

The Owen



*A publication of information
about life's difficult subjects*

Family Newsletter

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From Our Family to Yours

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Owen Funeral Homes

5317 Dixie Highway
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www.owenfuneralhome.com

The Owen Family Newsletter is published by the Owen Funeral Home. We invite your comments or questions. Please direct all correspondence to David L. Owen.
Email: dowen502@aol.com

Hope in the Midst of Grief

- *Geneve Nisbet, M.Div., CT*

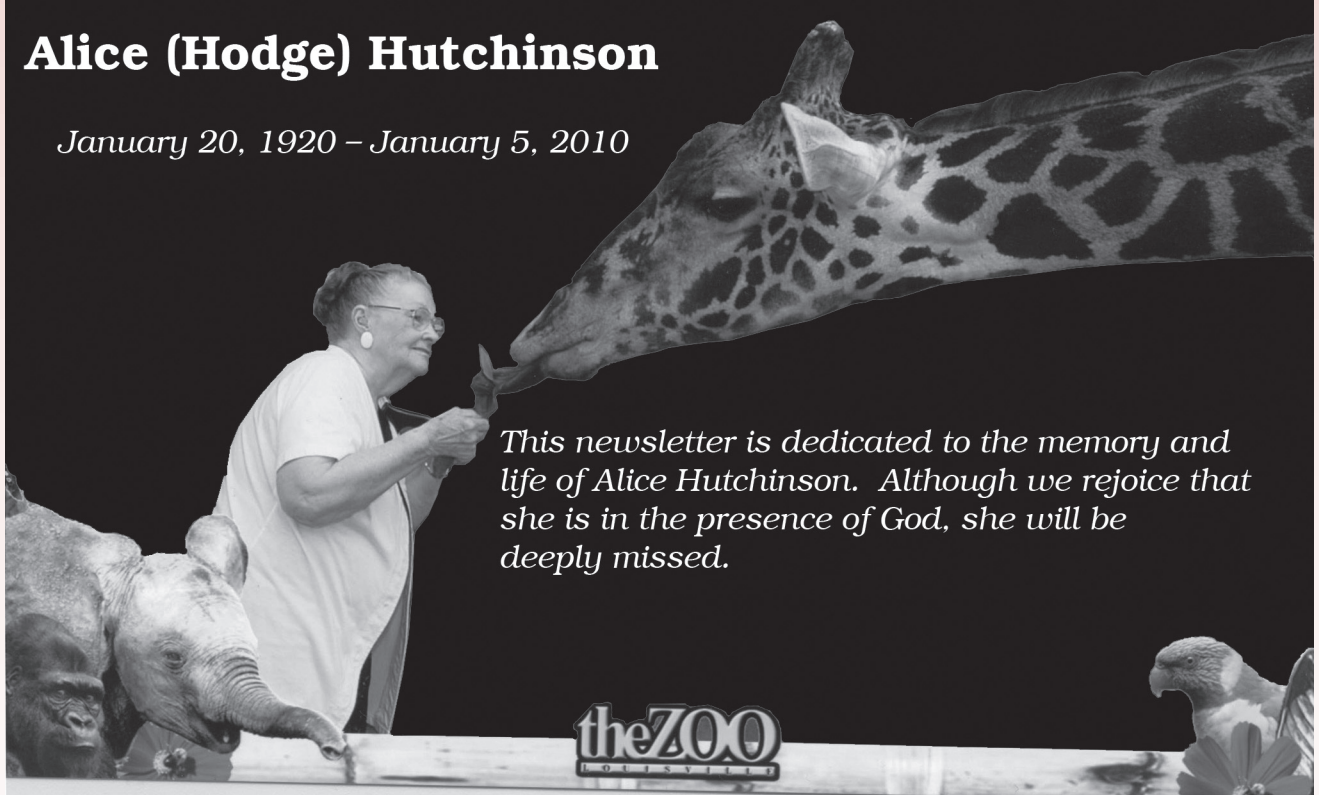
Hope is often a meaningless word, when suffering the loss of a loved one. The emotional pain you experience, in times of grief, can deflate the meaning of the word hope and leave you empty, wondering how things will ever change. How do things change? How do they get better? When will you feel normal again? These are hard questions with different answers for everyone. Many factors contribute to how a loss is experienced. For example, if the loss was sudden then it may take extended time to absorb the reality of the loss. If the loss was expected, then you may find yourself faced with many changes, and have to learn how to make healthy adjustments to these changes. If the loss seemed preventable, you may wrestle with what you could have done differently. These are natural and normal responses. A person's grief is as unique as their fingerprint. For many, getting through grief takes a lot of time and effort. Grief is hard work. It requires you to push forward, even when you don't want to.

For most, the grief process is not what they expected. It is often much harder, but there is hope. Hope is what keeps a person going even when the path is dark and unclear. Hope lets us know through the experience of others, that life will get better. Hope also assures us that the intense pain of grief will ease. And lastly, hope reminds us that our lives are more than a series of motions and one day will be filled with new meaning and purpose.

Remember, with hope you can heal. The pain you experience today will help you grow and move toward the healing of your tomorrow. When you feel weak, let someone help you. When you feel alone, reach out to a family member or friend. If you are scared, lean into your faith for courage and strength. It is here that you can trust in Jeremiah 29:11, "I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Alice (Hodge) Hutchinson

January 20, 1920 – January 5, 2010



This newsletter is dedicated to the memory and life of Alice Hutchinson. Although we rejoice that she is in the presence of God, she will be deeply missed.

Hope

*by Ronald Gries
Bloomfield Hills, Michigan*

I'm feeling a bit different today
and I wonder if I'm healing.
I've read about healing
from those who know grief.
But how many of them
have lost what I lost.
How many of them
still do not sleep,
or eat
or play
as they did before.
But today I heard the birds sing,
and wondered where they
had been hiding for so long.

Then it dawned on me that
I have been the one hiding.
My sorrow has imprisoned me.
Maybe it's time to escape,
time to rediscover the laughter
and replace some of the tears.
Maybe it's time to say, "yes"
to life's opportunities.
I'm not sure that I can do this.
I still feel totally alone,
in the midst of family and friends.
I'm still scared when I think
of facing life's trials without them
They had absolutely no fear
and showed me such courage.

I don't know if I'm up to it.
But if I can again enjoy
the song of my backyard birds,
maybe my life can return to me
if I work harder at it.
I think that I might want to try.
Maybe the good sleep will return
and food can again taste good.
Maybe the days of aimlessness
can be replaced with purpose.
I think the bird's song was a sign.
It's time to say hello again
to who I was
and who I can again be.



Amputation

Losing a spouse is like having an amputation,
without anesthesia, I.V.'s, pain medicine, or post-op care.

The grief process is like rehab.
You have set-backs, depression, and antibiotics.
The rehabilitation is hard and hurtful,
and the phantom pains never stop.

You soon quit crying with the pain,
but the awareness that the amputation took place,
is always there.

As you heal, you learn to walk and move,
without the amputated part.
But the body is never the same,
the incision scar heals, but is always there.



*Written by Pat Campbell,
Survivor of Breast Cancer and beloved wife of
Frank Campbell who died March 2, 2008*

Give The Gift of Love

How do you show your loved ones you care for them? Some people show their love through words, others show their love through gifts, and still others show their love by the things they do for others. Family members of individuals who prearranged their funerals often tell us that preplanning involves all three forms of showing love.

It may seem hard to make decisions about funeral services, but preplanning is an opportunity to make decisions now and relieve your family of this burden later. A prearranged funeral allows your family to focus on the memories of your life, rather than on the details of your death. Yes, preplanning your funeral can be a true expression of your love.

We can make it easier for you to give this gift of love. Call us today at 447-2657 for more information and to receive our free Personal Arrangement Guide.

Cornbread Salad

Cont. from pg. 4

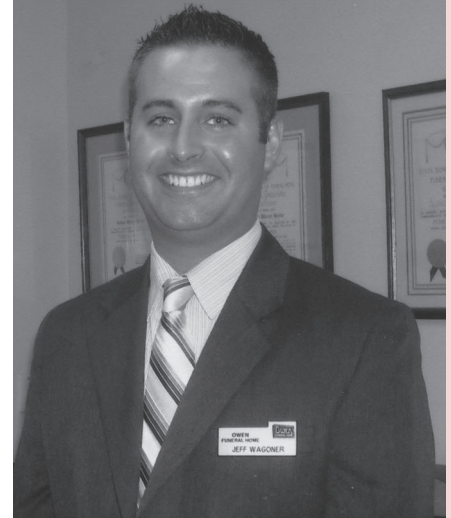
muffin and layer in bottom of bowl, then layer 1/3 of beans, 1/3 of mayo mix, 1/3 corn, 1/3 green onions, 1/3 green peppers, 1/3 bacon, 1/3 tomatoes, and 1/3 of shredded cheese. Then sprinkle with a little bit of cumin. Repeat this process a few times until all ingredients are used up. For best results, chill over-night. This salad seems like a lot of ingredients but trust me it's an awesome salad that will feed several people.



Meet one of our
Owen Family Members...

Jeff Wagoner

Funeral Director



Jeff Wagoner is the newest funeral director and embalmer at Owen Funeral Home. After serving his apprenticeship at the Owen Jeffersontown location, he was transferred to Dixie Highway in October 2009 to start his licensed career.

Jeff was born and raised in Rochester, IN, where he graduated high school. He attended Mid-America College of Funeral Service in Jeffersonville, IN, graduating in 2004. Jeff got back into the funeral service industry in 2008 and now he is proud to be working for one of the most recognized funeral homes in Louisville.

During his spare time, Jeff enjoys being with friends, spending time outdoors in the warmer months and tending to his landscaping.

Jeff truly enjoys his career. "Helping families with one of the most difficult times is very rewarding, knowing that I'm there to comfort and to make the process as smooth as possible."



Neighborhood News

Grief Support Groups

Provided by Owen Funeral Homes as a Free Public Service

"Transitions"

Group for Bereaved Persons & Families
in their first few months of grief
Location and times assigned quarterly

"Now and Beyond"

Group for Widows and Widowers
Every 3rd Friday, 2:00 p.m.
Southwest Regional Library
Every 3rd Wednesday, 2:00 p.m.
Owen Funeral Home, Jeffersontown

Monthly "A Daughter's Loss"

Every 3rd Thursday, at 6:30 p.m.
Hillview Baptist Church

"A Parent's Grief"

1st and 3rd Monday, at 6:30 p.m.
Hillview Baptist Church

Monthly Men's Breakfast

Every 3rd Monday, at 8:30 a.m.
Location assigned monthly

Monthly Widow/Widower's Luncheon

Every 1st Friday, 1:00 p.m.
Location assigned monthly

For Information: *Please call Genene Nisbet,
Bereavement Services Specialist at 447-7759.*

You Are Always Welcome -

Owen Funeral Home staff welcomes the opportunity to show you around either of our facilities and to answer any questions you might have. Call the office or stop by.

Owen
FUNERAL HOMES

5317 Dixie Highway Louisville, KY 40216

502-447-2600 or 888-817-6105

9318 Taylorsville Road Louisville, KY 40299

502-266-9655 or 888-652-7332

<http://www.owenfuneralhome.com>

FOUNDING FAMILY

Bird S. Owen Jr. (1911-1987)
Mrs. Edith Owen
David L. Owen
Linda Owen Miller

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Rachel L. Hood
Amanda Keith
William B. Longest
Yvonne M. Nantz
Jackie Pugh
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Philip R. Simpson, Manager
Kenneth W. Hardin, Jr.
Kenneth W. Hardin, Sr.
Pamela H. Owen

An Owner of

Highlands Funeral Home
3331 Taylorsville Road * Louisville, KY 40205

From Our Kitchen To Yours

by Jeff Wagoner

Cornbread Salad



1 pkg. of Jiffy Muffin Mix
1 sm. can of Green Chiles
1 tsp. of Cumin
1 c. of Real Mayo
1 c. of Sour Cream
1 pkg. of Dry Ranch Mix
Dash of Milk
2 cans of Kidney Beans
2 cans of Whole Kernel Sweet Corn
½ c. of Green Onions (chopped)
1 c. of Green Peppers (chopped)
3 medium Tomatoes
1 lb. of Bacon (fried and chopped)
1 c. of Shredded Cheese (mild cheddar)

Prepare muffin mix as directed on box. Then mix mayo, sour cream, and ranch together and thin down with a dash of milk. In a very large bowl crumble 1/3 of the cornbread

directions continued bottom of pg. 3

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