

Forever Angels



Hello Everyone,

I hope this finds you well and taking gentle care of yourselves. We've had about 11cms of snow in our area and the trees are gloriously dressed with white. Today the sun is shining on them, gently focusing on their snow flake creations which glitter like jewels as a result. It is breathtaking at times what Mother Nature can do. I sincerely hope you can take the time to stop, look, listen and take solace in what she has also created for your viewing pleasure. At times, it is also important to remember to keep the coat buttoned and the scarf and mittens in place - LOL!

We are headed into the holiday season and this can be a very difficult time. Please make sure that you take care of yourself and only do what you feel will work for you. It isn't easy to focus on family at a time when missing and cherished family members are physically absent. Knowing this will perhaps strengthen you and guide you as you face the season.

*Thinking of you,
Lynda*

In the depth of Winter, I finally learned that there was in me an invincible Summer. ~ Albert Camus

Holidays and Grief.....

The holidays are fast approaching and while it is recognized that these particular holidays are family oriented, they can be extremely difficult for a grieving family. No matter how hard we try to avoid or deny the holiday season, they will arrive and we will need to face them head on. If you find that you are dreading this time of year, there are ways you help yourself get through. Here are some ideas. Maybe some of them will resonate for you:

- ~do any shopping (gifts, food) early so you do not feel overwhelmed;
- ~perhaps go on vacation for the holidays;
- ~change your routine for celebration, e.g. eat Christmas dinner Christmas Eve instead of Christmas Day, or ask a relative or friend to host the dinner;
- ~stay only as long as you want or can at any family gatherings;
- ~if you have other children, try to keep them in mind with some semblance of tradition, celebration, family, sharing and loving;
- ~instead of buying many gifts, make a donation to World Vision, your local hospital or child hospice. Let your family know that this is how you are handling the situation this year;
- ~light a beautiful candle for your child or for each child;
- ~journal your thoughts and feelings;
- ~spend time alone with your partner, doing something you both enjoy, e.g. dinner out, skiing, a weekend away at a local bed & breakfast or inn where you can be waited on;
- ~give yourself permission to feel sad or to cry even though those around you may be celebrating; and
- ~remember to be gentle with yourself and take care of yourself.

Should you wish further reading on getting through the holidays, MBC has a Fact Sheet, Holidays and Grief, which is available through our Business Office and is on the Web Site at www.multiplebirthscanada.org

*When evening shades are falling,
And we sit in quiet alone,
To our hearts there comes a longing
If he only could come home.
Friends may think we have forgotten
When at times they see us smile.
But they little know the heartache
Our smiles hide all the while.*

~ from an obituary

Remembering Nick.....

Nick's Mom, Ray, has shared a tribute to her 22-year old twin son who died this past July after undergoing jaw surgery. The tribute was written by one of Nick's good friends. Nick is twin to Graeme. A scholarship has been set up at Brock University in Nick's name, where both of these young men were students.