

Surviving the Holidays-- Thoughts on Coping

There is no right or wrong way to handle the day. Some may wish to follow family traditions, while others may choose to change.

Focus your celebrations on winter: go to a mountain lodge; go sledding or skiing, or just take a walk in the woods--time out to enjoy what nature has to offer in this season.

Include the deceased in your conversations and celebrations. Hang a stocking for your loved one in which people can put notes with their thoughts or feelings. Look at photographs. Once others realize that you are comfortable talking about your loved one, they can relate stories that will add to your pleasant memories.

Keep in mind the feelings of your children or family members. Try to make the holiday season as joyous as possible for them.

Plan to be with the people YOU enjoy.

Do something for others: volunteer at a soup kitchen; visit the lonely and shut-ins; ask someone who is alone to share the day with your family; provide help for a needy family; volunteer at the airport to pour coffee for stranded travelers; or offer to volunteer in a hospital on the holiday; if your city has a Ronald McDonald House, see if you can help make their holiday happier.

Don't be afraid to express your feelings. Allow people to comfort you. They need to feel they are helping in some way.

Remember, anticipation of any holiday is so much worse than the actual holiday. Donate a gift or money in your loved one's name.

Try to get enough rest.



The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit at 7:00 p.m. local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon.

Now believed to be the largest mass candle lighting on the globe, the 17th annual Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. Started in the United States in 1997 as a small internet observance, but has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

The Compassionate Friends and allied organizations are joined by local bereavement groups, churches, funeral homes, hospitals, hospices, children's gardens, schools, cemeteries, and community centers. Services have ranged in size from just a few people to nearly a thousand.

If you have a poem or story
you would like to share
about your precious angel,
please email it to
kristi@pizzaplusutah.com

For more information, contact:

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*Please contact us if you wish to have your name
removed from our mailing list*

Christmas

~Ferna Lary Mills

I stand and view the Christmas tree
with its tinsel, lights and bows.
The true depths of my grief
only my Creator truly knows.

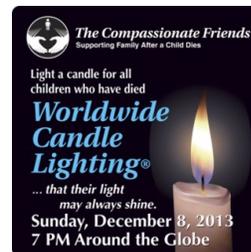
Holiday memories of days gone by
now crumble around my feet.
Remembering the love, the joy,
brings memories bitter-sweet.

Then my eye rests high upon
the star atop the tree
and I'm reminded of the reason
that Christmas came to be.

Although I miss you greatly
and the memories are bitter-sweet,
I know you're spending Christmas
sitting close at Jesus' feet.

I picture the rapture in your smile
and the glow upon your face
as Jesus smiles upon you
in that most Holy place.

A great warmth grows within my chest
and I feel your joy somehow.
Thank you Jesus, for loving me.
I'm going to be alright now.



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