



Astronomical autumn begins on September 22, while meteorological autumn starts on September 1. Nevertheless, during the month of September, autumn begins.

When September rolls around, many people choose to mourn the end of summer. Many others choose to embrace the beauty of fall. It is all about perspective! While I love spring and summer, I can never deny the beauty of fall. Winter? Well, that's an entirely different subject 😞

Dad would often say, "Son, that's a matter of perspective" and he was correct. Perspective is powerful. Even though a person's perspective may be incorrect, it changes everything.

Death is a reality we cannot change. This is not a matter of perspective. However, how we respond to death is. For example, many people choose to view death as a portal to a new and better life; maybe a family reunion. This helps change the grieving process. While loss through death is indescribably painful, some people choose to celebrate a life well lived. They celebrate the person who passed; their love, kindness, courage, and faith. This helps change the grieving process. I am reminded of a simple but profound quote from a great modern-day philosopher: "How lucky I am to have something that makes saying goodbye so hard." (Winnie the Pooh) That is perspective.

I am convinced that my deceased loved ones would want me to enjoy good memories and find healing. They would want me to celebrate their lives and let everyone know how blessed I was to love and to be loved. And yes, I look forward to seeing them again in a new and better place. This is my perspective. What about yours? Does your current perspective help or hurt? Is it time to change your perspective?

Upcoming Events: *(Support group attendees purchase their own meals)*

- *September 2 – (first Wednesday) @ Noon at Barnesville Memorial Park. Bring your lunch!*
- *September 9 – (second Wednesday) @ Noon at Mr. Lees in Cambridge.*
- *September 16 – (third Wednesday) @ 9am at Patty's Place in Caldwell.*

Mark your calendar! December 3, Candlelight Memorial Service, Pritchard Laughlin. Watch for details.

If you have any questions, call **740-432-7440** or you can email me at cdyer@hospiceofguernsey.com . I am also available for one-on-one meetings.

Remember that together and with support, we can make it through each new day.

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