



The CommUUnicator

Newsletter of the Unitarian Universalist
Fellowship of Waynesboro

Loss and Grief: A Universal Journey

By Annie Foerster

Sooner or later, we all experience loss of some kind—a beloved friend or relative, a dear pet, a job, our youth, our innocence. And what follows is some sort of grief. The grieving process, we are told, is what eventually heals us. And so the process goes—loss, grief, healing—repeated throughout our lives. There is no way to escape the circular journey.

Unlike some cultures, we have few patterns or traditions for handling our grief. Many of them are unhelpful at best and counter-productive at worst. According to John James and Russell Friedman, founders of the Grief Recovery Institute, “Grief is the normal and natural reaction to loss of any kind. Therefore, the feelings you are having are also normal and natural for you. The problem is we have all been socialized to believe that these feelings are abnormal and unnatural.” And, they warn us, if we don’t grieve fully, we do not heal fully from our losses.

How were you taught to grieve? For me it was these two lessons:

It’s only a dog. We’ll get you another one.

If you’re going to cry, go to your room.

And this was how I grieved until I attended a Grief Recovery Seminar with James and Friedman. Now I know better. Now I grieve more openly. Now I find healing from my losses.

I am facilitating a seminar on Loss and Grief on three Saturdays after the first of the new year—**January 13, 20, and February 3,**

from 10 to noon in the Fellowship Hall. I’m reserving February 10 for any unprocessed feelings or an alternative class on how to help others grieve. Anyone who has ever experienced a loss—not just recently—will benefit from the discussions. This is not a loss support group, although some of that may happen organically.

A New Community Response to Food Insecurity

By Renee Herrell

When you enter the River City Bread Basket in Waynesboro, you notice right away that this is not an ordinary food pantry. Rather than having food boxes ready for pick-up, community members take a cart and move from shelf to shelf, selecting the foods they want. The River City Bread Basket is located at 505 North Winchester Ave. in Waynesboro on the eastern side where there is a food desert with no grocery store within walking distance of the community.



Adrienne and AJ Young have been providing food door-to-door in several low-income housing areas in Waynesboro for the past two years through their non-profit, the LIFEworks Project. "We found that it wasn't as efficient as we would like it to be," Young said. "We weren't serving as many people as we were getting calls." They decided that they needed to have a physical location, a client-choice outlet offering free food for the SAW area.

"We know that there are people on the fringes," said Adrienne Young. "There's over 3,700 people in the City of Waynesboro that live at or below the poverty level. And there are resources that we know about for those people, whether they use them or not. But we also know that there are people just above that number who may not qualify for services that are struggling. And they need a little respite as well."

"We want to give them an option where they can get healthy food that's provided by the community because we love and we care and we know what community looks like," Young said. "If you look around at all these faces, these different ages, these different folks, this is what community looks like."



The River City Bread Basket is made possible by support from the Blue Ridge Area Food Bank, Ntelos/Lumos, the City of Waynesboro, through a Community Development Block Grant, the Community Foundation of the Blue Ridge, Christ Tabernacle Church of God and Christ, Feeding America, Walmart, and Food Lion.

Since its opening in October, there has been a steady stream of people coming through the doors and enjoying the opportunity to shop in a homey atmosphere with volunteers welcoming them. Many have remarked about how happy they are to have the Bread Basket in their community and how it has been a lifesaver. Hours of operation are:

Thursdays: 4:30 PM - 7 PM

Fridays: 10 AM - 2 PM

1st & 3rd Saturday: 10 AM - 2PM

Several UU members have been assisting, but there is a need for more help, so please consider volunteering. Training for volunteers is on the second Wednesday of each month from 5:30 pm-6:30 pm at 505 N. Winchester Ave in Waynesboro. Shifts at the Bread Basket are broken up into 2 hours for Fridays and Saturdays from 10 am – 12 pm and 12 pm – 2 pm. Thursday shifts are broken up into 4:15-6:15 pm and 6-7:30 pm. You can choose what shift works best for your schedule. Volunteer opportunities are as intake person, greeter, stock, runner, etc. For more information, email thelifeworksproject@gmail.com

Member News

Braxton Nagle is home from rehab where he will continue to recover from a broken pelvis. He and Diane will welcome visits.

