

# Forever Angels



*Hello Everyone,*

*It appears that we will indeed have a Spring again this year even if in some areas, it has been a long time coming. It is one of my favorite times of year as the Earth renews itself; the plants stick their heads above ground to greet the warmth of the sun and there is a noticeable increase in sound as the birds stake out their territories and the males try to woo the ladies with their musical charms. And they start early in the morning, even as the sun is just thinking of coming over the horizon, which makes me chuckle as I tuck down under the covers. It's waaaayyy too early for me! Still their efforts seem to get the job done.*

*I hope for those of you celebrating Easter this weekend that you have a good time and perhaps enjoy a special family dinner. Some will be celebrating Passover and I hope you had very pleasant Seders. If anyone is not celebrating anything religious this particular weekend, perhaps you will find yourselves in your gardens celebrating the new growth. All in all, that's not a bad place to be.*

*Whatever you are doing this weekend, may the sun shine on you and bring you comfort and warmth.*

*Thinking of you,  
Lynda*

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Story Update....

I'm the mother of the story titled \*I am blessed with twin boys...\* I feel now is the right time to give an update and to show those who are just going through it [grief] how time does help in the healing process.

My story was written when I was 35 weeks. At 39 plus weeks I delivered Alexandria, she was 6 lbs 6 ounces and very healthy. Jordan was born with the placenta, there really wasn't much to be seen. (Yes, I wanted to see and say good bye. I talked to friends who had lost babies at different stages and was told what to expect so I had prepared myself) The nursing staff was wonderful, one came up from a different floor to share her story and comfort me. She and another nurse brought up a little keepsake box for ultrasound pictures or whatever else, a small ceramic urn for Jordan's ashes (we were able to have the baby cremated), different pamphlets on bereavement and places I could get support if I wanted to, and a journal. It's been 18 months and I still haven't put anything in Jordan's box and nothing has been written in the journal. Every time I pull these things out, I just don't feel ready to do anything with them. It's not as painful now, I can talk about it and not cry...but grief hits me at weird times. I will watch Alexandria do something, and I wonder what would have been had Jordan survived. It's sometimes hard to see pictures and hear updates on a couple of online friends that were expecting twins at the [same] time I was and theirs are thriving...I'm very happy for them but I'm also jealous.

The best advice I can give for anyone that is going through it is to deal with it the way YOU want, not the way others think that you should. Cry when you want, talk about it as often or as little as you want. You may want to do something in memory of your lost child; a memorial service, a prayer said during the baptism of the surviving sibling, plant a tree, donate to a charity, etc... On Alexandria's first birthday we each wrote something on a note and attached it to a balloon

and let it go, it's something we plan on doing for every birthday. Time does help in the healing process. You never forget and the pain is still there but not in the magnitude it once was.

Tasha (Mom to Alexandria and her twin, Jordan whom died in utero at about 15 weeks gestation, to teenage twin boys and to two singleton children)

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Hi Tasha,

I am so sorry to hear of your distress and certainly understand why you are feeling the way you do. It is OK that you have not put anything into Jordan's memory box as yet nor written in the journal. You will do so when and if you are ready. For now it is enough that you open it and shed tears for the love of him and his memory. He understands, of this I feel very sure. You have not neglected him at all. It may be that you will never write in the journal or perhaps draw a little heart only, and that will suffice. Everything is there in case you do wish to write and not having done so does not stop the love within your heart.

It must surely be difficult to watch Alexandria grow and explore her world, one which Jordan will never see and comparisons, well I think it would be strange if you did not compare or ask yourself "what if.....?", particularly when you have already had one set of twins. And feeling jealous of discussion by other parents of twins, I think you are normal as rain!

Thank you so much for sharing Jordan's story with us again as well as your love of him and his siblings. May you find peace and comfort with your living children and with knowing that Jordan is with you in spirit and no doubt loving you right back.

Enclosing a Huge Hug,  
Lynda

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*We love to hear from you about anything at all. If you have something to share, a story, poem, idea, joke, recipe, book, web site, or just want to connect, you can reach me at [loss@multiplebirthscanada.org](mailto:loss@multiplebirthscanada.org). We love to hear from you. If you change your e-mail address, don't forget to let us know.*

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Like a rose-bud touched by an early frost  
You were frozen in time.  
Yours dreams lost  
Like autumn leaves  
Scattered on life's highway.

Sorrow's well of tears is all dried up.  
There are no words left  
To adequately express  
How much I miss you  
And wish that you were here.

*~from an obituary*

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***Trying to put Grief into Words.....***

Jani wrote in with the following addition to our Grief List:

*I think God has mixed my name up with someone else's because he has given me more than I can handle right now. It's just too much for me to take.*

Submitted by Jani, Mom to a stillborn baby and grandmother to twin granddaughters whom were born too early in 2008.

If you have a thought that you feel helps you express how you fell, let me know at [loss@multiplebirthscanada.org](mailto:loss@multiplebirthscanada.org)

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In our hearts you live on,  
Always there never gone.  
Precious child,  
you left too soon.  
It may be true  
that we are apart,  
You will live forever.....  
in our hearts.

*~ from an obituary*

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**Suggested Readings.....**

On Life After Death, Elisabeth Kubler-Ross, Berkeley: Celestial Arts, 1991 (Note: Elisabeth, mother, psychiatrist, author, wrote extensively on Grief and is a well-regarded authority on the subject. Elisabeth was a triplet sister. She passed away aged 78 years in 2004. To learn more about Elisabeth or to order any of her books, go to [www.elisabethkublerross.com](http://www.elisabethkublerross.com))

Miscarriage: Women Sharing from the Heart, Marie Allen and Shelly Marks, New York: John Wiley & Sons, Inc., 1993

Ended Beginnings: Healing Childbearing Losses, Claudia Panuthos and Catherine Romeo, Westport, CT: Bergin & Garvey Publishers, Inc. 1984

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**On the Web.....**

Faith's Lodge, [www.faithslodge.org](http://www.faithslodge.org) - A sanctuary for those whom are grieving the illness or loss of a child.

Submitted by Cathy, Mom to Daniel, Josh, Katie and Jordan (twins whom died due to their severe prematurity) and Emily.

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When you are civil, you feel physical pleasure. Author unknown