

November Support Meeting:

Handling the Holidays with Grief

Thursday, November 10, 2016

7:00 p.m.

Logan Regional Hospital Classroom #7



While the world around us is celebrating the holiday season, we that have lost a child, the holiday season can be overwhelming time of sadness, pain and anxiety. The familiar traditions of family togetherness, parties and gift giving may leave us feeling alone and isolated. We wonder how we can get through the holidays when our hearts are so broken.

At the November meeting we will present ideas that other families have used to survive the Holiday Season.

Upcoming Events:

Dec 11	Worldwide Candle Lighting
Jan 12	support meeting TBA
Feb 9	support meeting TBA



Thanksgiving

I sit and watch your candle burn,
The one I bought for the Thanksgiving table.
I felt the need lest anyone forget,
A "missing" blessing around the table.
In a weaker moment, I ask myself,
"What do I have to be thankful for?"
I glance away and bow my head,
As unchecked tears stain the floor.
The tear's I've cried could fill an ocean.
But I glance up and begin to see,
A definite glow from your thanksgiving candle,
With a message meant especially for me.
It started as a flicker, then a hop ... then two.
My heart leaps as the flame appears ... dancing!
And there you are as big as life or bigger,
Dancing your own rendition of "memories flashing."

It's your smile you flash so cleverly,
A smile that can span any tear-filled ocean.
It warms my heart but makes me wonder.
Who's tea you're about to set into motion!
So, from your Thanksgiving candle,
And the flame dance you danced for me,
I've learned what you've been trying to show me-
That you're as close as a treasured memory.
That your light still gloriously shines,
Though we are separated for a little while,
You still know how to bring joy and dance,
In the hearts of anyone who remembers your smile.
... That's what I'm thankful for.

In living memory of Craig Howlett

By Elaine Howlett

Can I sleep thru the holidays??

How often we feel that way after a loss...like we'd just like to go to sleep for a couple of months and wake up feeling better. Sadly it just doesn't work that way although I gave it a valiant try more than once. So what can we do to help ourselves get through the holidays? Seems everyone has an opinion on it but I think what it really comes down to is doing what feels right for you.

Sometimes that means doing very little and just have a quiet time at home. Sometimes it means going all out and staying very busy. There is nothing wrong with either end of the spectrum. We can have special moments such as a special Thanksgiving prayer or ornaments for our Christmas trees that memorialize our babies. They can be a private thing or a very public thing.

When it seems like holidays only remind us of what we are missing we need to wrap our happy memories around us like a suit of armor to protect us. And above all we need to remember that our babies would not want us to be sad forever, that it is perfectly alright to feel joy, to smile and laugh. Our lives may now be very different but we have survived one of the worst things that can happen....the key word there being "survived." So please seek your joy and keep living. Take care of your blessings



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

WHAT CAN WE DO TO REMEMBER OUR LOVED ONE THIS CHRISTMAS TIME?

- Do a project in their name
- Visit or decorate their grave
- Have a special ornament on your tree for them
- Do an activity they liked to do
- Develop a tradition, ritual or ceremony in honor of them such as lighting candles, giving toys to others
- Take part in a Mortuary or Hospital Tree remembrance
- Get a Poinsettia or floral arrangement for home or church
- Put notes or thoughts in their stocking and hang a stocking for them
- Donate money to a charity in their name
- Purchase a gift that your loved one would have liked & then donate it to someone in need



Here is a site on coping with grief during the Holidays:

<http://sharonmartincounseling.com/coping-with-grief-during-the-holidays/>

For more information, contact:

Logan: Patty Loosle: (435) 753-0687
Box Elder: Kim Johnson: (435) 723-6908
Preston: Amy Jensen: (208) 705-6192
Email: cvshareparents@gmail.com
Website: www.shareparents.com

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