

# BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Bucket Nuggets from Carol McCloud,  
The Bucket Lady

## Making a Difference

### Note from Arabia

Ann Holloway wrote us in early August from Saudi Arabia where she and her husband and two youngest children live. She told us that she was making plans to bring the bucketfilling message to her school.

"My husband and I are both teachers in the Arabian American Oil Company Udhailiyah School. I teach Kindergarten and I am also advisor to the Elementary Student Council.

I ran across Bucket Fillers and I am so excited about this! I am hoping to establish lunch clubs this next school year. I'm thinking of offering the lunch clubs to all students, Kindergarten through grade 5 and simply calling them, "Bucket Fillers."

Thanks for filling so many buckets through your work!"

### BUCKET CHUCKLES



One day the teacher asked Glen to tell the class the chemical formula for water.

Glen quickly replied, "H, I, J, K, L, M, N, O."

"My goodness, Glen, what makes you think that?"

"Well, yesterday you told us it was H to O," beamed Glen.

### BUCKET FILLERS, INC.

PO Box 255

BRIGHTON, MI 48116

PHONE: 810.229.5468

FAX: 810.588.6782

[WWW.BUCKETFILLERS101.COM](http://WWW.BUCKETFILLERS101.COM)

Designed & edited by Glenny Merillat

## Bucket filling words for those who grieve

We all want to say the right things to someone who has lost a loved one, but many of us are unable to find the right words.

Our visits, calls, and cards all show that we care. However, there is nothing better than words that truly fill buckets.

Dorothy Pitsch, a friend of mine, is a volunteer advisor for the charity, Wheels for the World. She helps collect used medical equipment that is then passed on to people in developing countries.

Dorothy has written a wonderful book, *When the Raven Knocks: Comforting Those Who Mourn*. In her book, you will find two very helpful lists:

- 1) Ten Things You Should Say at a Funeral and
- 2) Ten Things You Should Not Say at a Funeral.

Available at [www.ravenknocks.com](http://www.ravenknocks.com) for \$9.95, the lists are worth the price.

I was reminded of Dorothy's book last week as I talked with a friend whose husband had died earlier this year. My friend mentioned how many people helped her following her loss. Some friends told her that they knew what she was going through.

"They really don't know," she told me.

I recalled that these well-intentioned words were on Dorothy's list of what NOT to say and decided to address this sensitive subject in our newsletter. The last thing any of us want to do is empty the buckets of those in mourning.

Dorothy's experiences and conversations with mourners have given her a deep understanding of what to say to lessen the grief of those who have lost a loved one.

**Here is a partial list of what you can say to help fill someone's bucket:**

"You are left with a legacy that nothing can erase."

"I am proud to have known your loved one and to share in your loss."

"You will continue to be in our thoughts and prayers every day."

"It's a privilege to share in your pain."

"I love you."

"My heart hurts for you."

"I won't pretend to understand. I'm just so sorry this has happened."

**A few things NOT to say (that could unintentionally dip) include:**

"I understand."

"I can only imagine what you are going through." (No, you can't.)

"They are in a better place now."

"It will get better."

"How are you doing?"

**Next week's bucket lesson will offer a classroom idea to teach children how to fill buckets in times of sadness.**

### This week's winners

## Congratulations!



**Roxanna Kerns** of St. Joseph School District, St. Joseph, Missouri, is our bucket filler of the week. Congratulations Roxanna! You have a book coming your way. Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at

[www.bucketfillers101.com](http://www.bucketfillers101.com).

### Quote of the Week

**"The small act of paying attention can take you a long way." Keanu Reeves**

