

# The Owen Family Newsletter



A publication of information about life's difficult subjects

Fall Issue, 2016 \* Volume 19, Issue 3

From Our Family to Yours

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Family Owned & Operated  
Sincere Service Is Our Way of Life

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### Owen Funeral Homes

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The Owen Family Newsletter is published by the Owen Funeral Home. We invite your comments or questions. Please direct all correspondence to the Owen Family.

Email: [info@owenfuneralhome.com](mailto:info@owenfuneralhome.com)  
Email addresses are not retained by Owen.

Join us on  



## Lessons Learned

by Genene Nisbet

I joined the Owen staff 20 years ago. I am a Licensed Pastoral Counselor and provide bereavement and aftercare services to Owen families and our surrounding community. As a bereavement counselor, I am privileged to hear the "sacred story" of many people's lives. It is from these stories I share what I have learned about life.

- \* **Each day is precious** – Slow down and enjoy the people in your life. My grandfather used to say, "Genene, stop and smell the roses." I have to constantly work on this one.
- \* **Value relationships over work** – At the end of life, I have never heard anyone say they wished they would have worked more. Most people wished they'd spent more time with those they love.
- \* **Say thanks** – Remember to say thanks for the little things a spouse/family member does for you. I often hear people say they never realized how much their loved one did. It is easy to take for granted the little things people do.
- \* **Nothing's perfect but it can be really good!** - I haven't met too many people who claim they had "perfect" families, but I've met a whole lot of people who have ups and downs in their lives. I've learned families can be "messy" and still be good and loving. So, love your messy family!
- \* **Lean on God** – In the toughest of times many people express their faith in God keeps them going. Practice your faith daily so you have a strong faith to lean on when hard times come.
- \* **Don't go to bed angry** - It takes a lot of energy to hold onto anger. Let go as fast as you can, so you can get back in relationship with those you care about.
- \* **Love changes through the years** – gets deeper and more solid. – Hollywood's version of love comes up short when compared to people who have been married for decades. Love looks different on people who have been married many years -- Their love is deeper than life's circumstances; they have a love that is flexible and not flimsy; a love that is constant and sure in times of strife and trouble. The sacred stories people have shared with me have enriched my life and marriage. I reflect on their marriage journeys, and realize the trials of my marriage are normal. I have heard many say, "You have your good years and your bad years." Wow--so, if you are in a bad year hang on...it just may get better!

**"Rollin with Owen Trip"**  
Branson Music Showcase  
April 24 – 27, 2017

**Four Days! Four Shows!**

Clay Cooper's Show | Texas Tenors | Presley's Country Jubilee  
Behind the Scenes Tour of the Sight & Sound Theater & Moses  
Includes 3 Continental Breakfasts! 1 Lunch! 3 Dinners!

Deposit of \$100.00 due: January 23, 2017

Cost per person: \$589.00- 2 people in a room

Final Payment due: February 20, 2017

\$559.00- 3 people in a room

(Checks made payable to Miller Transportation)

\$539.00- 4 people in a room

\$679.00- 1 person in a room

For questions or to receive a registration form contact:

Genene Nisbet at 447-7759 or [genene.nisbet@owenfuneralhome.com](mailto:genene.nisbet@owenfuneralhome.com)

**Monday, April 24**

We will depart Owen Funeral Home this morning traveling to Branson, MO. We will stop for lunch in St. Louis, MO continuing on to Springfield, MO. Enjoy a delicious meal this afternoon at Lambert's Throwed Rolls Café, the home of the Throwed Rolls. Our evening entertainment is Clay Cooper's Country Music Express at the Clay Cooper Theater. Clay and his cast light up the stage with singing, dancing, percussion and comedy.



**Tuesday, April 25**

This morning is leisure to enjoy shopping and lunch at the Branson Landing. The Landing is Branson's newest addition located on the shores of Lake Tancycomo and offers over 450,000 square feet of retail shops. At 2:00 pm we will attend a show at the Starlite Theatre "Texas Tenors", bringing a unique blend of country, gospel & classical music to the stage with breathtaking vocals, humor and cowboy charm. We will have dinner included at the Uptown Café. Entrée choices will include Prime Rib, Hawaiian Chicken, Jumbo Fried Shrimp or Country Fried Steak. Tonight enjoy country favorites, southern gospel & new country at Branson's first show on the strip "Presley's Country Jubilee".

**Wednesday, April 26**

It's just like old times with a visit to Dicks 5 & 10 Store. Our lunch today is included at Uptown Café (Steakburgers, Fries and a Drink). This afternoon we will take an exclusive Behind the Scenes Tour of the Sight & Sound Theater. We will have a guided tour as we go backstage and see how the drama unfolds in our Behind the Scenes Tour. Get a rare glimpse of the state-of-the-art scene shop as our talented craftsmen create sets for upcoming shows, learn how Sight & Sound brings Bible stories to life and step on the stage for an actor's view at Branson's incredible theatre. Now for the main show "Moses", the greatest Biblical epic of the Old Testament comes to life on the Sight & Sound stage. Witness the moment God first speaks to Moses at the burning bush. Experience the parting of the Red Sea and feel the celebration of the Israelites path to freedom. Our dinner is included this evening TBA.

**Thursday, April 27**

We will depart Branson this morning at 7:30 am traveling back to Louisville, KY. We will arrive back at Owen Funeral Home approximately 7:00 pm.



## Surviving the Holidays:

### After the Loss of a Loved One

Tuesdays, November 15, 22, and 29 ~ 11:00 – 12:00 noon

Southwest Regional Library ~ 9725 Dixie Highway

*Provided by Owen Funeral Home Aftercare Services*

The holidays are difficult but not impossible to get through when grieving the loss of a loved one. Each week in the “Surviving the Holidays” classes, we will address the various issues that make the holidays challenging. We will also discuss ways to cope and how to honor your grief. These classes will offer the support and community of others who are grieving the loss of a loved one.



#### Weekly Topics:

- November 15 - Anticipating the Holidays
- November 22 - Planning for the Holidays
- November 29 - Finding Meaning & Hope in the Holidays

If interested in attending, please call or email Genene Nisbet, Owen Funeral Home's Bereavement Services Specialist at  
**502-447-7759** or [genene.nisbet@owenfuneralhome.com](mailto:genene.nisbet@owenfuneralhome.com).

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## A Prayer for Later Years

*Lord,* Thou knowest that I am growing older.

\*Keep me from becoming too talkative, and particularly keep me from falling into the tiresome habit of expressing an opinion on every subject.

\*Release me from the craving to straighten out everybody's affairs.

\*Give me grace, Dear Lord, to listen to others describe their aches and pains. Help me endure the boredom with patience, and keep my lips sealed, for my own aches and pains are increasing in number and intensity, and the pleasure of discussing them is becoming sweeter as the years go by.

\*Teach me the glorious lesson that, occasionally, I might be mistaken.

\*Keep me reasonably sweet. I do not wish to be a saint (saints are so hard to live with), but a sour old person is the work of the devil.

\*Make me thoughtful, but not moody; helpful, but not pushy; independent yet able to accept with graciousness favors that others wish to bestow on me.

\*Free me of the notion that simply because I have lived a long time, I am wiser than those who have not lived so long.

\*If I do not approve of some of the changes that have taken place in recent years, give me the wisdom to keep my mouth shut. Lord knows that when the end comes, I would like to have a friend or two left.

Author Unknown –Submitted by Harold Rafferty



Meet one of our  
Owen Family Members...

**Genene Nisbet**  
*Bereavement Services Specialist*



Genene joined Owen Funeral Home in 1996 as their Bereavement Services Specialist. Although a native of Louisville, she previously coordinated the bereavement program for Hospice of Hope in Maysville, KY. Genene holds a B. S. in Educational Psychology from U of L, a Master's of Divinity in Pastoral Care and Counseling from the Southern Baptist Theological Seminary and she received Certification in Thanatology through the Assoc. of Death Education and Counseling. In 2006, she was ordained as a minister through Highland Baptist Church. In 2011 she was approved at Fellow Level with the American Assoc. of Pastoral Counselors, and a Licensed Kentucky Pastoral Counselor.

Genene finds companioning the bereaved through the different aspects of their particular grief journey fulfilling and meaningful.

She is married to Michael Nisbet of Logan, West Virginia. They have two lovely children, a son Richard and a daughter Olivia. Genene is very proud of her family and enjoys spending time with them. One of the highlights of her job is traveling with the Rollin' with Owen group. She and her children have enjoyed beautiful sceneries with beautiful people.





*FOUNDING FAMILY*

Bird S. Owen Jr. (1911-1987)  
Edith R. Owen (1917 - 2015)  
Linda Owen  
David L. Owen

*FUNERAL DIRECTORS DIXIE HIGHWAY*

Mark McNeil, Manager  
Philip R. Simpson  
Michael L. Burns  
William B. Longest  
Shannon Mazur  
Yvonne M. Nantz  
Jackie Pugh

*FUNERAL DIRECTORS JEFFERSONTOWN*

Rachel Barr  
Pamela H. Owen  
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*OWEN MONUMENT COMPANY*

Gary Thomas, Manager

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3331 Taylorsville Road \* Louisville, KY 40205 \* 502-451-4420

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Louisville, KY  
Permit No. 1151

## Neighborhood News

### Grief Support Groups

*Provided by Owen Funeral Homes as a Free Public Service*

#### ***“Now and Beyond”***

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

#### ***Monthly Spousal Loss Luncheon***

Every 1st Friday, 2:00 p.m.  
Golden Corral Restaurant  
5362 Dixie Highway

#### ***“A Parent’s Grief”***

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

#### ***Monthly Men’s Breakfast***

Every 3rd Monday, at 9:00 a.m.  
Frisch’s Restaurant  
7401 Dixie Highway

**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.

**From Our Kitchen  
To Yours**  
by Genene Nisbet



#### **Tear Soup**

- A pot full of tears & One heart willing to be broken open
- A dash of bitters & A bunch of good friends
- Many handfuls of comfort food
- A lot of patience & Buckets of water to replace the tears
- Plenty of exercise & A variety of helpful reading material
- Enough self care & Season with memories
- Optional: one good therapist and/or support group

#### **Directions:**

Choose the size pot that fits your loss. It's okay to increase pot size if you miscalculated. Combine ingredients. Set the temperature for moderate heat. Cooking times will vary depending on the ingredients needed. Strong flavors will mellow over time. Stir often. Cook no longer than you need to.

**Suggestions:** • Be creative • Trust your instincts • Cry when you want to, laugh when you can • Freeze some soup to use as a starter for next time • Keep your own soup-making journal so you won't forget.

Grandy's Recipe for Tear Soup Excerpt from the family storybook - Tear Soup, a recipe for healing after loss By Pat Schwiebert & Chuck DeKlyen. Illustrated by Taylor Bills Copyright: Grief Watch 2011 www.griefwatch.com