



Waller Funeral Home
"An Oxford Tradition"

SEASONS

Don and Patsy Waller, Owners
Robert T. (Bob) Rosson, Jr., CFSP, Manager
Beth Waller Rosson, Manager

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Location: 419 Highway 6 West, Oxford, Mississippi
Mailing Address: P. O. Box 1200, Oxford, MS 38655
Telephone: 662-234-7971

Fax: 662-234-3090
E-mail: staff@wallerfuneralhome.com
Website: www.wallerfuneralhome.com

WORRY WORRY WORRY

Being a farmer's wife for 55 crop years should have taught me how little my fretting can accomplish. Yet I continue to wonder if it will be too cold or too dry or too wet for the cotton to come up, grow, and produce. Will Don be able to control grass and weeds, worms and bugs with the aid of expensive chemicals? Will rain delay picking of the cotton? Will an early freeze ruin cotton still in the field? Will the price be high or low? My worst fears have never been realized as we have never had a complete crop failure, but it has been by God's grace and Don's hard work and careful judgment and not by my hours of agitating that we have come through.

The livelihoods of the Waller Funeral Home families depend on the success or failure of the funeral home, and we are anxious about making the right business decisions. We have in the past and we continue to make serious investment of our hearts, minds, and money there.

But certainly not all of our anxiety focuses on material things. We worry because we care. Our own health, safety, and happiness and the health, safety, and happiness of our family and friends concern us. And we sincerely want to ease the pain of deaths in the families we serve at the funeral home. We want to anticipate their needs and assist them with compassion and efficiency.

I read in my Bible that I am to "be anxious in nothing, but by prayer and humble entreaty with thanksgiving to let Him know the desires of my heart" (Philippians 4:6). Matthew 6:25-34 uses

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WALLER FUNERAL HOME HONORS VETERANS



To honor a deceased veteran, the flag of the United States Navy recently flew under the American flag which always flies at Waller Funeral Home. For several months we have been flying the flag of the branch of service of a deceased veteran during the time we are serving the veteran's family. We like to have the service flag flying when the family comes to make arrangements and keep it flying until after the funeral service. We look at and talk about the flag with the family, and we give each family a laminated picture of the flag with a statement

of our appreciation for the veterans of that branch of the service. We also give family members Honor pins to wear as reminders of the sacrifices their veterans made for all of us. We include a brief statement about the flag when we email obituaries of veterans. For several years we have covered the bodies of veterans with an American flag when we make the removal from places of death.

Our community is grateful to our veterans, and we provide these gestures to show our gratitude and respect.

WORRY WORRY WORRY

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beautiful picturesque language about nature to tell us "the birds of the air neither sow nor reap nor gather into barns, yet our Heavenly Father feeds them.... The lilies of the field neither toil nor spin yet Solomon in all his glory was not clothed as these."

My father once told me that I was a "born worrier." God must surely be disappointed at the time and effort I have wasted worrying.

When our children were babies, with every small health condition that came, I imagined a major crisis, and I continued to fret through their childhoods about any health problems. But they thrived. As they grew, I added concerns about their school work. But they reached their personal educational goals, and I am proud of the honorable adults they have become, and I enjoy seeing them with their own children and grandchildren. Of course now I have some of the same worries for their children and grandchildren as I had for them.

Looking back I see the illnesses and deaths that have come to our family. At those times I did justifiably agonize over them. I now realize that no family goes untouched by heartache in some form. When Susan and Beth were in an awful wreck as teenagers in 1973, Don and I clung to each other supported by God and family and friends, and, though Susan and Beth suffered, we realized how much worse the wreck could have been. When Susan was diagnosed with colon cancer in 2005, her positive approach did much to allay our worries. Don's heart and colon surgeries also caused considerable worry for all the family.

Our son Andy spent 25 years in service with the Oxford Police Department, and I was ever mindful of dangers he could face. I felt relief when he retired as the environment for police officers seemed to have worsened.

In all we have faced, we have been able to see God at work, and we are grateful that has carried us through. A shield of shock seems to enshroud us when deaths and calamities come.

We are thankful that our three children and their spouses, children,

and grandchildren have no serious health problems. Further, the families of Don's sister and brother and of my sister Ava are in good health and enjoying happy lives. I count 63 of these close family members.

As for world crises, I recognize that I cannot influence any of the circumstances. Yet I do find myself futilely brooding over these. When our nephew Eddy Waller was in Iraq, I was more personally anxious about conditions there.

The threat of domestic violence concerns me, especially since the horrors of 9/11. I find some relief from this concern in reading that such a large scale terrorist attack has never before occurred in the United States and that many causes of death are more likely to take lives around me than terrorist acts.

Worries vary with circumstances. Basic survival is cause for worry for many while luxurious trappings are the concern of others. We are concerned about everything from natural disasters (over which we have no control) to identity theft (about which we are now daily warned).

Along with these important issues, lurk worries of no real consequence which occupy us—what to wear, what to cook, what people will think, did I do or say the right thing, and on and on.

Ironically, as evidenced by this writing, I even worry about worrying. My own anxiety has been helped by the professional counseling I have sought and received. I have also found comfort in prayer, Bible reading, and the encouragement of family and friends. Jeremiah 17:7-8 is comforting: "Blessed is the man who trusts in the Lord and whose hope is in the Lord. For he will be like a tree planted by the water that extends its roots by a stream and will not fear when the heat comes; but its leaves will be green and it will not be anxious in a year of drought nor cease to yield fruit." That tells me to do my best to adapt and to trust in the Lord.

I pray God to forgive my useless worrying and direct me into more productive and uplifting mental activities.

Sincerely,
Patsy

OVERHEARD IN AN ORCHARD

Said the Robin to the Sparrow:

"I would really like to know
Why these anxious human beings
Rush about and worry so."

Said the Sparrow to the Robin:

"Friend, I think that it must be
That they have no heavenly father
Such as cares for you and me."

-Elizabeth Cheney

Meditations from *Streams in the Desert*

"Do not begin to be anxious."

(Phil. 4:6, P.B.V.)

Not a few Christians live in a state of unbroken anxiety, and others fret and fume terribly. To be perfectly at peace amid the hurly-burly of daily life is a secret worth knowing. What is the use of worrying? It never made anybody strong; never helped anybody to do God's will; never made a way of escape for anyone out of perplexity. Worry spoils lives which would otherwise be useful and beautiful. Restlessness, anxiety, and care are absolutely forbidden by our Lord, who said: "Take no thought," that is, no anxious thought, "saying what shall we eat, or what shall we drink, or wherewithal shall we be clothed?" He does not mean that we are not to take forethought and that our life is to be without plan or method; but that we are not to worry about these things. People know you live in the realm of anxious care by the lines on your face, the tones of your voice, the minor key in your life, and the lack of joy in your spirit. Scale the heights of a life abandoned to God, then you will look down on the clouds beneath your feet.

-Reverend Darlow Sargeant

It is always weakness to be fretting and worrying, questioning and mistrusting. Can we gain anything by it? Do we not unfit ourselves for action, and unhinge our minds for wise decision? We are sinking by our struggles when we might float by faith.

-Mrs. Charles E. Cowman

A GOOD READ

Straight Ahead: The Memoirs of a Mississippi Governor, by Bill Waller, tells the story of how a country boy from Burgess in Lafayette County, grew up, was educated, practiced law, served as District Attorney of Hinds-Madison-Yazoo Counties, was elected and served as the fifty-sixth governor of Mississippi then went back to his legal career in Jackson, Mississippi.

The book focuses on Bill's four years as governor and provides insight into politics and state government during those years. Bill tells about his campaign and his surprise election in 1971 in a break with the "Old Guard," and he details the activities and accomplishments of his term. He is credited by political observers quoted on the book jacket with bringing fresh, progressive ideas to state government and with being the first Mississippi governor in modern times to assert and exercise the full authority of the executive branch of state government.

If you are interested in Mississippi history, you will be interested in changes in Mississippi during Bill's career. Bill names many people who were influential in his personal life and professional career. The collection of photographs of former governors, other state officials, and the Waller family is outstanding.

Bill expresses and has always shown strong loyalty and devotion to his family which includes brother Don and many other relatives in Lafayette County.

Bill credits respected historian David Sansing and also his son Bill Waller Jr. for working closely with him in preparing the final draft of the book, which was published in 2007 by Quail Ridge Press.

Congratulations, Bill! We are proud of you!

CLARIFICATION

In "A Note from Patsy Waller" in the last newsletter, Patsy stated that she was no longer able to carry on writing letters to families we serve. This reference was to the personal letters she has written to individuals and families. Since then, we have heard from newsletter readers who interpreted that message to mean that she was discontinuing her newsletter writings but that was not the intent of the message. She plans to continue with the newsletter.

BILL OF RIGHTS The Mourner's Code: Ten Inalienable Rights

as You Journey Through Grief

Though you should reach out to others as you journey through grief, you should not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and as such, you have certain "rights" no one should try to take away from you.

The following list is intended both to empower you to heal and to decide how others can and cannot help. This is not to discourage you from reaching out to others for help, but rather to assist you in distinguishing useful responses from hurtful ones.

1. *You have the right to experience your own unique grief.* No one else will grieve in exactly the same way you do. So, when you turn to others for help, don't allow them to tell you what you should or should not be feeling.
2. *You have the right to talk about your grief.* Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief. If at times you don't feel like talking, you also have the right to be silent.
3. *You have the right to feel a multitude of emotions.* Confusion, disorientation, fear, guilt, and relief are just a few of the emotions you might feel as part of your grief journey. Others may try to tell you that feeling angry, for example, is wrong. Don't take these judgmental responses to heart. Instead, find listeners who will accept your feelings without condition.
4. *You have the right to be tolerant of your physical and emotional limits.* Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat balanced meals. And don't allow others to push you into doing things you don't feel ready to do.
5. *You have the right to experience "griefbursts."* Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but it is normal

and natural. Find someone who understands and will let you talk it out.

6. *You have the right to make use of ritual.* The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More importantly, the funeral is a way for you to mourn. If others tell you the funeral or other healing rituals such as these are silly or unnecessary, don't listen.
7. *You have the right to embrace your spirituality.* If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry at God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.
8. *You have the right to search for meaning.* You may find yourself asking, "Why did he or she die? Why this way? Why now?" Some of your questions may have answers, but some may not. And watch out for the cliched responses some people may give you. Comments like, "It was God's will" or "Think of what you still have to be thankful for" are not helpful and you do not have to accept them.
9. *You have the right to treasure memories.* Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, find others with whom you can share them.
10. *You have the right to move toward your grief and heal.* Reconciling your grief is best experienced in "doses." Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone loved changes your life forever.

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Wolfelt, A.D., (1997) *The Journey Through Grief: Reflections on Healing*, pp. 141-144, Companion Press, Publishers, 3735 Broken Bow Rd., Ft. Collins, CO 80526 (970-226-6050).

BOB ROSSON ATTENDS NFDA SUMMIT

Bob Rosson recently attended the National Funeral Directors (NFDA) Summit in Washington, DC, where members of the NFDA met with national leaders in behalf of the funeral industry.

Bob reports: "It is always so gratifying to be able to work with our Congressmen and get a firsthand look at how the government process works. While in Washington, I always enjoy seeing area monuments, with the World War II Memorial being especially meaningful to me. On this trip I was able to go by this memorial every day. The water in the memorial is usually drained for the winter months but this year it was filled with water and it was spectacular. The National Funeral Directors Association raised three million dollars toward construction of this long-overdue tribute, with ten thousand dollars being raised by the people in Oxford and Lafayette County. Around the memorial are tall columns engraved with the names of the states. When I go to the memorial, I place my hand on the Mississippi column for a moment of tribute. I also observe the nearby columns of Tennessee, Alabama, and Louisiana. The largest crowd ever assembled for any event held on the National Mall was present on the day the World War II Memorial was dedicated, May 29, 2004. We enjoy freedom in our country today only because of the sacrifices of our many veterans."

I BELIEVE

I believe in the sun
even when it is not shining.
I believe in love
even when I feel it not.
I believe in God
even when He is silent.

Written on a wall in a concentration camp

In Memoriam

We dedicate this issue of *Seasons* to those who died and whose families we served from February 14, 2007, through May 12, 2007.

Mr. Clester F. "Bill" Ledbetter. February 14, 2007
Mr. James Preddy Maloney. February 16, 2007
Mr. Josiah H. "Joe" Paris. February 17, 2007
Mrs. Florence "Bonnie" McLain. March 1, 2007
Mr. Francis Clay "Mat" Matlock. March 1, 2007
Mrs. Mary Kathryn McCain Hudson. March 1, 2007
Mr. David Homer "Bull" Hill. March 2, 2007
Mr. Thomas G. "Tommy" Clements, Jr. March 6, 2007
Dr. Harvey Gresham Hudspeth. March 7, 2007
Mr. Murlon Gene Allen. March 9, 2007
Mrs. Irene Bolinger Buskohl. March 13, 2007
Dr. Michael Thomas "Miguel" Queyja. March 15, 2007
Mrs. Christine Heard McElvaney. March 18, 2007
Mrs. Doris Sanders Childress. March 19, 2007
Mr. Jack Linburn Cullen. March 21, 2007
Mrs. Frances Ann Rogers. March 21, 2007
Mrs. Wilma B. Kimmons. March 21, 2007
Mrs. Erma Thornton Braddy. March 24, 2007
Mr. Bonnie V. Nabors. March 25, 2007
Mr. Jefferson Bailey "Jeff" Meaders. March 28, 2007
Mrs. Hazel Snipes Hall. April 9, 2007
Mr. Robert C. "Bobby" Pohl. April 9, 2007
Mrs. Cynthia Russell Echols. April 13, 2007
Mrs. Evelyn Cummings Oakes. April 13, 2007
Mr. William Thomas "Tom" Barry. April 20, 2007
Mrs. Ruby Mansel Jordan. April 20, 2007
Mrs. Minnie Ruth Cain Sharrer. April 22, 2007
Mr. Alfred Elmer Taylor. April 22, 2007
Mrs. Clara Faye Stewart Tatum. April 26, 2007
Mrs. Sarah Grimes Stanford. May 3, 2007
Mrs. Patricia Brown Young. May 6, 2007
Mrs. Quinn Mize Alger. May 11, 2007
Mrs. Hazel Tutor Nicholas. May 12, 2007

*Our family serving
your family since 1977*

Return Service Requested
Phone: 662-234-7971
Oxford, Mississippi 38655
P. O. Box 1200
Waller Funeral Home



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