

The Owen



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

Family Newsletter

Summer Issue, 2018 * Volume 21, Issue 2

From Our Family to Yours

Inside This Issue

- 1 **Funerals Help the Living**
Accepting Loss
- 2 **Why Keep Busy**
by Genevieve Nisbet
- 2 **Fallen Limb**
Author Unknown
- 3 **Stepping Stones 2018**
BBQ and Gospel
- 3 **The Owen Funeral Home Family**
featuring Kyle O'Bryan
- 4 **Neighborhood News**
- 4 **From Our Kitchen To Yours**
"My Wife's Coffee Cake"

Family Owned & Operated
Sincere Service Is Our Way of Life

Owen Funeral Homes

5317 Dixie Highway
502-447-2600
888-817-6105 (toll free)



2001 Pursuit of Excellence
National Funeral Home Association

9318 Taylorsville Road
502-266-9655
888-652-7332 (toll free)
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 the Owen Family.

Email: info@owenfuneralhome.com
Email addresses are not retained by Owen.

Join us on



Funerals Help The Living

Have you ever heard a person say, "Just put me in a box and throw me away," as though the funeral holds no value for the ones who remain. They mistakenly believe that by doing nothing their loved ones will not suffer the pain of their death. When a funeral service is handled in a thoughtful way it allows for healthy mourning. Viewing the body of our loved one helps us understand the reality and finality of death. Even with cremation, your loved one's body may be present during the funeral service.

According to a study by Robert Fulton, Ph.D., with the Department of Sociology, University of Minnesota, he found that families who did not view their loved one's body or had an immediate burial experienced "greater hostility, an increase in the consumption of alcohol, tranquilizers, and sedatives, increased tension and anxiety, lower positive recall of the deceased, and in general, particularly among the males, greater problems in adjustment to the death." This study indicates that the funeral ritual may be more important than many realize.

Following are some of the benefits of a funeral service:

- Allows for the acceptance of the reality & finality of the death
- Creates a safe space for family and friends to give expression to their feelings of loss
- Provides an opportunity for family and friends to share memories and celebrate the life of the one who has died
- Gives an opportunity for the expression of faith in the face of loss and death
- Signals the beginning of mourning for individuals, families and communities
- Serves as a rite of passage allowing for people to pay respect to their feelings of grief

The funeral service is for the living. It is an important ritual that allows us to slow down and pay attention to what has happened. We often have difficulty doing this because it hurts but the pain is not our enemy. It is there to be acknowledged so we can begin to heal and adjust our lives to the loss that has occurred.

Why Do People Say “Keep Busy?”

Why do people always say, “You just need to keep busy” when a loved one dies? Does keeping busy magically make your pain go away? Does keeping busy mend a broken heart? Does keeping busy make you forget your loved one died? No, but I must admit that keeping busy does help.

It is important to allow time to mourn your loss and it is also important to stay connected to what is going on around you. In particular, if your spouse has died, it is easy to just pull the covers over your head and say I am not getting up today. You may need to take it easy and stay in bed one day but not every day. The depression that accompanies a loss may go deeper if you retreat and isolate yourself from friends and family. It takes a lot of energy to motivate yourself to do something, but it is important that you do.



For many, after a loved one dies you may feel lost. You may not know where to begin. You may have been caring for a loved one for so long that you have lost contact with friends and social activities. Or you may have lost a loved one so quick that you are not sure how to function without them. Thinking about what you want to do can be overwhelming. This is a natural way to feel. However, it is important to push through these feelings instead of giving into them.

Following are some examples of ways to adjust back into life:

- Reach out to an old friend with whom you have lost contact
- Reconnect with your church – let your clergy know you are struggling so they can point you toward resources
- Ask others what social groups they attend
- Join a grief support group (see the back of the newsletter for groups provided by Owen)
- Ask yourself what hobbies seem interesting and seek them out, i.e. Metro Arts Center, dancing or playing cards at the Sun Valley Community Center, or hiking with the Louisville Hiking Club
- Travel – Connect with the Rollin’ with Owen gang and travel on a day trip
- Volunteer

While staying busy does not change the fact that you have lost a loved one, it does keep you connected to others. Staying busy opens doors for new or renewed friendships, keeps you active and may create a new sense of meaningfulness as you make necessary changes in your life.

Fallen Limb



*A limb has fallen from the family tree.
I keep hearing a voice that says, “Grieve not for me.”
Remember the best times, the laughter, the song.
The good life I lived while I was strong.
Continue my heritage, I’m counting on you.
Keep smiling and surely the sun will shine through.*

*My mind is at ease, my soul is at rest.
Remembering all, how I truly was blessed.
Continue traditions, no matter how small.
Go on with your life, don’t worry about falls.
I miss you all dearly, so keep up your chin.
Until the day comes we’re together again.*

-Author unknown



Stepping Stones 2018

Thursday, September 13th, 11:30 a.m. -2:00 p.m.
Valley View Church, 8911 Third Street Road
Valley Station

“Shower your Neighbors with Love”
Donate personal care items for Shively Area Ministries
South Louisville Community Ministries
Southwest Community Ministries

The Owen family invites you to Stepping Stones 2018. Stepping Stones is an annual program sponsored by Owen Funeral Home as our way of saying “Thanks for your support through the years.” If you like southern gospel music, then get ready for another great year with Brian Free & Assurance. They deliver power-packed harmonies while singing songs that will lift your spirit. They are sure to excite and inspire as they fill the air with great southern gospel music.



Be prepared for an upbeat, moving day and make sure to bring your appetite because we also have a tasty buffet planned by Mark’s Feed Store. If you plan to join us for lunch, a lunch ticket is required in order to provide adequate food for all. All lunch tickets are reserved and may be picked-up on August 27th, at an Owen Funeral Home location. After lunch, we will move into the auditorium where there is room for all who wish to attend and listen to the upbeat, toe tapping music.

Don’t forget to “Shower your Neighbors with Love” by donating personal care items (i.e. body soap, shampoo, hand soap, deodorant, etc.) These items will assist our local area ministries as they minister to those in crisis and need.

Schedule:

11:30 a.m. Lunch (Free Lunch Ticket Required & Personal Care Item Donation Requested)
1:00 p.m. - 2:00 p.m. Brian Free & Assurance

Lunch reservations are limited to 4 tickets per person. Please register by calling 502-447-7759 or emailing genene.nisbet@owenfuneralhome.com.

Meet one of our
Owen Family Members...

Kyle O’Bryan
Asst. Manager Dixie Highway Location
Funeral Director



Kyle O’Bryan is a licensed funeral director and embalmer with over 12 years of experience in the field. He came to Owen Funeral Home as an Assistant Manager from Highlands Funeral Home and now serves in that position for Owen Funeral Home Dixie Highway.

Kyle is originally from Eastern KY and now resides in Crestwood, KY with his wife, Tasha and their 5 children. Kyle is an avid sports fan, particularly of the UK Wildcats, Pittsburgh Steelers, and Cincinnati Reds. During the fall and winter he enjoys waterfowl hunting.

We welcome Kyle to the Owen Funeral Home Family and know he will serve our families with dedication.



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>

Presorted Standard
U. S. Postage
PAID
Louisville, KY
Permit No. 1151

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
Kyle O'Bryan, Asst. Manager
Rachel Barr
Michael L. Burns
William B. Longest
Jackie Pugh
Philip R. Simpson

FUNERAL DIRECTORS JEFFERSONTOWN

Rachel Barr
Allyson Lamkin
Toby Larkins
Pamela H. Owen

PRE-NEED SERVICES

Richard Dike, Manager

An Owner of

Highlands Funeral Home

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

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.
Owen Funeral Home
Dixie Location

Monthly Men's Breakfast

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

**For Information: Please call or email Genene Nisbet,
Bereavement Services Specialist at 447-7759
genene.nisbet@owenfuneralhome.com**

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 Kyle O'Bryan

My Wife's Coffee Cake



1 cup oil
2 eggs beaten
1 tsp vanilla
1 cup milk
1 cup sugar
3 cup flour
3 tsp baking powder
½ tsp salt
1½ cup brown sugar
2 tsp cinnamon
½ cup margarine melted

In a large mixing bowl combine oil, eggs, vanilla and milk together. In a medium bowl, blend together sugar, flour, baking powder and salt. Combine egg mixture with flour mixture. Pour half the batter into a 9x13 pan. In a medium bowl, prepare streusel by combining brown sugar and cinnamon. Sprinkle half of streusel on top of the batter. Top with remaining batter and then sprinkle the remaining streusel on top. Drizzle with melted margarine. Bake uncovered at 350 for 25-30 minutes. Makes 18-24 servings