



Good Grief

MARCH/APRIL 2023 NEWSLETTER

More About Your Author - Doreen

Entrepreneur, Writer and Creative Dreamer

Pretty with a Purpose

While I was recovering from bunion surgery, I created a *Butter Measuring Tool*. I am so darn proud of this, as I have wanted to create a butter measuring tool for quite sometime. I will be sending you one, because we all need a fabulous kitchen gadget, which is pretty with a purpose. Sturdy, durable and double sided, with measurements for a *Pound of Butter* and a *Stick of Butter*. No more moving the butter around on the foil wrapping to find the measurement you need. YAHOO!!

Butter, the Heavenly Aroma

Walking up the front steps of my junior high friend's house, where we were going to work on a school project together, my friend Shirley opened the front door where there should have been a sign saying, 'Entering Butter Heaven'. I had only taken two steps into her house when a waft of the most amazing aroma I had ever experienced in my young life, took over my senses. My sense of smell is where all the magic happened. I asked Shirley, "What smells so good?!" I followed Shirley into the kitchen where I was kindly introduced to her mom. I saw her mom gently swirling the (real) butter around in a frying pan with a wooden spoon. I asked, "What are you cooking, it smells so good?"

Shirley's mom replied, "I am melting butter..." and this is all I needed to know. If she said anything else, I wasn't listening, because I was in butter heaven. Wow! This was the moment when I fell in love with butter!! When I moved out of my parents' house, my grocery lists usually always included a pound of butter. To this day, I time travel back to the moment where I was introduced to the heavenly aroma of real butter whenever I am melting and swirling butter in my frying pan.

The Butter Measuring Tool below is only a representation, the one you'll be receiving will be to scale.

Meaningful Little Books

POUND OF BUTTER
All measurements are approximate

The secret ingredient is **LOVE** and **BUTTER**

1 cup - 250 mL 8 oz - 1 tasse	1/2 cup - 125 mL 4 oz - 1/2 tasse	1/4 cup - 2 oz 62 mL	1/4 tasse
16 TBSP = 1 Cup of Butter	8 TBSP - C.Á Table	4 TBSP	4 C.Á Table

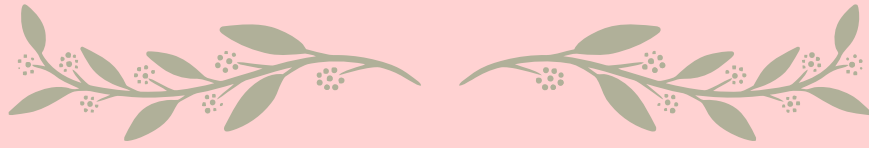
Meaningful Little Books

STICK OF BUTTER
All measurements are approximate

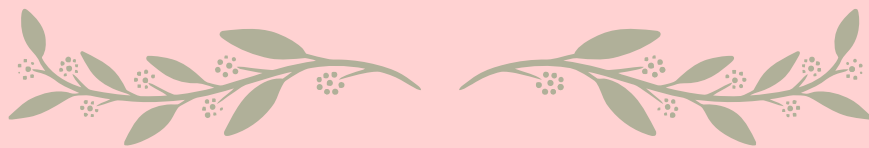
1/2 cup - 125mL - 4 oz - 1/2 tasse

1/3 cup - 85 mL - 3 oz - 1/3 tasse			
1/4 cup - 62 mL - 2 oz - 1/4 tasse			
1 TBSP	15 mL	0.5 oz	1 C.Á Table
1 TBSP	15 mL	0.5 oz	1 C.Á Table

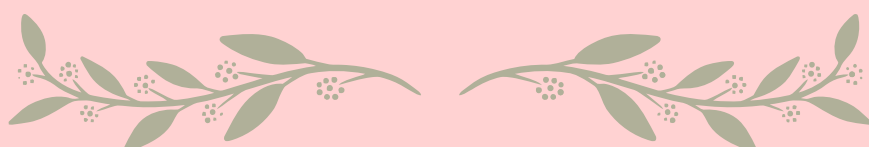
It is my pleasure to include real and heartfelt stories from people who were invited to share their perspectives on Grief, Joy and Gratitude. I hope you will enjoy reading their journeys.



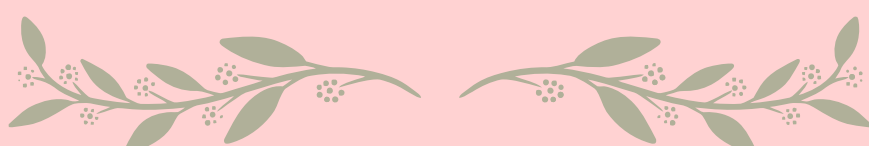
As I reflect on the past nine years without my Grandma Hanley, the prominent theme of grief for me is knowing she didn't get to meet my daughters. It would have been so special to witness the joy they surely would have brought to one another. I take comfort in knowing I have kept Grandma's memory alive for my daughters through the stories I tell about Grandma, her recipes we bake together, and the middle name, Audrey, which we gave to my eldest daughter. I miss her company; she had a way of bringing warmth, genuineness, and humor to every visit we had. Even though I wish she was still with us, I feel an abundance of gratitude for the relationship we shared. **Sheena**



When grief is very fresh from the overwhelming sense of loss and my emotions are intense and all-encompassing, I let all of those emotions come to the surface. I'm gentle with myself because I know this is the initial phase and I won't always feel like this. I know the more I loved, the more intense my grief will be. Even though there's a void in my life, I think of how great the person or experience was and how they impacted my life; what did I gain or become because of their presence in my life. I'm grateful when I can bring that up and their name and this will trigger stories and memories from others who also knew my loved one. What joy there is in sharing. **Kelli**

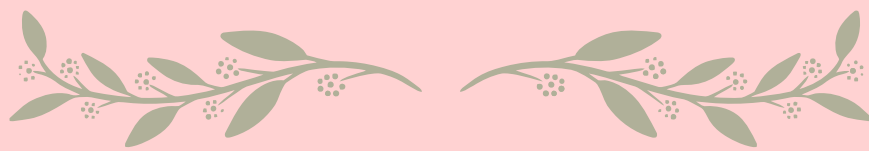


No longer by my side, Shadow, my beloved cat passed away this year. Shadow, gave me 18 years of unconditional love and loyalty. For those times, I can't help but think of her and I wanted to isolate myself from the world. I recognize this is temporary. She is gone from my life, but not my heart. I miss her so much, she was my wee shadow girl and the house is so empty without her. **Sheri**



Grief, Joy & Gratitude continued...

For a long time, I didn't know how to handle grief. I think most of us aren't really brought up in a way to handle grief, and we are never really prepared. I always felt my family never handled it well, we never talked about it, and because of this my mind doesn't know how to handle grief. The reality is, when we've lost somebody, instead of focusing on the loss, their life should be celebrated. In my family, after the forty days of mourning, we celebrate their life in remembrance on the day of their birthday. We get together and we do things to represent them, so we have a drink for them, we talk about them the whole night, and recall many different memories. I've never connected this to grief and have realized this is the way to process grief. I attended a funeral for my friend who passed recently. She really loved poetry, she was a writer, and her remembrance was her family and friends coming together to read poetry. These incredible memories are what you get to take forward, not the pain from the loss, because you're bringing them with you. **Masha**



Life ends when you stop dreaming, Hope ends when you stop believing, Love ends when you stop caring. I've learned grief is just LOVE. "Its all the love you want to give but cannot and all that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go."

What I've learned about Joy... It's not a feeling but an attitude you choose to develop. You matter, and you are enough. Get acquainted with your true self so you can experience joy finding its way to you. Someone feels inspired by you and you won't even realize it, your life has meaning even if it doesn't always feel like it. It's not always easy but you are stronger than you know. I love finding meaningful quotes and this is one I keep on my phone. "Give yourself credit for the days you've made it through when you thought you couldn't."

What I learned about Gratitude... It's a light that shines brightest in the darkness. Journaling my thoughts was a turning point. Focussing daily on at least 3 things I was thankful for. Learning to appreciate the little things I often took for granted was a shift to embrace the present & invite peace. Remembering your good friends are like stars, you don't always see them but you know they're always there. **Jeannie**

Thank you all for sharing your hearts. Grief Shares is Grief Divided.

Nothing says comfort food like a good old fashioned slice of cornbread. This sweet cornbread is absolutely delicious! I have been looking for a cornbread recipe for years, you know, like the one our moms would bake and have ready for us after school! The aroma of fresh baked cornbread gives me goosebumps. Thank You *Fraiche* for posting this recipe, the exact one I have been longing for! Enjoy! Enjoy!

Cornbread



Prep Time: 15 minutes | Cook Time 30 minutes
Total Time 45 minutes | Makes 12 -15 servings



Ingredients

- 1 cup butter - softened
- 1 cup sugar
- 4 eggs
- 1 $\frac{3}{4}$ cups all-purpose flour
- 2 tbsp baking powder
- 1 teaspoon salt
- 2 cups milk lukewarm (I used 2%)
- 2 cups yellow cornmeal

Directions

- Preheat the oven to 375° F and generously grease a 9" x 13" baking dish.
- In a large bowl, beat together the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well between the addition of each. Beat until light and fluffy.
- In a medium bowl, sift together the flour, baking powder and salt. Add the flour mixture and milk mixture alternately to the butter mixture in two parts, mixing in between the addition of each, until combined. Fold in the cornmeal.
- Pour the batter into the prepared pan and bake for 25 to 30 minutes, until the edges are golden brown and a toothpick inserted into the centre comes out clean.

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