
Widow Might Newsletter

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Newsletter

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Thoughts From Kathy Scheffler, Widow Might Executive Director

Busy! That's my go to word to describe my life over the last 6 weeks. Can you relate? The end of summer is on the horizon and there are so many things to squeeze in before the fall routines kick into full gear. In this season it's easy to put off the things you know you should do. We prioritize the urgent over the important so we can get back to the things we enjoy.

During the first year after the death of my husband, my life was busy. There was so much to "do". Everything felt urgent. There was paperwork to be completed. And then there was the job that I needed to show up to and perform to the best of my abilities. But there was something else that needed to be prioritized. It was that thing that I wanted to avoid. That thing I told myself I would deal with later. Part of me hoped that if I could dodge around it long enough, it would just go away. But I found that grief is not easily evaded.

Grief would pop its head over my cubicle wall. He would innocently appear, seemingly out of nowhere, at the most inopportune time. Always wanting to chat when I was in the

middle of a pressing task that was supposed to have been on my boss's desk first thing that morning. Grief wanted my attention, my full attention. Initially I was polite towards him saying, "let's talk later." He would comply and quietly walk away. However, the more I ignored him the more persistent he became. He tried to reach me through phone calls, emails, and texts. He was sneaky, often taking me by surprise. When I didn't seek him out, he started lurking around. I would see him out of the corner of my eye, but avoided eye contact. My hope was that he would get the hint and go away. But he continued to always be nearby, waiting for his next opportunity to assert himself. He was everywhere. In my office, in my car, in my home, even when I was out with friends, I couldn't escape him. He had no boundaries. It felt like he was stalking me.

It was when he kept me from sleeping at night that we needed to come to an understanding. After pushing him away all day long, he found that he could get my mind to spiral at night. So, the time before my head hit the pillow became our time together. I would pull out a pen and paper and together we would process all the feelings. As we "talked", I learned to give him my full attention and let the tears flow. Grief and I were becoming friends. This time at the end of the day became sacred.

He continued to pop in throughout my day, but now it was simply to point out something we would need to discuss. He then let me get back to the work I was doing before he stopped by, because he knew I would make time for him that evening. I was making him a priority and he knew it. We had come to understand and respect each other.

Now today, years later, I'm reminded in my busyness that it is so easy to fall into old patterns. Grief is no longer my constant companion, but my lifelong friend and I need to check-in with him on a regular basis. When he stops by, I know what he wants to tell me is important. For the rest of my life there will always be moments that aren't as they should be, so I need to sit with my friend and process them through writing. Once I am able to put those emotions into words, I free myself from getting stuck in them. I know that my time with Grief will never be easy, but it is necessary. If I can work through the feelings, then I can put them into perspective and get back to living fully.

In my busyness, grief and I are overdue for some quality time together. So, I am scheduling an appointment with him on my calendar this week. I challenge you to do the same. Your writing doesn't need to be in the form of a grammatically correct manuscript. Just getting the words out of your mind and on to something visible is what is important. I find that simply putting a pen to paper (or fingers to keyboard) helps me immensely to sort out my thoughts. Once you have written out what has been swirling through your brain, you can choose to either save or simply destroy your work. I think you will find that the act of writing will stop the ruminating. I plan to shred my journals before anyone has a chance to read them, but keeping them for a time has allowed me to look back and see how much healing has taken place.

If you are a lifelong journaler, a seasonal journaler (like me), or ready to give this a try for the first time, I would love to hear what you are learning by processing your grief this way. I hope that you will find that Grief can become your friend too.

Novembering Event

This event is a special time to remember our husbands going into the holiday season. You will be able to light a candle in remembrance of your husband as well as share a picture and stories of him around your table during the luncheon. [Dr Kimberly Harms](#) will be speaking at the event. She will be presenting:

"Three Holidays, One Widow... and Not a Single Hallmark Moment"

Thanksgiving says be grateful.

Christmas says be joyful.

Valentine's Day says be in love.

Widowhood says... well, that's complicated.

This short, honest, laugh-out-loud talk is for widows navigating the holiday trifecta when emotions run high, traditions feel awkward, and well-meaning advice misses the mark. With humor, faith, and deep understanding, "Three Holidays, One Widow" creates space for grief, laughter, memory, and meaning, without pretending life looks like a greeting card.

You won't be asked to "move on," fake cheer, or slap a bow on your pain. Instead, you'll learn practical, gentle ways to survive the holidays, honor love that still matters, and carry it forward, on purpose.

No Hallmark moments required.

Learn how to:

1. Normalize the emotional whiplash of holiday seasons after loss and release guilt around not feeling "grateful enough," "joyful enough," or "okay enough."
2. Use humor, faith, and simple rituals to navigate Thanksgiving, Christmas, and Valentine's Day with greater resilience and self-compassion.
3. Transform lingering love into a meaningful legacy, including writing Legacy Valentines or letters that honor the past while gently shaping the future.

Novembering will be held on Nov 7th at Noon at the Heritage Center in Brooklyn Center.

Registration is now open so register [here](#).

Concert Patio Social

Our friends at The Widow Collaborative are hosting a concert patio social on Saturday September 19th. It is from 7 to 11pm (doors open at 6pm) at Big Bore Barbecue in Hanover (10940 4th St NE).

Enjoy a fun filled evening featuring music from Twin Star Rocket and headliner GB Leighton. Come hungry and thirsty, to partake in a great selection of food and full bar (available for purchase) throughout the evening! Join in on the fun with a silent auction, and some lively fundraising games (bring cash to participate!).

Tickets are just \$30 (which includes 1 drink ticket with a value of up to \$8) and every dollar goes toward supporting widows in our community. You can purchase your tickets [here](#).

New Resource Provider - Financial Planner

We are excited to share with you our newest resource provider, Michelle Buria. Michelle uses an empathetic approach to create each client's plan and specializes in supporting widows in finding their financial path forward.

Michelle is a Managing Director at Choreo, with over 20 years of experience in wealth management and recognized by Forbes as a 2026 & 2025 Best-In-State Top Women

Wealth Advisor. She specializes in financial planning, retirement planning, and investment strategies. Michelle takes a behavioral approach helping clients align their wealth with their values and long-term goals while guiding them through life's financial complexities.

Drawing from a personal experience after her father's unexpected passing, Michelle founded Women of Widowhood (WOW), a group dedicated to supporting widows through life transitions. She provides educational programming on important topics, equipping women with the tools and knowledge to navigate their financial futures with confidence. Michelle is also a regular Money with Michelle contributor on ABC/WDIO's The Lift, where she shares insights on personal financial planning topics such as setting financial resolutions, the benefits of HSAs, financial literacy, budgeting, efficient charitable giving, and more. Here is a link to one such recent piece on "[Minimizing the Widow's Penalty](#)"

Michelle is based in Duluth, Minnesota but serves clients nationwide. You can find out more about Michelle and how to contact her [here](#).

Make a Will (for free)

Everyone should have a Will. Your Will is a way to show care for your loved ones, be intentional about the future, and invest in what matters to you.

August was make-a-will month, but you can make one at any time through the Inheritance of Hope website. They will guide you through the process and ask the questions to get you thinking about aspects that you may have not thought about before.

Want to hear more about this tool? Check out the Inheritance of Hope podcast episode "[Create a Free Will](#)" to learn more or jump right into the tool and [create your free Will now](#).

Thank You for Your Gifts to Widow Might

The fees we charge to attend our in-person events do not cover our costs, so our generous donors make up for the shortfall. This allows us to bless widows at our events with great speakers in beautiful venues, within our local Widow Connect groups, and worldwide through the content on our website. Widow Might does not ask for anything in return from the widows we serve, but if you would like to help us in our efforts to make sure all widows are connected with the community and resources needed, there are multiple ways to give at: <https://www.widowmight.org/donation/>

We also accept gifts through United Way and Thrivent Choice dollars, as well as matching gifts from employers.

Widow Might is a non-profit 501(c)(3) organization: EIN# 45-3641480

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