

Newsletter



December Support Meeting:

Annual Worldwide Candle Lighting

Sunday, December 14, 2014

Cache Valley Fun Park

255 East 1770 North, No Logan

6:30 p.m.



The Fun Park will be closed, but the building is ours for this wonderful event! Families are invited to come. Please arrive on time so we can have our candles burning by seven p.m. You may bring an item of memory to share with the group from you Angel baby. **Please bring a holiday treat to share with the group.**

For more information on this worldwide event please visit www.compassionatefriends.org

Upcoming Events

December	Angel Tree at Logan Regional Hospital
Jan 8	Angels—Linda K. Perkes
Feb 12	Support Meeting



Tree of Angels

As I place this little angel on the tree

I gently touch your name.

It is just a whisper, a name tried on

The tip of my tongue a few times

Just to see how it would sound.

We never intended to use the name so soon

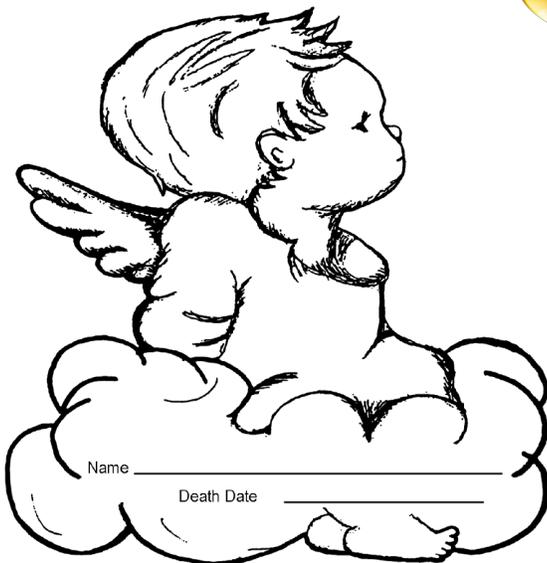
But it fits you, my little baby.

My hopes, my dreams, go with you, my child.

You will always hold my heart.

And as I look at your name hanging on the tree

I look with sadness and pride for you, my loved one.



Angel Tree

Please join us! Each year a special Angel Tree is set up in the lobby of the Hospital Women's Center. This tree is a memorial tree for all the Angel Babies. Please color, decorate and cut out the above angel, attach a string and bring to the tree. Then stop by again to see the tree filled with all the Angels! More angels are provided by the tree if needed.

The tree is always set up by December 1st.



The Cache Valley Fun Park has generously offered their building at no cost, for our Candle Lighting. We are grateful to the owners and staff! Thank you!

Gravity By Tonia Dattage

Dealing with Grief During the Holidays

I never really understood Scrooge or The Grinch until I lost my baby Hinckley 11 years ago. Why was everyone around me thankful and merry? Didn't they know I wanted to cancel the holidays? What could I possibly have to be thankful for? Why would I want to be giving when I have lost so much? Why was everybody just going on with their lives when mine had stopped?

This holiday season I'm feeling the "gravity" once again. A word a friend of mine uses to describe that feeling of heaviness, a pull to lie down and sink right into the floor. A feeling that comes when people suggest we go out Christmas shopping, or the thought of decorating a tree.

With the recent passing of my oldest son Ryker, I have stated more than once to people around me that I would like to just cancel the holidays. And it really is how I feel.

This article is supposed to be about how to handle the holidays when you're grieving and so far it's pretty gloomy. But it has a point, which is this, number one I am not going to expect myself to just put on a cherry face all of the time and pretend to be happy. And number two others are going to go on with the holiday season regardless.

Given those two realities how do I get through this time of year? First I think about traditions and without abandoning them altogether, for others sake if nothing else, is it possible to adapt at least one or two of them to include my grief? I know it seems counter intuitive to combine gratitude with grief and merriment with sadness, but perhaps they go together better than one might think.

How do I know when I'm truly happy without knowing what the opposite sadness feels like? How can I know gratitude without having felt despair? It seems to me in life that I cannot really appreciate the good times with having experienced some bad days.

And so I allow myself to have some bad ones right now even if it's the holidays. One of our annual traditions involves my kid's grandparents taking the family to Salt Lake to go shopping. They hand each grandkid and envelope with a few dollars and set them loose to buy whatever they want. Envelopes with Ryker's name and Hinckley's will be there at their suggestion and my request.

That money will be going to some charitable donation of our choosing. The same will happen Christmas morning two envelopes will hang on our tree and some amount of money that would have been spent on gifts will be distributed to a good cause.

It is a way for me to say, Ryker, Hinckley, I love you. As far as I am concerned you are still a part of our family because I feel gravity and joy in my heart every time I think about you. Gravity because you are gone. Joy because if I didn't feel gravity it means there was no love.

It's true I am blessed to be a part of an extended family that is willing to allow me to express these feelings and I realize that not all situations are so ideal. But in some small way I think everyone dealing with grief even if it is more private can find some way to express that during this time. I would say it's not just ok but important to do so.

The other project I have going on is to express my thanks in some way this week to all of those people who surrounded us, mourned with us, and helped us with the recent passing of my son Ryker. It was a sad time but I cannot help but have gratitude for the goodness of others during that time.

Now these are my suggestions to myself. The truth is I cannot tell you how to handle the holidays when you're grieving because your grief is your own. I can tell you that from my experience that it was worthwhile to me to find some way, especially that first year to include my grief, my Hinckley, in the celebrations. It did not change the fact that he was gone and I was hurting but it did help me get through that time with some shred of dignity, and allowed me to still keep my gravity in my heart.

We learn that Scrooge and the Grinch dislike Christmas because they are lonely and hurting in some way. We see them eventually enjoy the holidays despite the fact that their past isn't changed. The only thing that changes is their perspective. I cannot take away the deaths of my two sons. I don't want to just get rid of all of my grief for them because that wouldn't reflect the love I feel for them. And so all I can do is change my perspective. It's okay to grieve, even during the holidays, especially during the holidays. Grief and gratitude do go together. Joy and sadness can coexist.

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:
Logan: Patty Loosle: (435) 753-0687
Box Elder: Kim Johnson: (435) 723-6908
Preston: Shanci Cram: (208) 201-2492
Email: cvshareparents@gmail.com
Website: www.shareparents.com
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We appreciate your financial support.