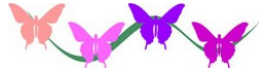


## Spring Has Sprung!



How in the world could anybody not enjoy the beauty of spring? The dogwoods and azaleas are in full bloom. The trees are becoming green again and the weather is nice and warm – just right! So why is it that some of us are finding this a painful time? A child has died, that's why.

The Easter and Passover seasons are upon us. They are special family times that make it more obvious that one is missing. Some parents are struggling with what they believe. The pretty new dresses and hats don't seem to matter as much as they once did. There are more important things on our minds now. We are facing the renewal of life all around us – and yet the missing child's life is not renewable. We hurt because life is going on and his or hers is not.

These are normal reactions for some when grief is fresh, for the changing of the season is a poignant time for many. Those of us who have had the necessary time wish to convey to those who have not that it won't always be this painful. When your grief softens (and it will,) so will many of the hurtful responses. Get out in the sunshine, go for a walk, smell the fragrance of the flowers and allow the warmth and beauty of the season permeate your being. It just may make your day a little lighter and a lighter day is worth trying for.

By Mary Cleckley, TCF Atlanta, GA  
Reprinted from Northshore/Boston, April 1996

## The Forgotten Mothers

Every year in this country millions of women become mothers. But every seven minutes one of these mothers loses her baby to miscarriage, stillbirth or unanticipated death shortly before birth. For these women and their families, Mother's Day must have a hollow ring, providing painful reminders of the loss of a child.

Our society expects these "Forgotten Mothers" to put their tragedy behind them, sometimes without properly acknowledging their loss. We expect the grief and pain to be directly associated with the size and age of the lost child, reasoning that a smaller child's death brings less pain and is easier to forget.

But for that mother the grief is no less intense. Loving and remembering the child – including the hopes and dreams she had for that child – never end. Most of us feel awkward, shy and uncomfortable when dealing with a friend or relative

who has lost a baby. Often we avoid acknowledgment of the child's death altogether, feeling that the pain of remembrance is too great for the mother.

In reaching out to a Forgotten Mother on Mother's Day we can:

- Remember her by sending a card or personal note. Don't worry that you will be "reminding" her. The memory is always with her.
- Be open and listen.
- Send a simple flower.
- Share a hand-crafted item symbolic of the child.
- Above all, remember and support her.

On Mother's Day, remembering all mothers is important. The sign of a real friend is one who reaches out in spite of his feelings of discomfort and says, "I don't know what to do, but I want to help."

By John B. Hutchins, Past President,  
National Funeral Directors Assn.  
Reprinted from TCF Cape Cod Newsletter, Apr/May 2001



## Penny

I found a penny today  
Just laying on the ground.  
But it's not just a penny  
This little coin I've found.  
Found pennies come from heaven  
That's what my Grandpa told me,  
He said Angels toss them down.

Oh, how I loved that story.  
He said when an Angel misses you  
They toss a penny down,  
Sometimes just to cheer you up  
To make a smile out of your frown.  
So don't pass by that penny  
When you're feeling blue,  
It may be a penny from heaven  
That an Angel's tossed to you.

I'll bet an angel is now watching over you!  
Author Unknown

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