

Forever Angels



CELEBRATING THE 176TH ISSUE OF FOREVER ANGELS

Hello Everyone,

Many people find solace through inspiration. Inspiration can present itself in many forms. An obvious one is religion. A friend of mine who has lost two of her four children relies heavily on her religion and G-d for comfort, peace, and the knowledge that her sons are safe. Another friend turns to poetry and chooses poems or lines from poems and songs that mean the most to her. She writes her favourites in a journal and will open it at any page when she is feeling particularly overwhelmed and begin reading. She gains some peace and balance from the comforting words.

Grieving.com offers a space to share some of the meaningful lines that speak to grieving parents and grandparents. Here are some examples. Please feel free to check out their Web Site for more and to share those which have held the most inspiration for you.

When Verena lost her son, her grief was immeasurable. She struggled with the question of 'Why him?' She found comfort through her faith and drew strength from a Bible verse, Psalm 3:5, "Trust in the Lord, and lean not on my own understanding..."

Many of us find solace and comfort in inspirational quotes. On our Facebook page at facebook.com/mygriefsupport, we asked members "Do you care to share a favorite quote that helped you get through?" Here are some of their responses.

Ellen said, "It's not inspiring but says it all—'they lived; they laughed, and they left, and now we have to learn life without them.'"

Joy likes a quote from a popular song that says, "When the night is cloudy, there is still a Light that shines on me. Shine on till tomorrow let it be."

Melissa, Krystal and others find comfort in the phrase, "This too, shall pass."

Liz likes to use humor to get her through. "I used to hear the saying 'what does not kill you will make you stronger,' and I used to reply, 'If I get any stronger, it's going kill me,'" she said. "It's good to lean on a sense of humor when you can during the rough times. My Brian was a funny guy. He would have liked that one."

You will notice that I too, find some messages really hit the nail on the head and like to include them in each *Forever Angels* issue. Quotes which have spoken and touched something inside of me, and which I hoped would also resonate with you. There are some that have made me want to howl as well. One is listed above: "What does not kill you, will make you stronger." This jars on my nerves, IMO is a judgement and seemingly negates what/how I am feeling. Who wants to be "stronger?" Isn't what has happened enough? Liz's response is much more on the mark than what I feel when I hear it. One can understand that what works and what doesn't work is different for each person and there is no right or wrong answer. Only what works for each of us at any particular time is the best course of action.

If you would like to share something that is particularly meaningful to you, let me know at loss@multiplebirthscanada.org and we would be pleased to include your share in an upcoming issue of *Forever Angels*.

Thinking of you,

Lynda

Have you every had a heartache,

Or felt that awful pain?
Or shed those bitter tears,
That drop like falling rain?
If you've never had that feeling,
We pray you never do.
For when you lose a loved one,
You lose a part of you.

~from an obituary

On the Net.....

<http://findingmymuchness.com/>

Delightful Site in memory of Sunshine and Daisy, monozygotic twin girls who died at 23.5 weeks from TTTS complications. This isn't a sad Site, per se, but of love, longing, promise, caring, sharing and Sunshine and Daisy. I hope it is as healing for you as it is for me.

<http://www.mastersincounseling.org/loss-grief-bereavement.html>

A comprehensive list of 115 bereavement sites covering loss from tip to tail. It is very impressive compilation. The only reference for loss in multiple-birth, and it is a good one, is Twinless Twins and I am hoping to convince them to add MBC's Loss Support Network. It is so important to make clear the unique challenges with losing one, more or all multiples as well as a unique parenting experience.

<https://www.facebook.com/AngelGownsOntario?fref=nf>

Meaningful idea of an organization which makes burial gowns out of wedding dresses.

www.grieving.com

May's newsletter talks about the power of writing poetry to help with grieving. Over the years we have received several poems and they are amazing.

Book.....

Recommended by Cathy D.

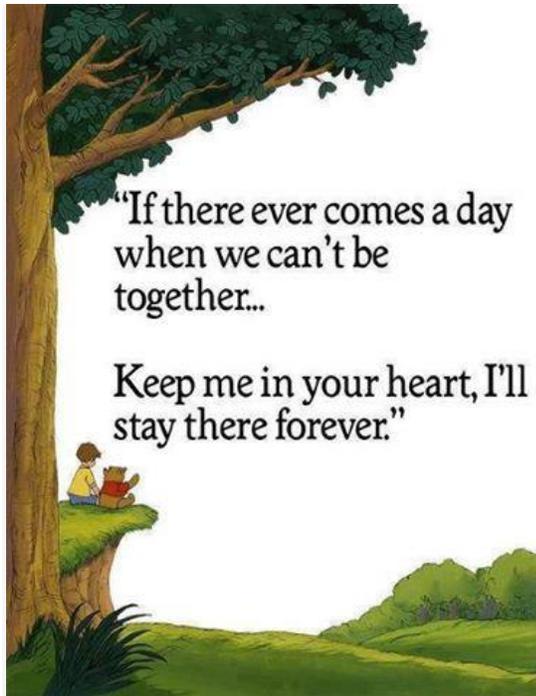
Healing Your Grieving Heart, 100 Practical Ideas by Alan D. Wolfelt

The reader can pick up this book, open it any page and begin reading ideas to take care of oneself.

May the winds of love blow softly
And whisper so you can hear,
I will always love and miss you
And wish that you were here.
For all that life has given me
And all that is left to do,
I will know no greater treasure
Than the time we had with you.

~from an obituary

The following was sent in by Karen V.



"If there ever comes a day
when we can't be
together...

Keep me in your heart, I'll
stay there forever."

