

**Monthly Meeting**

November 10, 2005

*Always the second Thursday of the month*

**Topic:**

**“Handling the Holidays”**

We will share thoughts/ideas other bereaved parents have found helpful in getting through the upcoming Holidays.

**Facilitated by:**

Janis Gow

**Meeting Time & Location**

7:30 P.M.

Pelham Rd. Baptist Church,  
Family Life Center  
1108 Pelham Rd., Greenville, SC



**Handling The Holidays**

No matter how completely you explore your alternatives, this holiday season, there will be some pain, some tears and a great deal of emotional “work”. Much of the time it is normal to feel as though you are just going through the motions with none of the usual emotions. Everyday responsibilities may seem awkward and forced. But only in trying, in taking responsibilities for ourselves do we find the way from one day to the next. Christmas, Thanksgiving and all the other painful anniversaries throughout the year will indeed arrive on their appointed dates regardless of anything we say or do. We can’t move magically from October to January, we can’t deny that the holidays exist...and the other painful anniversaries throughout the year...all we can do is try and cope with them as constructively as possible. You can and will survive!



The change of season is difficult. It reminds me that I must change if I am to live again. We can become stuck in our grief, full of self-pity and overwhelmed with pain. I do not believe our children would want us to live the rest of our lives in pain and misery. It is so easy to fall into the “black pit” and never have the strength or courage to crawl out – because crawl out we must . . . on our bellies.

We are different now, with different priorities and goals. We must find a new purpose for going on, and we must accept the changes in our lives – including ourselves, for we are different now.

We cannot go backward, though there are times we yearn to. We must move forward. If we don’t we stay stuck at the point that our world changed ...I used to say “ended.”

Change is difficult. To accept the loss of our child is the most difficult of all. Our comfort comes from believing that the love we share will go on for all eternity and that we will be reunited again – and each day brings us closer. We must learn to live again, love again, feel joy and peace again – or our survival will be without true value to ourselves or others.

*Lovingly lifted from : TCF – Phoenix Newsletter*

**Upcoming Event in December**

**2005 Worldwide Candle Lighting  
December 11, 2005**

The Worldwide Candle Lighting is held every year on the second Sunday in December, at 7:00 PM, in every time zone. As candles burn down in one time zone, they are lighted in the next, creating a 24 hour wave of light that encircles the globe in a virtual 24 hour memorial for our children.



In connection with the Worldwide Candle Lighting, our Community Candle Lighting service will be held on Sunday, December 11<sup>th</sup> at 7 PM at Thomas McAfee’s Downtown Chapel, 639 North Main Street, Greenville. Candles will be provided.

*Remember . . . anyone not able to attend may participate by simply lighting a candle at home alone or with family and friends*

***What is there to do when people die - People so dear and rare – but bring them back by remembering?***

We acknowledge “Love Gifts” with appreciation in memory of:

- **Rachel Marie Schmidt** ~ by *Lynel, Dave, Zaria & Ashner Katz (aunt, uncle, cousins)*
- **Geoffrey Lowry** ~ by *his parents, Philip and Eva Marie Lowry*
- **Ricky O’Brien** ~ by *his parents, John and Margaret O’Brien*
- **Jennifer Hower** ~ by *her parents, Floyd and Sharon Hower*
- **Lisa Etherington** ~ by *her parents, David and Debbie Etherington*
- **Eric Gow** ~ by *his parents, Tom and Janis Gow*

***“Hurting will ultimately lessen. Pain will slowly become more bearable. Fears and guilt will gradually pass away. But love...that inner dance of the heart which leaps to our child’s name or memory, will not pass away”***