish, Cooperstown, 18228 County R, Denmark. January 14th from 12-2pm in person or via zoom. Contact Tom Bekkers at (920) 660-8066 for information.

THE COMPASSIONATE FRIENDS

First United Methodist Church, 501 Howe St., Green Bay. For bereaved parents, grandparents or adult siblings grieving the loss of a child (of any age), grandchild, or sibling. Call (920) 370-3858. Meetings 3rd Tuesday of the month at 6-7:30 pm. .compassionatefriendsgreenbay.org

COMPASSUS HOSPICE

Grief Support Groups will address ways to cope with grieving the death of a loved one. There are many support groups available throughout the Northeast Wisconsin region. For more information contact Kacie Doxtator at (920) 819-8174.

FROM MOURNING TO HOPE

Grief & Suicide Survivor Support held at Central Church, 831 Schoen St., Green Bay. Sessions are faith based. Membership of Central Church or any church is not necessary to participate. For upcoming sessions, contact Curtis Benjamin at (920) 288-2217 www.FMTHope.com or griefinfo@gmail.com

GRIEF SHARE

Grief Share is faith-based and is for people grieving the death of a family member or friend. This is a national program that is found locally at congregations listed below. Griefshare.org

Beautiful Savior Lutheran Church

2160 Packerland Dr., Green Bay. (920) 499-7405

Register: griefshare@beautifulsavior.com

Central Church

831 Schoen St., Green Bay. Contact Curtis Benjamin at (920) 288-2217 or griefinfo@gmail.com. Held on Wednesdays beginning at 6:30 p.m.

Green Bay Community Church

600 Cardinal Ln., Green Bay. Monday evenings 6:30-8:30 pm Jan. 8-April 8. Marilynn Bazett-Jones, (920) 492-0001. gbcc.me/groups

Pilgrim Lutheran Church

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

St. Bernard Catholic Church

2040 Hillside Ln., Green Bay. Contact Deacon Bernie, (920) 301-3275.

St. John Evangelical Lutheran Church

14311 Maribel Rd., Maribel. Nicole at (920) 973-0828 for more information.

Spring Lake Church

302 N. Adams St. #110 & 2240 Klondike Rd., Green Bay. Call (920) 983-9090 or https://www.griefshare.org/groups/169572 for more information.

COFFEE AND CONNECT BEREAVEMENT

Prince of Peace, 3425 Willow Rd., Green Bay. Contact Deb Hohensee at (920) 468-5718 ext 105. Meets 2nd Thursday of each month at 9 am.

GRIEVING WITH GREAT HOPE

St. Thomas the Apostle

5930 Humboldt Rd., Luxemburg. Contact Molly Gallagher, (920) 737-1805. Parish. ministries@threecatholicchurches.com

Prince of Peace

3425 Willow Rd., Green Bay. Contact Deb Hohensee. (920) 468-5718 ext. 105. Five-week series from 1-3 pm, Tuesdays, April 30 - May 28th

HAYLOS (Hope After Your Loved One's Suicide)

Central Church, 831 Schoen St., Green Bay. Faith-based, peer-led support group. Thursdays, beginning at 6:30 pm. haylos.org or contact Curtis at (920) 288-2217 or griefinfo@gmail.com

HEALING YOUR GRIEVING HEART

Resurrection Parish, 333 Hilltop Dr., Green Bay. Sponsored by Resurrection & St. Matthew Parishes. Five-week program for those who have lost someone through death. 6:30-8 pm, Thursdays, February 22-March 21. Contact: Ann Froelich, (920) 366-7605 or annrfroelich@gmail.com or Sheila De Luca, (920) 217-6259 or sheiladeluca63@gmail.com

PARKINSON'S DISEASE SUPPORT GROUP

Ss Edward & Isidore Parish, 3667 Flintville Rd, Suamico. 3rd Tuesday of the month 1- 2:30 pm. Contact Carol Mueller (920) 865-7844 for additional information.

HEARTLAND HOSPICE BEREAVEMENT SUPPORT & GRIEF EDUCATION

1145 W. Main Ave., De Pere. Facilitate & discuss grief support/education opportunities year-round and are free to the public. Patricia Hovde at (920) 278-3478 or patricia.hovde@heartlandhospice.com

FINDING HOME GRIEF CIRCLE

A weekly support group meeting every Wednesday from 3-4:30 pm at Gallagher's Pizza, 330 Reid St., De Pere. For more information, call Patricia Hovde at (920) 278-3478 or patricia.hovde@heartlandhospice.com

JOURNEY THROUGH GRIEF

Our Lady of Lourdes Parish, 1307 Lourdes Ave., De Pere. Second Tuesday of each month 9-10 am. Robin Therese at (920) 336-4033 for additional grief groups & information.

LIFE LOSSES GRIEF SUPPORT

SS Edward & Isidore Parish, (920) 865-7844. 3667 Flintville Dr., Suamico



Support Groups

MISCARRIAGE AND INFANT LOSS MEMORIAL

Resurrection Catholic Church, 333 Hilltop, Green Bay. Call (920) 336-7768 for dates and times.

RISE ABOVE COUNSELING

The Depot, 200 Dousman Street, Green Bay. An 8-session grief therapy group led by a licensed counselor. Contact Andy Johnson at (920) 340-0939 or andy@riseabovecounselingwi.com

BEREAVEMENT SUPPORT GROUP

For anyone grieving the loss of a loved one. St. Elizabeth Ann Seton Parish, 2771 Oakwood Dr., Green Bay. 1:30-3 pm on Mondays. Please contact Sr. Mary Peters at (920) 499-1546.

SERENITY BEREAVEMENT SUPPORT GROUP

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

SHARE of NORTHEAST WISCONSIN

St. Vincent Hospital. For parents who have lost a baby through miscarriage, still birth, SIDS or neo-natal death. Virtual at <https://www.hshs.org/SacredHeart/Events/Support-Groups/Infant-Loss-Support-Group> Keegan McKeown at keegan.mckeown@hshs.org

SUICIDE LOSS SUPPORT GROUP

Help to cope with suicide loss. Meets 3rd Monday of each month 6 pm. Facilitator Mary Doemel, (920) 339-8952 for more information.

UNITY GRIEF AND EDUCATION CENTER

2079 Lawrence Dr., De Pere. Groups are open to any adult member of the community who has experienced a death. Registration required for all groups call (920) 339-6700 or email griefcenter@unityhospice.org. www.unityhospice.org/grief-support/

Navigating Grief: A 6-week support group meeting held on Tuesdays throughout the year. Upcoming sessions include March 26 - April 30 (1:30-3 pm), May 7 - June 11 (6-7:30 pm), May 21 - June 25 (1:30-3 pm)

Virtual Grief Connect: This group meets the 1st & 3rd Thursday evening (6-7:30 pm) via Zoom.

Healing Thru the Arts: A hands-on creative workshop for adults. Held the 2nd Wednesday of the month (1:30-3:30 pm OR 6-8 pm), this workshop will guide participants to process and incorporate memories of their loved one through a creative project. Participants need not have any prior art or crafting experience.

Generations – Hope for Grieving Families: A family grief support group held on the 2nd and 4th Thursday evening of each month. Generations begin with dinner followed by concurrent groups for children/teens and adults. Activities and topics are tailored to children and teens ages 4-18, while adults share their own grief experience.

Luminary Walk: Held on the evening of Friday, May 10 at Heritage Hill, gather family and friends for the 1.5-mile luminary walk. This annual fundraiser provides a meaningful way to honor a loved one and support Unity Grief and Education Center. More information can be found at unityhospice.org/luminary-walk



Online Resources

HELPGUIDE:

www.helpguide.org

THE CARE COMMUNITY:

www.insightbooks.com

FOR GRIEF:

www.forgrief.com

WHAT'S YOUR GRIEF:

www.whatsyourgrief.com

MY GRIEF CONNECTION:

www.mygriefconnection.org

T.A.P.S.: www.taps.org

OPEN TO HOPE:

www.opentohope.com

“ALEX,
I have so appreciated the newsletter and booklets since my mom's death last December. There are so thoughtful and helpful. So many thanks!
—Mary Groth”

“Death ends a life,
not a relationship.
All the love you created
is still there. All the
memories are still there.
You live on—in the hearts
of everyone you have
touched and nurtured
while you were here.”

MITCH ALBOM

woman's day

Local Activities

March

Fish Frys

March 8th, 5-6:30pm. Our Savior Lutheran Church, 120 S. Henry St, Green Bay. Contact Michelle at (920) 468-4065 for more information.

The Dinner Detective Green Bay

March 9th, Hyatt Regency, 333 Main St., Green Bay. This show invites you to join in for a night of mystery with laughs along the way. Everyone is a suspect, and the crime could be happening right at your table. The show is from 6-9 pm. For tickets or more information call (866) 496-0535.

Bingo at St. Maximilian Kolbe

March 9th & March 23rd. 6051 Noble St., Sobieski. Doors open at 11 am. Bingo starts at 12:30 pm. Call (920) 822-5255 for more information.

2024 Stitches and Stems Embroidery Exhibit

March 21st – March 23rd. Green Bay Botanical Gardens, 2600 Larsen Rd., Green Bay. Free event. Times vary. For more information call (920) 494-8685.

Dinner Program: Ireland – Mystical Island

March 21st. Neville Public Museum, 210 Museum Place, Green Bay. Dinner begins at 5 pm followed by the program at 6 pm. Call (920) 448-4460 for tickets or more information.

April

Fish Frys

April 12th, 5-6:30pm. Our Savior Lutheran Church, 120 S. Henry St, Green Bay. Contact Michelle at (920) 468-4065 for more information.

Market On Military

Runs until April 20th. 9 am-1 pm. Free event. For more information call (920) 544-9503.

May

Dinner Program: Laura Ingalls Wilder – The Road to Little House

May 16th. Neville Public Museum, 210 Museum Place, Green Bay. Dinner begins at 5 pm followed by the program at 6 pm. Call (920) 448-4460 for tickets or more information.

Celebrate De Pere

May 25th-27th. Voyager Park, 100 William St., De Pere. Festival runs from 11 am-11 pm Saturday and Sunday and from 11 am-4 pm on Monday.

Ashwaubenon Performing Arts Center

2391 S Ridge Rd, Ashwaubenon. (920) 494-3401 <https://ashwaubenonpac.org/>

The MadHatters A Cappella

March 2nd, 1 pm. Oldest a cappella group at UW-Madison. Tickets available through Ticket Star at www.ticketstaronline.com or by calling 800-895-0071.

Four Guyz in Dinner Jackets – Call Us Old Fashioned: The Supper Club Tour

March 9th, show begins at 7:30 pm.

Fox Cities Performing Arts Center

400 W. College Ave., Appleton. Please contact the Center's ticket office by e-mail at tickets@foxcitiespac.com or by phone at (920) 730-3760.

Adam Pascal

March 8th, 7:30 pm in the Kimberly Clark Theater

The Price is Right Live Stage Show

March 16th, 7:30 pm

Jay Leno with Special Guest Arsenio Hall

April 14th, 7 pm in Thrivent Hall

TINA: The Tina Turner Musical

April 16th-19th, 7:30 pm; April 20th, 2 pm & 7:30 pm; April 21st, 1 pm & 6:30 pm

Heritage Hill State Historical Park

2640 S Webster Ave, Green Bay.

(920) 448-5150, <https://heritagehillgb.org/>

Barrels and Boards: A Bourbon Tasting Event

March 22nd. 7-10 pm

Opening Weekend

May 4th & May 5th, 9 am-4 pm. Opening weekend for the Park. Season runs from May 4th through October 31st. Please call the front desk at (920) 448-5150 the day-of your visit, or email us at info@heritagehillgb.org before your visit to learn about what we have to offer the day or week you are planning on visiting.

Meyer Theatre

117 South Washington St., Green Bay. (920) 494-3401 or 800-895-0071. Tickets can be purchased seven days a week online at ticketstaronline.com. Ticket Star's call center is open 10 am-2 pm Monday through Friday and evenings and weekends when there is an event. Call 800-895-0071.

Symphony on the Rocks

March 2nd, 8 pm. Features the biggest hits of classic rock

Blackhawk

March 8th, 7:30 pm

Gaelic Storm

March 10th, 7 pm

Eaglemania

March 15th, 7:30 pm. Eagles tribute show

Ladies of Country: A Tribute to Dolly, Shania, Reba & Martina

March 16th, 7:30 pm. Eagles tribute show

Resch Center

820 Armed Forces Dr., Green Bay.

(800) 895-0071

Arti Gras

March 2nd, 10 am-5 pm; March 3rd,

10 am-4 pm. For more information, call

(920) 435-5220.

Monster Jam motorsports experience

April 5th, 1 pm & 7 pm; Sunday, April 16th, 1 pm. Tickets available online at reschcenter.com or by calling (920) 494-3401.

Charlie Berens – Good Old Fashioned Tour

April 27th, 8pm. Tickets can be purchased through Ticket Star at (800) 895-0071 or www.ticketstaronline.com

St. Northbert College

West De Pere. *Location for each performance is noted for each. For tickets call (920) 403-3950 or www.snc.edu/ticketstickets@snc.edu

The Wizard of Oz

Presented by The Dance Company. March 14th, 7 pm; March 15th, 7 pm; March 16th, 11 am & 4 pm; March 17th, 1 pm. Walter Theatre, 315 Third St.

Spring SNC Community Band Concert

March 25th at 7pm. Walter Theatre, 315 Third St.

Chamber Music Concert

April 9th, Dudley Birder Hall, 400 Grant St.

Greatest Hits – Civic Symphony of Green Bay Concert

April 21st. Show runs from 3-5pm. Walter Theatre. For tickets or more information call (920) 432-4676.

Spring Choral Concert

April 26th, 7pm. Walter Theatre, 315 3rd St.

Population 485

May 3rd – May 11th. Hall of Fine Arts – Webb Theatre, 315 3rd St. The narrator returns to his small town joining the village's volunteer fire and rescue department. Through tragedy, heartbreak and danger, the play shows how neighbors-helping-neighbors strengthens the community.

Knights on Broadway Spring Showcase

May 3rd-May 11th. Dudley Birder Hall, 400 Grant St.

Dudley Birder Chorale Spring Pops Concert

May 17th & May 18th. Walter Theatre, 315 3rd St.

Weidner Center for the Performing Arts

2420 Nicolet Dr., Green Bay. Tickets on sale through TicketStar at ticketstaronline.com or 1-800-895-0071, (920) 465-2726.

My Fair Lady

March 8th, 7:30 pm

John Mellencamp – Live and in person

March 25th, 8 pm

Celtic Woman

April 17th, 7 pm

Beer & Ballet

May 4th, 7:30 pm. Enjoy an evening of ballet, short dance films and beer tastings from local breweries including root beer

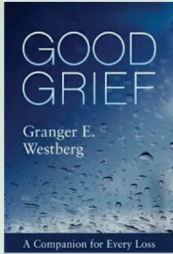
Annie

May 7th, 7:30 pm

Book Review: Good Grief

– By Granger E. Westberg

(Reviewed by Joan Faltynski (Oct. 16, 1939–May 4, 2013) in Spring 1999 Issue)



Depending on the tone of voice or other circumstances of our life, the expression “good grief” reflects a sigh of exasperation, or a goal to be reached. Given the blow of a recent death of a loved one, it is the latter that we struggle to attain.

In his book entitled *Good Grief*, Granger Westberg outlines ten stages that commonly accompany the experience of a serious loss. These include:

- State of shock
- Expression of emotion
- Feelings of depression and loneliness
- Physical symptoms of distress
- Becoming panicky
- A sense of guilt about our loss
- Feelings of anger and resentment
- Resistance to returning to life and reality
- Sensing hope
- Struggling to affirm reality

At a time when all of life is a chore, and concentration on reading is hard to come by, this little book could be just what the doctor ordered. In language that speaks so accurately to the ache of a grieving heart, this author acknowledges you, empathizes with you, and walks you from brokenness to wholeness.

Unlike some more philosophical approaches to the stages of grief, Westberg’s portrayal resembles a living room chat with a cherished friend who senses your pain and supports you with a listening ear and compassionate company. Advice is minimized while insights are maximized.

If you’re looking for a boost, this book will certainly meet that need!

Agony becomes bearable in the company of a friend.

Joan Faltynski, a life-long elementary and middle school age teacher, worked part-time for Proko-Wall and reviewed books and videos. This book, as well as other videos and books, is available for checkout at Proko-Wall’s Community Library.



Spring sang softly
as Winter died,
"I'll bloom for you;
while my heart
still cries."

Angie Weiland-Crosby

Pre-Planning is a Gift

A gift you have given your wife at a time she only wants to think about the day you were married.

A gift you have given your husband at a time he wants to be strong for the family but is distracted by choices he must make.

A gift you have given your child at a time he/she is overwhelmed with decisions but can only think they want one more chance to say, "I love you."

A gift you have given your niece at a time she is remembering the wonderful cookies she ate at your house when she was a child.

A gift you have given your nephew at a time he is remembering how his favorite Uncle taught him to bait a hook.

A gift you give to those you love.

Call for an appointment today – 920-468-4111

Recipe: Cheesy Baked Eggs for One

<https://onedishkitchen.com/cheesy-baked-eggs-for-one/#wprm-recipe-container-27730>

Recipe by: Joanie Zisk

Enjoy a fast, savory single-serve Cheesy Baked Eggs recipe.

Ready in 15 minutes, perfect for breakfast or brunch. Simple ingredients & customizable!

Ingredients:

1 teaspoon salted butter, softened

2 large eggs

2 tablespoons heavy cream alternatives:
milk or half and half

2 tablespoons shredded Cheddar cheese

1 tablespoon grated Parmesan cheese

½ teaspoon kosher salt

⅛ teaspoon freshly ground black pepper

Equipment:

10-ounce ramekin

Directions:

1. Heat the oven to 400 degrees F (200 degrees C).
2. Coat the inside of an 10-ounce oven safe ramekin with the butter.
3. Whisk together the eggs and cream in a small bowl.
4. Stir in the cheeses, salt, and pepper.
5. Pour into the ramekin and bake for 15-18 minutes or until eggs are set.
6. Let cool 5 minutes and enjoy.

Notes–Expert Tips:

1. Preheat the oven: Preheat the oven to 400 degrees Fahrenheit before you start cooking. This will ensure that the eggs cook evenly.
2. Use a ramekin: A 10 ounce ramekin is the perfect size for this recipe. It will hold the eggs and cheese without overflowing.
3. Baking: To avoid overcooking and drying out your eggs, start checking them a few minutes before the recommended cooking time ends. They're done when they're set and no longer jiggle in the middle. Remember, they will continue to cook for a minute or two after you take them out of the oven due to residual heat.

Prep Time: 5 min. Cook: 15 min.

Total: 20 min.

Servings: 1

Nutrition info (1 serving):

Calories: 358kcal, Carbohydrates: 2g, Protein: 22g, Fat: 28g, Saturated Fat: 14g, Cholesterol: 429mg, Sodium: 450mg, Potassium: 177mg, Vitamin A: 1070IU, Calcium: 356mg, Iron: 1.9mg

