



Our Lady  
of Peace

HOSPICE & HOME HEALTH CARE



## *butterflies* BRING COMFORT & PEACE

Our Lady of Peace Education Series

*Every year on National Grief Awareness Day*, Our Lady of Peace Hospice and Home Health Care celebrates the lives of those who have passed in our care, while acknowledging the love and grief that remains in the hearts of their families. A release of Monarch butterflies is typically a part of this celebration, as a symbol of loved ones being present, and at peace.

So, what is the significance of butterflies with grief, loss, and remembrance? Many believe that butterflies, particularly Monarchs, represent the souls of those who have passed away and left the mortal world. And, people from around the world, believe they are a sign of a guardian angel that is watching over you.

Butterflies are viewed as a spiritual symbol of life after death because of their metamorphosis from a caterpillar to a colorful creation that flies through the air. Therefore, they bring comfort to people who are grieving the loss of a loved one. Psyche, or “soul” is the Greek word for butterfly and Greek mythology makes a connection between butterflies and human souls.

“The Butterfly is a symbol of the transformation that takes place, perhaps both for ourselves and for our loved ones, says Licensed Psychologist Ruth Markowitz, M.A., L.P. “The caterpillar prepares itself to cocoon and ultimately transforms beautifully and goes on in a very beautiful state.” Ruth speaks within our butterfly release video, and says, “When we release those butterflies, we set them free to live the life they are meant to live, and we celebrate their journey just as we celebrate our journey and the journey of those who have died.”

Even American Novelist Nathaniel Hawthorne wrote about butterflies: *“Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.”*

Coincidentally, Nathaniel Hawthorne has a pretty strong connection to Our Lady of Peace Hospice. His daughter, Rose Hawthorne, cared for poor people dying from cancer in New York. She became Mother Alphonso of the Dominican Sisters of Hawthorne. Like butterflies, Mother Alphonso was a symbol of comfort and peace, and her compassion continues to fuel our mission.

The Dominican Sisters of Hawthorne came to St. Paul and started Our Lady of Good Counsel Home, now Our Lady of Peace Hospice and Home Health Care. We have expanded our mission to serve all terminally ill patients, regardless of their social, religious, or economic status. And, there are no out of pocket costs to patients or families for room & board and medical care within our residential hospice. People of all faiths and beliefs are welcome.

We hope the next time you see a butterfly, you feel a sense of comfort and peace.



*We're here for you.*

We are passionate about community outreach.  
We would love to meet you and discuss how  
Our Lady of Peace can be a resource for you.

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