

# Forever Angels



*Hello Everyone;*

*The following is a list to try and put into words what loss might feel like. There is no right or wrong way to feel loss or to grieve, but I was hoping that if I could perhaps put some words to paper, it might be helpful not only for myself, but maybe for others too. It isn't as if loss can be neatly folded and placed tidily into a little box, or even a large box for that matter. To think so couldn't be farther from the truth. There is nothing at all 'neat and tidy' about death. Loss has layers: emotional, physical, mental, spiritual. Loss is painful, sad, nostalgic, empty, elicits feelings of anger and helplessness and so much more. I don't expect this list to be complete, but sometimes seeing words in a row can be cathartic. At least let's hope so:.....*

- there's an elephant sitting on my chest;*
- WHAT will s/he do without me?;*
- WHAT will I do without her/him?;*
- I can't breathe!;*
- I am going to choke.....;*
- my heart is racing;*
- the emptiness is beyond endurance;*
- unbelievable!;*
- my head is going to burst open with the pressure;*
- will I ever stop crying?;*
- my eyes hurt from crying;*
- why does the world keep on working?;*
- I feel so nauseous;*
- I can't concentrate;*
- I don't believe it;*
- it can't be true;*
- if I can yell loud enough, could I wake myself from this nightmare?*
- this time last week.....*

*If there is something you might like to add to this list, please write me at [loss@multiplebirthscanada.org](mailto:loss@multiplebirthscanada.org) Perhaps we can make this list into a support resource for others.*

*Thinking of you,  
Lynda*

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## *After Glow*

*I'd like the memory of me  
To be a happy one.  
I'd like to leave an after glow  
of smiles when life is done.  
I'd like to leave an echo,  
whispering softly down the  
ways, of happy times and  
laughing times and bright  
and sunny days.  
I'd like the tears of those  
who grieve, to dry before  
the sun, of happy memories  
that I leave when life is done.*

*~from an obituary*

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### **On the Net.....**

....I recently started a blog for men who are grieving a pregnancy loss or the death of an infant. Please share the following address with anyone you think might find it helpful. [www.FathersGrievingInfantLoss.blogspot.com](http://www.FathersGrievingInfantLoss.blogspot.com)

Thank you – Tim Nelson

A Place to Remember  
[www.APlaceToRemember.com](http://www.APlaceToRemember.com)  
1-800-631-0973

~submitted by Cathy, Ottawa, Mom to Daniel, Josh, Emily and Katie & Jordan, twins born too early and who died as a result of their prematurity.

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### **Fetal Hope Foundation, [www.fetalhope.org](http://www.fetalhope.org)**

Has a lot lined up to support families with multiples with Twin-to-Twin Transfusion Syndrome. Give them a look see to find out what they are up to.

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### **Cope with Grieving, [www.copewithgrieving.com](http://www.copewithgrieving.com)**

An Alberta, Canada bereavement support Web Site by Bev Swanson. Bev has many pertinent and touching support resources for grieving families.

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### **Centre for Loss in Multiple Birth (CLIMB) [www.climb-support.org](http://www.climb-support.org)**

Multi-lingual American grief support site for bereaved multiple-birth families. They provide a quarterly newsletter.

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### **Hearts & Wings, [www.twinloss.org.nz](http://www.twinloss.org.nz)**

Twin loss support group from New Zealand. They provide a quarterly newsletter.

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**Remembering, [www.remembering.canada.com](http://www.remembering.canada.com)**

Celebrate the lives of loved ones with stories, photos, tributes.

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*May the winds of love blow softly,  
And whisper for you to hear,  
That we still love you dearly,  
And wish that you were here.  
We hold you close within our hearts,  
And there you will remain,  
To walk beside us all our lives,  
Until we meet again.*

*~from an obituary*