

Holiday Wishes to our Angel Whispers families and supporters,

It's hard to believe that the holiday season is almost upon us, and the end of another year is fast approaching. This is the time of year that many grieving families dread the most; it's hard to imagine celebrating Christmas without your baby. The holiday season is meant to be celebrated with those you love, a time for family and friends. It's hard to feel like celebrating when the most cherished member of your family, your precious baby is not here to experience Christmas together with you. For those of you who will be facing the first Christmas since the loss of your baby, you may be feeling reluctant to celebrate at all.

This newsletter edition is dedicated to all of our Angel Whispers families and to your cherished angel babies! My hope for you is that you will find comfort in the following pages. Included in this edition you will find ideas to honour your baby at Christmas as well as tips on how to cope with the holidays, and an article for you to share with friends and family on how they can help you through this time of year!

Remember that this is your journey, don't allow others to tell you what you "should" be doing to get through the holidays. Do what feels right to you. And if what feels right to you is continuing on with family traditions do that; if that doesn't feel right, find new traditions or know that it's okay to skip Christmas this year.

My Christmas wish for you and your loved ones is a season filled with com-

fort and the support of family and friends. Allow yourself some moments of joy and laughter this holiday season. Joy and happiness are emotions that many of us feel guilty experiencing after a loss, however it's in those moments of joy that we begin to feel hope for the future as the intense emotions of our grief begin to soften.

As we approach the end of 2021, I want to thank each of you for opening up your hearts and allowing Angel Whispers to be a part of your grief journey. May you feel the love of your babies with you each and every day this Christmas. We wish you peace, hope and love this holiday season.

With Love and Understanding,

Lori-Ann

Lori-Ann Huot
Program Coordinator
Angel Whispers Baby Loss Support Program
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www.angelwhispers.ca/angelwhispers

"To inspire hope and healing and offer compassion and understanding to broken hearted parents grieving the loss of a baby."



Angel Whispers continues to provide support to families grieving the loss of a baby to miscarriage, stillbirth, SIDS and neonatal death.

www.angelwhispers.ca/angelwhispers

"To inspire hope & healing and offer compassion & understanding to families devastated by the loss of a baby."

Email: angelwhispersbabyloss@gmail.com

Phone: 780-974-7054



Coping Through The Holidays After The Loss Of Your Baby

by Lori-Ann Huot

The holidays are a difficult time of the year when you are grieving. When you have lost a baby, the thought of celebrating Christmas, especially if your loss is recent, is too much to bear for many families. Holidays are meant to be shared with loved ones, and yet when a loved one as significant as your baby is missing, it can be too difficult to imagine a Christmas without them.

For some, skipping Christmas may feel like to best option, although there are many things to be considered when making a decision to not celebrate the holidays:

- Express how you are feeling to your family, explain that it's too difficult to face the usual traditions and that you're hoping that next year may be easier.
- Be gentle with yourself, remember that it's ok to experience moments of joy and happiness. Don't feel guilty if you find yourself smiling or laughing. You are not disrespecting your baby by allowing yourself to enjoy life.
- Decline invitations – no explanation is necessary, friends and family will understand.
- Make shopping easy – consider online shopping for those that you need to buy gifts for and avoid the holiday bustle of the stores.
- Find a balance between staying busy and having time to yourself – try to plan a few activities that you enjoy. Grief can be very lonely, try not to add to those feelings of loneliness by isolating yourself.
- Take a vacation – a trip away may be the best way to remove yourself from the traditions that are too difficult to face. You may want to travel away as a couple or perhaps consider inviting family to join you. Consider a travel destination where

Christmas isn't celebrated. If a vacation isn't possible, consider taking on a project around your home to keep you busy.

- Do something special to remember your baby, continue reading for ideas on honoring your baby.



If you chose to attend holiday gatherings, the following suggestions may make the experience easier to tolerate:

- Know your limits – if you feel as though you will feel more stress than enjoyment, decline the invitation. Do consider however if attending events with friends and family may help to take your mind of things for a short time.
- Make a plan in advance – if you are attending a holiday gathering, find a quiet place to spend a few moments alone if you need to. Plan an excuse to use in case you feel overwhelmed and need to leave.
- Share your feelings with friends and family – your loved ones will know best how to support you if you can express to them what you need.
- Not everyone understands what you are going through, you may hear comments that are hurtful or insensitive. Know that most often these people make comments with

the best of intentions, but without them understanding exactly what you are going through it's hard for them to know the right things to say. Often times they will say nothing as they are concerned that they may upset you, when in reality they are worried about being uncomfortable by you being upset. What you need to express to them is that you want desperately to talk about your baby and hear your baby's name.

- Reach out to others that understand – it helps to talk to someone that can truly understand what you are going through. Connect with other baby loss families through support groups or in online chat groups. If your faith is important to you, attend extra services. Don't be afraid to ask for help from a counselor or mental health professional.

The other way to cope with the holidays, instead of skipping Christmas, may be to start some new holiday traditions.

As you journey through your grief, your needs may change. You may try something one year and decide to change it and try something new the next year. With time you may even decide to renew old traditions. Most importantly do what feels right to you and allows you to honor your baby and incorporate your baby's memory into your new reality. Here are some ideas for honoring your baby's memory at Christmas:

- Ornaments – have an ornament engraved with your baby's name on it, add a new ornament each year in memory of your baby.
- Dedicate a tree specifically to your baby – I did this several years ago in memory of my angels, Loren and Brooklynn. Every year I decorate my angel tree to honor my babies,

[Continued on page 3](#)

and each year I add a new ornament that I make or buy for them. Consider having a theme to your tree: angels, butterflies, dragonflies or something meaningful to you. Tie ribbons on your tree, blue for boys, pink for girls or white if you don't know the gender of your baby. Search the internet for baby loss awareness ornaments.

- Hang a stocking for you baby – write a letter to your baby and tuck it inside the stocking, invite loved ones to do the same. Add a new note each year and save them to read every year. Consider a Random Acts of Kindness stocking.
- Buy a gift in memory of your baby that you can donate to a local hospital or needy child – buy an age appropriate gift for the age your baby would be. This can become an annual tradition. Include a note that the gift is being given in memory of your baby.
- Make a donation in memory of your baby to a hospital, charity or program designed to help families after the loss of a baby.
- Give your baby a special signature – feel free to sign holiday cards with a designation for your baby like a stamp of an angel or baby feet, it may help you to know that your baby is not being forgotten and being remembered by others.
- Update friends and family by sharing how you are feeling – if you typically send out a letter with holiday cards, let them know how you are coping. It's ok to be honest and to share what you are needing from them.
- If you are inviting family or friends over, display keepsakes for you baby (pictures, scrapbooks, ornaments, etc.)
- Light a candle in memory of your baby.

Whether you decide to skip Christmas, create new holiday traditions or attempt to celebrate Christmas like you have done in years past, I wish you peace, love and hope. May hope for the future and the love of family and friends bring comfort to you this Christmas. Please know that your angel is smiling down on you from above wishing you love and happiness.



Christmas Wish

Author unknown

*The heart of Christmas is hope
We need hope.
We need Christmas!*

*The New Year gives us time.
We need time to grieve.
But most of all to Heal.*

*I wish you the gift of peace from an
aching heart;*

*I wish you the gift of strength for
the day ~*

*I wish you the gift of recognition,
I wish you the gift of remembrance,*

*I wish you the gift of care,
I wish you the gift of belonging,
These are the gifts I wrap in prayer,
And lovingly send your way.*

*May the memories of this Season
Come on Gentle Wings and
Bring you, your family and friends
Love and Peace.*

Pay It Forward

I should be watching him open his stocking on Christmas morning, I should have a stocking for Marc filled with baby toys but instead I am asking you to help me fill his stocking with things that will help create a legacy for him.



I am challenging you to please do one random act of kindness for someone between now and Christmas. It can be small, it can be big, just as long as it is something that is kind and as long as you as you are doing it you are thinking of our sweet baby Marcus.

Once you have completed your random act of kindness please email me at jenaleajohnson@yahoo.com with a short description of what you did. In the subject line please write DO NOT OPEN RANDOM ACT OF KINDNESS or something along those lines. This way I will not read them, instead, I will print them out immediately, fold them up and tuck them away into baby Marc's stocking. Marc and I will open the stocking on Christmas morning and instead of thinking of what we should be doing we will be able to read about all the good things you did in honor of our baby.

<http://thealchemyofgrief.blogspot.ca/2011/12/baby-marcs-socking-project.html>

A few of our Angel Whispers families have adopted this idea in honour of their precious babies...such a touching way to create a legacy for their angel babies.



Christmas

By James A. Kisnerer

*Standing by my baby's grave, here on Christmas Eve,
While other families are rejoicing, I can only grieve.*

*Tomorrow, it will be 5 years, since he's gone away,
My 3 day old son passed away on Christmas Day.*

*So while the world rejoices for a Christ Child that was born,
Happiness eludes me for it is my time to mourn.*

*I think of other mothers with their babies at their breast,
But empty are my arms tonight my baby's laid to rest.*

*I know there must be other mothers, who have felt this pain,
And wonder how they kept from going totally insane.*

*I thought about the Virgin's child so many years gone by,
The first time that She held Him, She knew He was born to die.*

*She was a special lady so the Christmas story reads,
But She had angels sent from God that helped to soothe her needs.*

*I stand alone beside his grave in the Christmas snow,
This pain I suffer by myself no one will ever know.*

*The hour's growing late now soon it will be Christmas Day,
I turn to go and quietly I hear a soft voice say.*

*"You're not alone the Angels know your pain and why you grieve,
But be content he's safely in our arms this Christmas Eve."*

Christmas Blue

By Joanne Burkey

*My heart is so fragile, and I'm
falling apart.*

*The thought of the holidays is
breaking my heart.*

*There is no cheer to spread this
year,*

*I just want to run away and forget
I'm here.*

*I feel guilty and sad and full of
despair.*

*I'm letting down everyone and it's
just not fair.*

*Do you know the kind of pain that
I feel?*

*I can't do it this year; I just can't
deal.*

*So let me do this in my own way,
And then I'm sure that you will see
That because love is there inside of
me,*

I must endure what is meant to be.

*I pray ever day, "God show me the
way.*

*When I feel alone at night,
There's no one here to hold me
tight."*

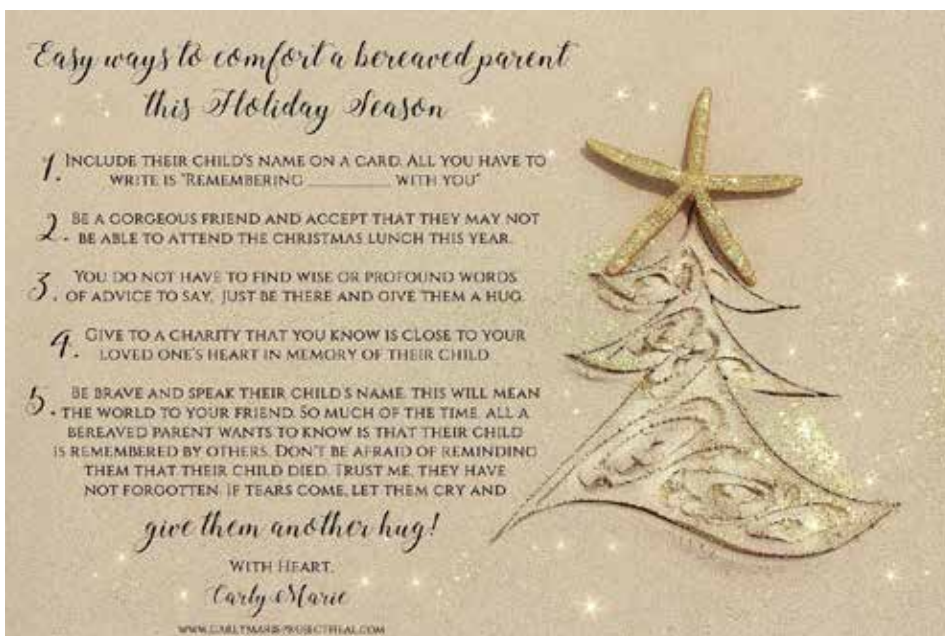
*I need Your help to find the path
that is right."*

*It's been over a year, and I still cry.
Sometimes I don't even know why.
The tears, the sorrow, the pain I feel
My aching heart that will not heal.*

*I wonder if only there could be
One more time for you and me.
A time when God could share a
place*

For us to meet, face to face.

*One last time to say farewell,
And know that you are safe and well.
The comfort I would then feel
Would ease my pain and help me heal.*



Forever Christmas Night...

Author unknown

*All I really want for Christmas is
something I cannot have.*

*A wish from deep within my soul
A longing only those who've been
there know*

*For a little face staring at the tree
Dancing with excitement on daddy's
knee*

*Eyes full of wonder, shining so
bright*

*And a head full of dreams on Christ-
mas night.*

*There's something missing as I gaze
at the tree*

*For the thing I want most can never
be.*

*Christmas night is a magical time
It's mysteries held in a nursery
rhyme*

*Where anything's possible and
dreams do come true
That's where my heart is waiting for
you.*

*I do believe I'll see you again
I'll have to settle for wishes 'til then
But so long as that day is well within
sight
It will be forever Christmas Night.*

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In Memory of our Newly Discovered Angels

Beckett Carrigan

October 6, 2021

All angels can be found on our website at www.angelwhispers.ca/angelwhispers.

Please call or email us if you would like to submit your baby's name to be remembered.

If we have forgotten to remember your baby on this page, or have misspelled your angel's name, please let us know.

We've had several new families reach out to Angel Whispers for support over the past several months. Many of these families experienced the loss of their sweet babies prior to finding out the gender of their little ones. We want to acknowledge all these precious angels even though they may not have been named or have a nickname. If you would like your baby to be acknowledged with our other newly discovered angels in future newsletter editions, please know that your baby doesn't have to have a name or nickname to be included. We can use "Baby" and your last name instead. Every little life matters...regardless of gestation!



Suggestions for Honouring Your Baby ... at Christmas and throughout the year

A positive way of coping with your loss through the holiday season is to recognize your baby in a very tangible and meaningful way. Listed below are several ways to honour your baby's memory during the holidays and beyond:

1. Hang a special tree ornament with your baby's name on it.
2. Hang a stocking on the mantle and fill it with notes from the family including thoughts and feelings about your baby during the holidays.
3. Create a scrapbook in memory of your baby.
4. Purchase a gift for your baby and donate it in his/her memory to your local women's shelter, NICU or your other favourite charity.
5. Attend a special Christmas memorial service for families who are grieving during the holidays. Many services provide special ornaments memorializing your loved one.
6. Plant an apple tree or flowering shrub in the spring for your yard that will bloom every year.
7. Purchase a yard ornament to place under that tree or shrub.
8. Donate a book to Angel Whispers in memory of your baby, to assist other grieving parents. We will place a name plate in the front of the book as a tribute to your baby.
9. Have a special stepping stone made for your garden in memory of your baby.
10. Buy yourself a special Christmas present (ie. an angel pin with your baby's birth stone).
11. Make a donation to Angel Whispers or your favourite charity in memory of your baby.

Rainbow Baby and Pot of Gold Birth Announcements

Emme Julia Debra Almaden

Born on September 11, 2021 weighing 6 lbs 7 oz to loving parents Lindsay and Marlon. Emme is watched over and protected by her angel siblings and her big brother Hugo who are celebrating with the angels.

Matheo Frank Antonio Bombino

Born on October 13, 2021 weighing 6 lbs 15 oz to proud parents Sarah and Alex and excited big sister Eliza. Matheo's big sister Elena is watching over him from above and celebrating his safe arrival.

Millie James St.Marseille

Born on October 28, 2021 weighing 7 lbs 14 oz to excited parents Karen and Simon and proud big sister Tori. Millie's big sister Grace is smiling down on her from above and celebrating her birth.

Lena Jo Herrera Ganton

Born on November 7, 2021 weighing 7 lbs 9 oz to loving parents Selestia and Liam. Lena has two angel siblings sending her their love from heaven.

Brinlee Ann Murphy

Born on November 24, 2021 weighing 6 lbs 3 oz to loving parents Stephanie and Devon. Brinlee's siblings, Baby Murphy 1, Baby Murphy 2, Adelyn, Charles and Avery are watching over her from heaven celebrating her safe arrival.

Isla Violet Kerney

Born on November 26, 2021 weighing 5 lbs 15 oz to proud parents Chantelle and Caleb and loving brother Cohen. Isla's siblings, twins Baby and Ezekiel and two other tiny angel siblings are smiling down from heaven and celebrating with the angels.

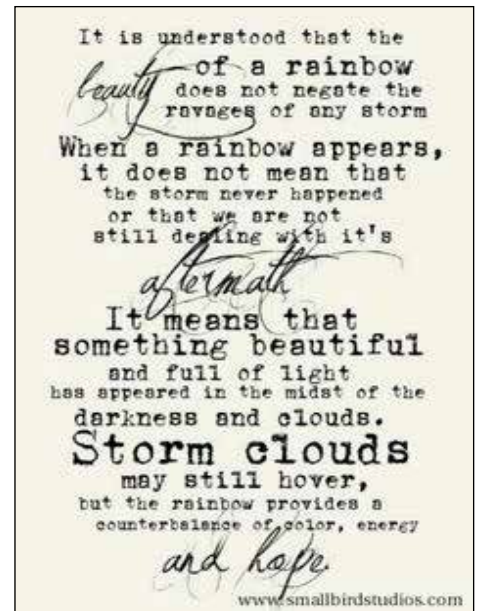
Zendeya Eywi Mtengeni

Born on December 2, 2021 weighing 9 lbs 14 oz to excited parents Sherrell and Jackson and proud siblings Lexus, Jackson and Mylah. Zendeya's big sister Harleigh is watching over her from above.

James Cohen Niwa

Born on December 8, 2021 weighing 6 lbs 14 oz to loving parents Nelson and Leigh. James Cohen's big sister Winry is watching over him from above and ensured his safe arrival.

Support means I will walk with you. I will not try to change you or how you feel. I will simply be here beside you.





“Giving is not just about making a donation, it’s about making a difference.”

- Kathy Calvin

A **HUGE Thank You** to the following individuals for their generous support of the Angel Whispers Baby Loss Support Program! Your support allows Angel Whispers to continue to provide hope and healing to families devastated by the loss of a baby.

- To Betty Dean for her ongoing support and creativity in designing our Angel Whispers newsletters!
- To Debbie Oloriz for her ongoing support with our Angel Whispers website!
- To all our Angel Whispers volunteers!
- To our Angel Whispers families who donate to the program with the gift of time, financial contributions or gifts purchased in memory of their sweet babies to be donated to families in need, your generosity and giving spirit is so greatly appreciated!
- To our Angel Whispers families that request donations from family and friends to Angel Whispers in memory of their babies!
- To Shelly Kubbernus for creating and donating Pregnancy and Infant Loss Awareness Ribbons for our Angel Whispers care packages in memory of her daughter Zoe!
- To Alberta Blue Cross Hearts of Blue for the donation of Angel Wings for our Care Packages!
- Thank you to everyone who donated & bid on items for our online silent auction held in October for Pregnancy & Infant Loss Awareness month! Over \$3000 was raised to help Angel Whispers continue to offer programs & support to families devastated by the loss of a baby!
- To Three Fates Soap Co. for donating 10% of their total October Sales to the Angel Whispers Baby Loss Support Program in honour of Pregnancy & Infant Loss Awareness Month. View their product line at <https://shop.threefates-soapco.com/>
- Thank you to Crystle Stadey, Angela Loucks and Paige Smith for their help with our online silent auction fundraiser!
- Thank you to Cara Richards and Kyla Videsjorden for their help with the annual Healing Hands Christmas Ornament workshop!

A Christmas Card for Robbie

By Kathleen Paley Smith

*It's the night before Christmas, we're all filled with joy,
Except when we think of you, little boy.
The stockings are hung by the chimney with care,
And in our hearts it's as if you were here.
My children are sleeping, in their bedrooms they lie,
But we're still filled with grief for our baby that died.
You see, this Christmas you would have been two,
But every Christmas I know we'll miss you.
As I wrap up the presents my thoughts are on you,
And what we'd have bought if you were here, too.
A car, a ball, a red fire truck?
Or maybe a rabbit's foot to bring you good luck.*

*The tree is all trimmed with bright colored balls,
And decorations hang on all of the walls.
It looks so pretty - - I wonder if you see
Your Christmas ball we've hung on the tree.
I made it for you before you were here,
Not knowing I'd hang it with eyes filled with tears.
Tomorrow is Christmas, I'll try not to be sad;
I'll count all my blessings and try to be glad,
You're not a part of our future - -
you were a part of our past
And someday I know we'll be together at last.*

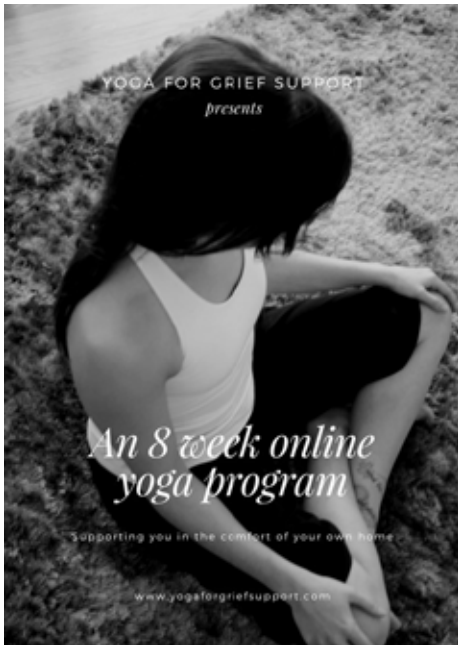
Healing Opportunity

Yoga for Grief Support

Yoga specifically designed for people who have suffered the death of a loved one.

Classes involve yoga postures, breathing and meditation along with educational and supportive topics related to bereavement support.

Guided by Sandy Ayre, an Occupational Therapist and Certified Yoga Instructor. For more information and upcoming class dates and online courses, please visit www.yogaforgriefsupport.com.



Healing Opportunity



Pilgrims BriarPatch Centre for Grieving Families

***Expressive Arts for Children** ages 5 to 12 years old who have experienced the death of someone they love. We offer art, music, play, puppetry and drama for our youngest mourners to explore their unique grief journey in a safe and compassionate setting. Our parent/guardian group meets concurrently for other family members.

***Expressive Arts for Teens** ages 13 to 18 years old who have experienced the death of someone they love. We offer art, music, writing and movement for our youth to explore their unique grief journey in a safe and supportive environment. A parent/guardian group meets concurrently for other family members.

* Family and individual grief counselling available.

For more information on these grief programs, contact Chy Salter-Roberts at chysr@pilgrimshospice.com or 780.413.9801 ext. #302.

Healing Opportunity

Dr. Alan Wolfelt - Community Grief Seminar

- April 20, 2022 (Rescheduled due to COVID-19 pandemic - previously scheduled for April 20, 2020)
- Location: Westin Hotel, 10135 - 100 Street, Edmonton

Park Memorial is proud to bring back this dynamic grief counselor and speaker to help families in their journey through grief.



Park Memorial
Funeral Home

Dr. Alan Wolfelt is known across North America for his inspirational teaching gifts. His compassionate messages about healing in grief—based on his own personal losses as well as his experience supporting children, teens, adults, and families over the last three decades—speak not only to the intellect but to the hearts of all who hear him. Perhaps best known for his model of “companioning” versus “treating” mourners, Dr. Wolfelt is committed to helping people mourn well so they can live well and love well.

Founder and Director of the Center for Loss and Life Transition, Dr. Wolfelt presents numerous educational workshops each year for hospices, hospitals, schools, universities, funeral homes, community groups, and a variety of other organizations. He also teaches the 4-day trainings described on this website in beautiful Fort Collins, Col-

orado. Dr. Wolfelt is a popular media resource who regularly provides his expertise to many top-tier television shows, newspapers, and magazines. Recipient of the Association for Death Education and Counseling’s Death Educator Award, Dr. Wolfelt is also a faculty member of the University of Colorado Medical School’s Department of Family Medicine.

Mourning in our culture isn’t always easy. Normal thoughts and Healing Opportunities feelings connected to loss are typically seen as unnecessary and even shameful. Instead of encouraging mourners to express themselves, our culture’s unstated rules would have them avoid their hurt and ‘be strong.’ *“But grief is not a disease. Instead, it is the normal, healthy process of embracing the mystery of the death of someone loved. If mourners see themselves as active participants in their healing, they will experience a renewed sense of meaning and purpose in life.”*

To learn more about Dr. Wolfelt, his Centre for Loss, and his extensive Resource Library, visit [http:// www.centerforloss.com/](http://www.centerforloss.com/).

Helping Yourself Heal During the Holiday Season

by Dr. Alan Wolfelt

Holidays are often difficult for anyone who has experienced the death of someone loved. Rather than being times of family togetherness, sharing and thanksgiving, holidays can bring feelings of sadness, loss and emptiness.

Love Does Not End With Death

Since love does not end with death, holidays may result in a renewed sense of personal grief—a feeling of loss unlike that experienced in the routine of daily living. Society encourages you to join in the holiday spirit, but all around you the sounds, sights and smells trigger memories of the one you love who has died. No simple guidelines exist that will take away the hurt you are feeling. We hope, however, the following suggestions will help you better cope with your grief during this joyful, yet painful, time of the year. As you read through this article, remember that by being tolerant and compassionate with yourself, you will continue to heal.

Talk About Your Grief

During the holiday season, don't be afraid to express your feelings of grief. Ignoring your grief won't make the pain go away and talking about it openly often makes you feel better. Find caring friends and relatives who will listen—without judging you. They will help make you feel understood.

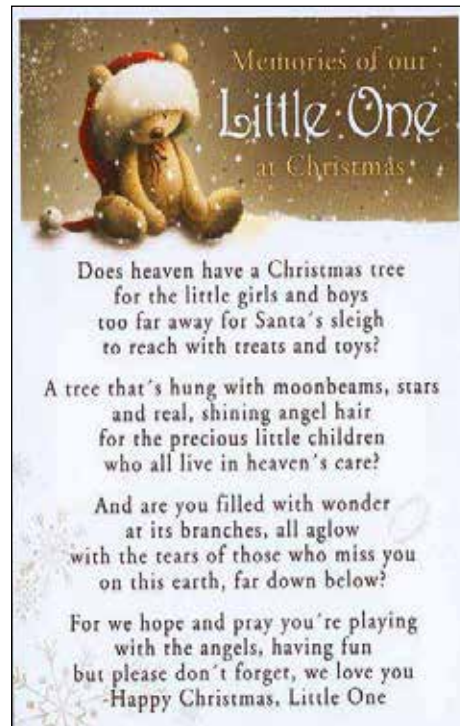
Be Tolerant of Your Physical and Psychological Limits

Feelings of loss will probably leave you fatigued. Your low energy level may naturally slow you down. Respect what your body and mind are telling you. And lower your own expectations about being at your peak during the holiday season.

Eliminate Unnecessary Stress

You may already feel stressed, so don't overextend yourself. Avoid isolating

yourself, but be sure to recognize the need to have special time for yourself. Realize also that merely “keeping busy” won't distract you from your grief, but may actually increase stress and postpone the need to talk out thoughts and feelings related to your grief.



Be With Supportive, Comforting People

Identify those friends and relatives who understand that the holiday season can increase your sense of loss and who will allow you to talk openly about your feelings. Find those persons who encourage you to be yourself and accept your feelings—both happy and sad.

Talk About the Person Who Has Died

Include the person's name in your holiday conversation. If you are able to talk candidly, other people are more likely to recognize your need to remember that special person who was an important part of your life.

Do What Is Right for You During the

Holidays

Well-meaning friends and family often try to prescribe what is good for you during the holidays. Instead of going along with their plans, focus on what you want to do. Discuss your wishes with a caring, trusted friend. Talking about these wishes will help you clarify what it is you want to do during the holidays. As you become aware of your needs, share them with your friends and family.

Plan Ahead for Family Gatherings

Decide which family traditions you want to continue and which new ones you would like to begin. Structure your holiday time. This will help you anticipate activities, rather than just reacting to whatever happens. Getting caught off guard can create feelings of panic, fear and anxiety during the time of the year when your feelings of grief are already heightened. As you make your plans, however, leave room to change them if you feel it is appropriate.

Embrace Your Treasure of Memories

Memories are one of the best legacies that exist after the death of someone loved. And holidays always make you think about times past. Instead of ignoring these memories, share them with your family and friends. Keep in mind that memories are tinged with both happiness and sadness. If your memories bring laughter, smile. If your memories bring sadness, then it's alright to cry. Memories that were made in love—no one can ever take them away from you.

Renew Your Resources for Living

Spend time thinking about the meaning and purpose of your life. The death of someone loved created opportunities for taking inventory of your life—past, present and future. The combination of

Continued on page 10

a holiday and a loss naturally results in looking inward and assessing your individual situation. Make the best use of this time to define the positive things in life that surround you.

Express Your Faith

During the holidays, you may find a renewed sense of faith or discover a new set of beliefs. Associate with people who understand and respect your need to talk about these beliefs. If your faith is important, you may want to attend a holiday service or special religious ceremony.

As you approach the holidays, remember: grief is both a necessity and a privilege. It comes as a result of giving and receiving love. Don't let anyone take your grief away. Love yourself. Be patient with yourself. And allow yourself to be surrounded by loving, caring people.

Another Christmas Morning

By Marty Heiberg

*Another Christmas morning
and my family is still not complete.
Not enough stockings on the mantel,
not enough toys under the tree.*

*Too few little hands helping make
cookies,
too few tiny ice skates and mittens,
too little noise and excitement,
too little confusion and commotion.*

*Why can't I just be grateful
for the child I have,
at this sacred time of year?*

*Because it's another Christmas
morning,
without my baby
and I miss him.*

About Dr. Alan Wolfelt Author, educator, and grief counselor



Dr. Alan Wolfelt is known across North America for his inspirational teaching gifts. His compassionate messages about healing in grief – based on his own personal losses as well as his

experience supporting children, teens, adults, and families over the last three decades – speak not only to the intellect but to the hearts of all who hear him. Perhaps best known for his model of “companionship” versus “treating” mourners, Dr. Wolfelt is committed to helping people mourn well so they can live well and love well. Founder and Director of the Center for Loss and Life Transition, Dr. Wolfelt presents numerous educational workshops each year for hospices, hospitals, schools, universities, funeral homes, community groups, and a variety of other organizations. He also teaches the 4-day trainings described on this website in beautiful Fort Collins, Colorado.

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“But grief is not a disease. Instead, it is the normal, healthy process of embracing the mystery of the death of someone loved. If mourners see themselves as active participants in their healing, they will experience a renewed sense of meaning and purpose in life.”

To learn more about Dr. Wolfelt and his Centre for Loss & his extensive Resource Library, visit <http://www.centerforloss.com/>

Upcoming Meeting Dates:

Due to Covid-19 restrictions we are currently offering support group meetings virtually via **Google Meet**. We are uncertain when meetings will return to an in-person platform.

To receive the meeting link via email, contact Lori-Ann, Angel Whispers Program Coordinator @ 780-974-7054. Links are also posted in our Facebook groups, if you would like to be added to our private Facebook groups (Angel Whispers Baby Loss Support Group Moms, Angel Whispers Baby Loss Support Group Dads, Angel Whispers Miscarriage Support Group Families, Angel Whispers Subsequent Pregnancy Families) please contact Lori-Ann.

**Baby Loss Support
Group Meetings**
7-8:30 p.m.

**Miscarriage Support
Group Meetings**
7-8:30 p.m.

**Subsequent Pregnancy
Support Group Meet-
ings** 3-4 p.m.

- Sunday, Jan. 9, 2022
- Sunday, Feb. 6, 2022
- Sunday, Mar. 6, 2022
- Sunday, Jan. 16, 2022
- Sunday, Feb. 13, 2022
- Sunday, Mar. 13, 2022
- Sunday, Jan. 16, 2022
- Sunday, Feb. 13, 2022
- Sunday, Mar. 13, 2022