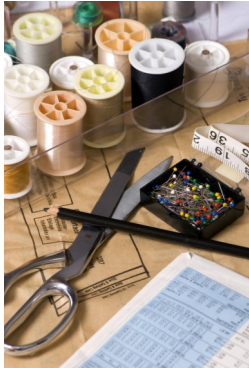




of Cache Valley,  
Preston & BoxElder

# Newsletter



March Support Meeting:

## A Night to Give Back

Thursday, March 12, 2015 7:00 p.m.

My Girlfriend's Quilt Shoppe (Attic)

1115 North 200 East Logan,

Come help us...

\*Sew Baby Gowns

\*Crochet Hats and Booties

\* Bracelets

\* a few other things...or just come and visit

If you have a sewing machine, please bring it. All Adult family and friends are welcome to come help out!!! Please bring a treat to share with the group, Thanks for coming to help out! See you there!

### Upcoming Events:

April 9 support meeting: Grief

May 14 Mother's Tea Party

June 11 Family Picnic



I'm not gone.  
I'm here, right beside you.  
You can't see me,  
but I'm here.  
I'll never leave you.  
-fo/wakemeupBook



## Silent Tears

Each day as evening starts to set  
The ache builds in her chest  
She knows that she must go to bed  
And try to get some rest

She hugs her tearstained pillow close  
When no one is around  
And cries for one she loved and lost  
And screams without a sound

Others see her in the day  
And think she's doing well  
But everyday as evening sets  
She enters her own hell

Time hasn't healed her pain at all  
Or quieted her fears  
So every night, alone in bed  
She sheds those silent tears

~kp 2013  
Out of the Ashes/fb

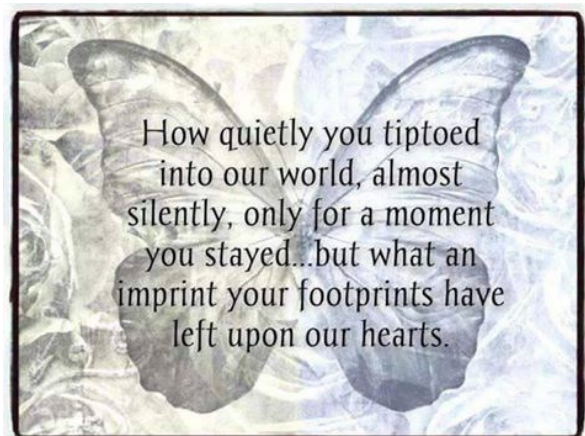


"Grief is like the ocean;  
it comes on waves ebbing and flowing.  
Sometimes the water is calm,  
and sometimes it is overwhelming.  
All we can do is learn to swim."  
Vicki Harrison

Marianne Soucy - www.HealingPetLoss.com

Each night I put  
my head to my  
pillow I try  
to tell myself  
I'm strong  
because I've  
gone one more  
day without you.

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Fb/angel poems

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

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We appreciate your financial support.