



BUTLER FAMILY *of* ORGANIZATIONS

Butler Funeral Homes & Cremation Tribute Center

Springfield · New Berlin · Chatham

Boardman-Smith Funeral Home · Lincoln Land Cremation Society · Roselawn Memorial Park · Prairie View Reception Center

On behalf of the Butler family and our associates, our thoughts are with you and your family during this difficult time. Experiencing the death of a loved one is never easy. We understand that you are experiencing an additional burden as we all navigate this unprecedented situation with the COVID-19 virus. Our mission of helping you mourn the death of your loved one and celebrate their life, with dignity and respect, and with genuine care and concern for you has never been more important. We are here to help you say good-bye.

Our friend, Dr. Alan Wolfelt (www.centerforloss.com) has advised us of a couple important considerations:

1. Anything that delays a funeral delays the natural mourning and healing process.
2. You can't push "pause" on grief. People will continue to feel their grief but right now will have fewer options to express it and be supported.

For many people, it can be disorienting to be separated from the body of a loved one who has died. We naturally benefit from spending time with our loved one and having a chance to pay respects and say hello on the path to goodbye. The forced need to separate loved ones and friends from each other at a time of death makes it much more difficult for individuals to experience the forward movement that funerals are intended to meet – reality, recall, support, expression and meaning.

Meaningful funerals are "rites of initiation." They help survivors start the process of taking their grief, the "internal response to loss," and allowing it to become mourning, the "shared response to loss." When people cannot participate in ceremony they often feel as if their mourning is "on hold."

We are here to help you at this difficult time.

- We will assist you with memorial events to help you attend to your emotional, relational, and spiritual needs (limited in scope and the number of participants who can attend according to guidance from proper sources).
- We can record ceremonies for you to have available for those unable to attend if you desire.
- It is important to understand that a ceremony will help you acknowledge the significance of the death of your loved one and remember their life.
- It is still important to get the needed support from family and friends. Families who have experienced the death of a loved one need and deserve support at this time. Consider writing old-fashioned letters, to share memories, express feelings, and offer condolences to each other with those who are unable to attend in person.
- If you choose private ceremonies during this period, we encourage you to plan a get-together (particularly with those who were unable to attend) as soon as current restrictions are lifted so that you can honor the life of your loved one and activate your longer-term support systems.
- If you have a family member or friend who cannot attend the funeral, we encourage them to still hold a small ceremony in their own place of residence. Something as simple as having a candle-lighting and sharing some memories will help them begin to allow their grief to become mourning.