

## Lord, Grant Me the Serenity...

We've all seen the Irish prayer, "Lord grant me the Serenity to accept things I Cannot change, Courage to change the things I can and Wisdom to know the difference."



As bereaved parents, we are called upon to accept an awful thing that we cannot change – our child's death. If we had Superman powers, we could just fly into outer space, fly at super speed counter clockwise around the earth and go back in time and stop the awful thing that occurred. Unfortunately, we don't have that power, so we are left with the only alternative – Acceptance. But, we must accept it for to fight it flies in the face of logic and will only keep us in the throes of deniability and postpone the inevitable. I believe the sooner we can accept the miserable fact of the death, the sooner we can move forward.

"Courage to change the things I can." All of us have room to grow and improve as spouses, parents, sons/daughters, neighbors, employees, etc. Accepting the death of our child will allow us to focus on improving ourselves and we can do it in memory of our child. What a wonderful way to remember our child-by becoming a better person in every way we can.

Perhaps we need to become more understanding, more compassionate, less self-centered, less stingy, a better communicator.....the list is almost endless. There's plenty of personal growth and improvement we can indulge in for the rest of our life-and in the common vernacular, "it's all good!!"

"Wisdom to know the difference": God was pleased with Solomon when he asked for wisdom (I Kings 3:9-12). And as bereaved parents, we need to know what to accept and what to change. May we all learn the difference and act on it.

By David Haddock, Clinton, MS  
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## Working for your Marriage



We are responsible for ourselves. Put things into perspective. We regain power over ourselves by putting things in order - job, family, house, routine – you know your own priorities. Think of how often you are critical of yourself and others. Stop criticizing. Go to work trying to open lines of communications with your spouse. If necessary, write him or her a letter.

You are not perfect. Neither is marriage, not in the bad times nor in the good ones. Forget about controlling your spouse; compromise.

Give yourself some space; find separate activities for a while. Back off and breathe, then swallow your pride and appeal to your spouse again to communicate, so that you may work out your differences. If at all possible, SAVE your marriage, otherwise you won't have anyone to reminisce with later when the pain softens. It's very lonely not to know someone who knew your child who died. The most important person to you for these memories is your child's other parent.

Believe in yourself and believe in your spouse again. Sometimes the hardest people to love are the people we love the most. Don't give up. COMPROMISE, CUDDLE and COMMUNICATE. I'll bet you have better results practicing these 3 C's than with "control."

By Fay Harden, TCF Lehigh Valley, Trexlertown, PA  
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## Touch of Love

I would straighten your tie,  
smooth your collar,  
pick a bit of lint from your sleeve  
before you left for your day's affairs  
and I turned my attention to mine...  
Today, I brushed off a leaf  
that had fallen on your name.

By Doris Alsup, TCF Burleson, TX