

# Forever Angels



Hello Everyone,

*I've included the Across Time Questionnaire should anyone want to share. In actual fact this questionnaire has added a lot of useful support data to the LSN from those members whom shared information about subsequent births, cherished memorials, other milestones, thoughts and poems. If you would like to complete and return it, directions are included with the questionnaire.*

*I will be presenting a Grief Workshop at MBC's 2008 Annual Conference this October. If you are planning on attending the Conference, please look for me and introduce yourself. I am really looking forward to meeting you. Should you want more information on the Conference and how to register, you can find all the details at [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org). If you have questions, you can reach me at [loss@multiplebirthscanada.org](mailto:loss@multiplebirthscanada.org).*

*Thinking of you,  
Lynda*

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**Much of life can never be explained but only witnessed - Rachel Naomi Remen, MD**

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## **QUESTIONS AND SUGGESTIONS.....**

**Ques:** *We lost our first mono mono baby boy at 21 weeks and the other at 28 weeks. That was 4 weeks ago and I have to return to work next week and I'm not sure how I will be able to manage "real life" again. Any suggestions?*

**Suggestions:** *In truth, "real life" is gone and from here on in, there is a new reality for you and your partner. This doesn't mean that you can't be happy or even laugh out loud again but it does mean that you have learned first hand that the world can be a cruel and harsh place. It also means that there will be days and times which are difficult and you will need to slow down, touch your pain, recognize it for what it is, cry if necessary or just be quiet, but it will pass. You will breathe again, live again and life will go on with a new and changed reality.*

*Is there a friend at work, colleague or boss whom you trust and have faith in? If so, why not ask that person to tell your co-workers your story, at least a form of it, so that you don't have to repeat, repeat the story to each co-worker you meet? Sometimes repeating the story over and over can be depleting but if you could return to work and a kind someone has already informed your co-workers, that could take a lot of pressure off you. You will still need to be ready to accept their condolences and that may be easier than telling the story.*

*Now is the time to take and do things for yourself. Don't be afraid to speak up and tell people what you need, e.g. I am feeling very quiet at the moment, or if you are going for coffee, I'd love one too, do you mind? That kind of thing. Let people help you and support you. If you want to talk about what happened, then do so at an appropriate moment, break or lunch, for example.*

*If you are having a particularly rough day, ask your boss if you could leave early. Jumping right back in and up to speed may also be difficult so explaining that you would like to ease back into your job, well your boss may be understanding and say take the time you need.*

*Give yourself time, be gentle with yourself and don't expect to move mountains. Grief is a journey, not a destination and when we have loved someone (or two someones) and they die, it hurts.*

**Enclosing peace, comfort and best wishes,  
Lynda**

**BOOK REVIEW.....**

**Step into the Light: Living in the Shadow of the Ghosts of Grief**, Alan D. Wolfelt, Ph.D., Companion Press, 2007, 152 Pages, ISBN 978-1-879651-51-7 \$13.95US; \$17.95Cdn.

Wolfelt has written many thoughtful and supportive books on grief and here is another one. He looks at why many of us carry our grief rather than mourning it. It isn't uncommon to feel afraid to face what hurts us. We may fear losing control and never getting it back. We may fear crying and never stopping (in fact, we do eventually stop crying. After about 20 minutes, our body slows down and crying stops). We may be under the impression that if we do not face our losses, then they didn't really happen. We may be under the mistaken impression that if we "ignore" the pain, it will go away. We may fear that the pain will be so great that we could "break." As common as such feeling or perceptions may be, Wolfelt encourages the reader to address that which we fear will destroy or cripple us and to mourn so that we can move forward and "step into the light." If we do not so, the grief will never leave us and will be carried forward with us to raise its ugly head and undermine us at every opportunity.

Here are a few quotes (from several) which touched me:

*Only when we are no longer afraid do we begin to live* - Dorothy Thompson  
*If my grief softens, I'm afraid I'll have to admit he is never coming back. And that is what I don't want to face.* A workshop participant.  
*One heals suffering only by experiencing it to the full.* Marcel Proust

If the reader has difficulty in recognizing his/her pain, grief, physical problems or addictions, Dr. Wolfelt has included a survey to assist with learning about and/or recognizing which issues readers might be experiencing. As with so many things, when it is all in a list before us, it can be helpful in coming to terms with what we are (may be) dealing and help us move forward to get the help and support need.

Another thing I appreciated about this book was the almost "interactive" nature of it. Wolfelt encourages the reader to read the book with a pen and to underline anything that speaks to you, and/or to create a reflective journal of those words, phrases, paragraphs and to add your own thoughts and feelings as you progress, hopefully towards the light.

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Once a day and sometimes more  
You knock upon my daydreams door  
And I say warmly come right in  
I'm glad you're here with me again.  
And through my wish you'll be brought  
To me each day; a happy thought.

~from an obituary

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**ACROSS TIME QUESTIONNAIRE** - If you would like to complete the Questionnaire and send it in, it will be included in an upcoming issue of *Forever Angels*. Not only is it nice to learn how and what you are doing, but also to learn of new additions (or is it editions?) to the family. Looking forward to hearing from you. Just push "Forward" on your computer, erase everything to the Questionnaire and you will be able to complete it and send it along to [loss@multiplebirthscanada.org](mailto:loss@multiplebirthscanada.org)

*How are things for you and your family?*

*Please provide a little background about your loss:*

*How long is it since your loss?*

*We lost, e.g. one of twins, two triplets, both twins...*

*What helped or supported you the most at the time of your loss?*

*What helped you the least?*

*Do you celebrate any anniversaries?*

*If so, how/what do you celebrate (e.g. Birth Day, Death Day, other)?*

*How do you celebrate them?*

*Is there something that you would have appreciated, perhaps annually, on your anniversary of loss by your family or friends that would have helped, even a little bit?*

*How is Mom at this point in time?*

*How is Dad at this point in time?*

*If you have a survivor(s), have you chosen to let them know about their co-sibling(s)? If yes, how did you handle letting him(them) know?*

*What would you offer by way of support to another family who recently lost one, more or all of their children?*

*Any other thoughts you might like to add.*