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THOUGHTS FROM PAMELA BRANCH, CO-EDITOR & PRESIDENT

I am truly honored to serve as President of P&G Divine Wings as we launch our first Quarterly Newsletter. I see a very bright future ahead for our organization. One built on strength, resilience, connection and joy.

I encourage you to read and share the newsletters as a valuable resource as we continue to grow and strengthen our widow/widower community. Together, we can support one another and create a space of understanding and encouragement.

A special thank you to two wonderful widows, Mary Chatman and Carolyn Richardson who served as proofreaders and Mary Anderson who served as the publisher. May your higher power continue to bless and keep you each day. Finally, I thank God, the ultimate Editor, giving Him all the glory!

Topic 1 - MENTAL WELLNESS

Mindfulness/Meditation

Mindfulness is a form of meditation. Meditation can reshape areas of your brain. It can improve your overall health, reduce stress, improve your focus and build resilience. Meditation makes it easier to stay present rather than to get lost in your thoughts. If you are new to meditation, practice one to two minutes a day.

There is no one size that fits all meditation styles. Here are three types to research:

Focus Attention Meditation - Improves focus

Open Monitoring Meditation - Improves emotions and over thinking

Transcendental Meditation - Provides deep relaxation

Note: Try not to analyze the thoughts of "If I should have, could have or would have, but instead, treasure the memories and learn from the mistakes.

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- ◆ Elder Abuse
- ◆ Mental Health

Upcoming events

- ◆ Transition from Grief to Joy: May 27, 2026 @ 7:00 PM
- ◆ Widows/Widowers Bowling Fellowship: June 13, 2026
- ◆ Quarterly Newsletter

For additional information, please contact:
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JOURNALING

Journaling can help with emotional regulations. Journaling helps you express what you are feeling and match what you are feeling with your expression. Journaling will help you explore emotions freely without judgement. Journaling has a positive effect on your overall health. Journaling helps you fall asleep quicker if you have a lot on your mind. Some individuals will not journal due to thinking someone will read it. It is recommended that you write it out, review it and then burn it to protect your confidentiality.

Some Best Practices

- ◆ It is very beneficial to journal when emotions are flowing
- ◆ Make sure you are in a quiet undisturbed place
- ◆ Don't worry about grammar or well-structured sentences. Just write
- ◆ Don't make it time consuming. Two to five minutes
- ◆ Journal about things you are grateful for that day
- ◆ Journal your emotions of the day
- ◆ Journal how you are feeling
- ◆ Journal what you wish you would have said or done differently
- ◆ Write a love letter to your deceased spouse regarding things you wish you could say to him/her

Topic 3 - FRAUD

As a widow/widower it is important that you use service providers from reputable businesses or a referral from someone you already trust.

Don't express your marriage status with strangers, regardless of how you are feeling. Some people will use your vulnerability, and it can be used against you.

Don't click unrecognizable links on cell phones or computers. There could be software called malware waiting to access your information and steal your identity.

Never give out personal information to unsolicited callers even if you think it is from a reputable source (i.e. bank, insurance company, mortgage company). Hang up, look up number and call the company back.

Have a conversation with love ones not to speak on your marital status.

Topic - 2 RELATIONSHIPS

Death can affect relationships with parents and family members so it is important to respect one another's grief. We all grieve differently.

The first and most important relationship is with your higher power. Get to know Him who will not fail you.

It is important that widows/widowers find comfort in their higher power and not others.

Many widows/widowers consider their spouse to be their best friend and find it hard to build new relationships. One way of doing so is to join a grief group and/or identify individuals who are faced with the similar circumstances. This can bring you much comfort.

As a new widow/widower, it is important to get to know Mr. or Mrs. X when building a new relationship. Don't rush into a new relationship unless lead by God

Be patient and understanding of children which includes adult children when entering a new relationship and throughout the relationship. The new relationship can accelerate the grief process and the transition disrupts established family, identity and memories. With patience and understanding, the relationship can be a blessing for all involved.

WHAT'S HAPPENING

P&G Divine Wings Impactful Sessions:

Elder Abuse – Facts to know about Elder Abuse (Physical, Mental and Financial)

Mental Health – Transition from Grief to Joy

Upcoming events

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- ◆ Widows/Widowers Bowling Fellowship: June 13, 2026
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Widows/Widowers Highlights

Vanessa Hilliard a widow and former President of the Baptist Ministers Wives and Widows Association was awarded an Unsung Hero award for her years of service. She has been a member of the Baptist Ministers Wives and Widows Association since 1991 and served as President from 2003 – 2005. We congratulate Mrs. Hilliard for her many years of dedicated service.

