

Compassion in the Hard Places

February 2019

SAND

I awaken

Touch the sand in my eyes
dried up salt from my tears

I am an ocean
Waves of grief
are the nightly breakers
that slam the shore of my cheeks

Tears fiercely guarded all day
Bravely held at bay to escape by night
under safe cover of dark slumber
Silent pain suppressed in the light

To avoid

Sanguine well-intentioned comments
that land on my bitter ground
Judgements made in ignorance
only to breed false comfort

Leaky lies
told to fill an awkward silence
around pain too massive to contain
any longer than my conscious hours

Pain unleashed
in stormy sea dreams
Full forced white cap emotions
not diminished as I sleep

My fragile eyelid curtains
torn by rapid eye movement
to break the dam
never meant to hold back the flow

I am an ocean
Intent to crush my mountain
Like sorrow broke me
I'll erode these rigid rocks into soft sand

Help me escape
this undertow of loss

Collect the sand in my eyes
like sacred treasure found
Precious gems of sorrow gently held
Build a sand castle monument to my
grief --Lora Janzen

Clair Jantzen

Grief and Loss Therapist

Grievers aren't broken; they don't need to be fixed!



Learning to listen and respond to others' quiet burdens in the workplace.



Speaking at Refresh Financial on Feb 13 / Clair and Mike Penninga

More important than having an “up-beat” corporate environment is “upping” the care—fine-tuning our ability to notice the hurts others bear, comment appropriately and receive them. Our colleagues will sense that they are not alone, will find courage to carry on because someone is “in my corner.” Why not schedule this 90-minute workshop entitled, “Reframing Disappointment as Loss,” in your company? Call me at 250.801.3648 or connect at www.clairjantzen.ca

Contact

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Not from Kelowna?

Online Counseling available:

www.clairjantzen.ca

Clair's book: [Tears in a
Bottle, Stories of Life and
Loss](#), Trafford 2010

www.amazon.com

Third Space Mind (above)

Upcoming Events:

Facilitator Training (for Grief Support Group leaders)

Do you have a heart for the bereaved? Ever wondered whether you have what it takes to facilitate a group of grievers and help them connect around their great losses? Why not sign up for one of two events in Kelowna or Dawson Creek? We'll address group dynamics, managing divergent needs, handling conflict, encouraging participation. You'll complete the three-day program with all you need to lead a group of bereaved on their unique journeys with confidence.



Compassion in the Hard Places

A one-day (6-hour/6 CEUs) workshop on Loss and Grief. Understand the 7 tasks of mourning, learn and practice crafting appropriate responses to shared pain, connect with other caregivers in the helping professions. Receive a certificate of completion for your organization.

When: Saturday, April 27, 2019, 9 am – 4 pm

Where: Emmanuel Church, 2600 Hebert Rd, West Kelowna, BC

Register: <http://www.springfieldfuneralhome.ca/seminar/>

Recent events: Reframing Disappointment as Loss (Interior Health Social Work Conference Sep 17, 2018); Compassion in the Hard Places (Grande Prairie, AB—Oliver's Funeral Home, Dawson Creek, BC—Bergeron Funeral Services Oct 4&5, 2018 and Kelowna—Springfield Funeral Home Oct 13, 2018); Grief Support Group Facilitation (Boys and Girls Clubs of Canada Oct 19, 2019); Coping with Frequent Loss in a Palliative Environment (Interior Health, Hawthorn Park Residence—Jan 7/19)
